



# Every Day is Earth Day



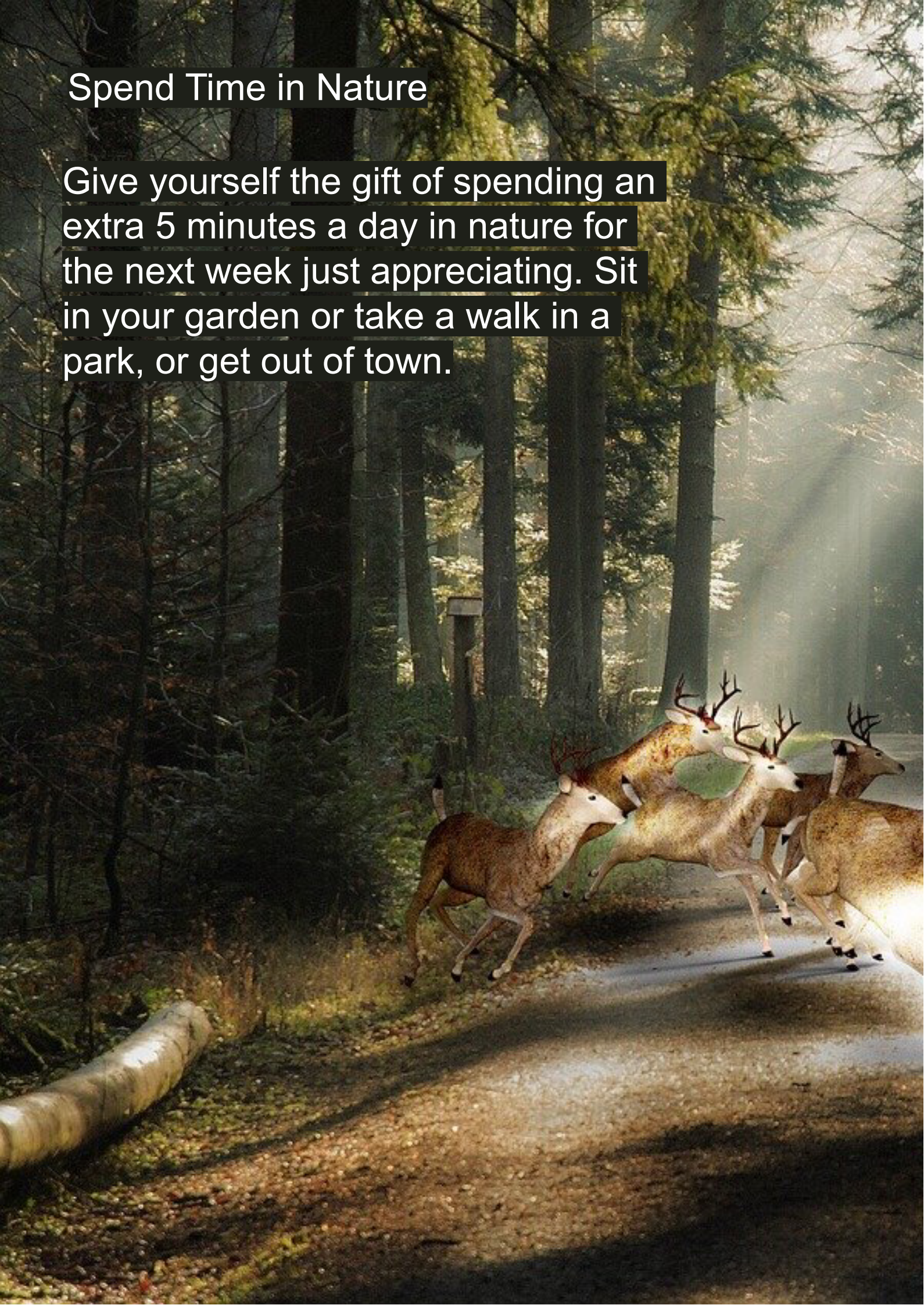
April 22 is Earth Day, but in a sense,  
everyday is earth day.

Ten things you can do for the planet and your happiness.



## Spend Time in Nature

Give yourself the gift of spending an extra 5 minutes a day in nature for the next week just appreciating. Sit in your garden or take a walk in a park, or get out of town.





Happiness studies tell us that our happiest place is in nature.

Go Veggie for a Day A Week




Meat production takes a toll on the earth's resources. Eat vegetarian for one day a week for the next month. See how it feels. Chances are you will feel better and you'll be giving mother earth a break.



Eat Slow Food





A hand is holding a small, colorful globe of the Earth. The globe shows continents in various colors (green, yellow, orange, purple) and oceans in blue. The hand is positioned in the foreground, with the thumb and index finger visible. The background is a blurred image of a plate of food, possibly a salad or a dish with various colors, suggesting a connection between global food choices and environmental impact.

Eat fast food one less time  
a week for the next month  
and instead prepare your  
own lunch or dinner one  
more time a week for the  
next month

Use ingredients with recyclable,  
compostable or no packaging.  
See how it feels.

Talk about the Planet

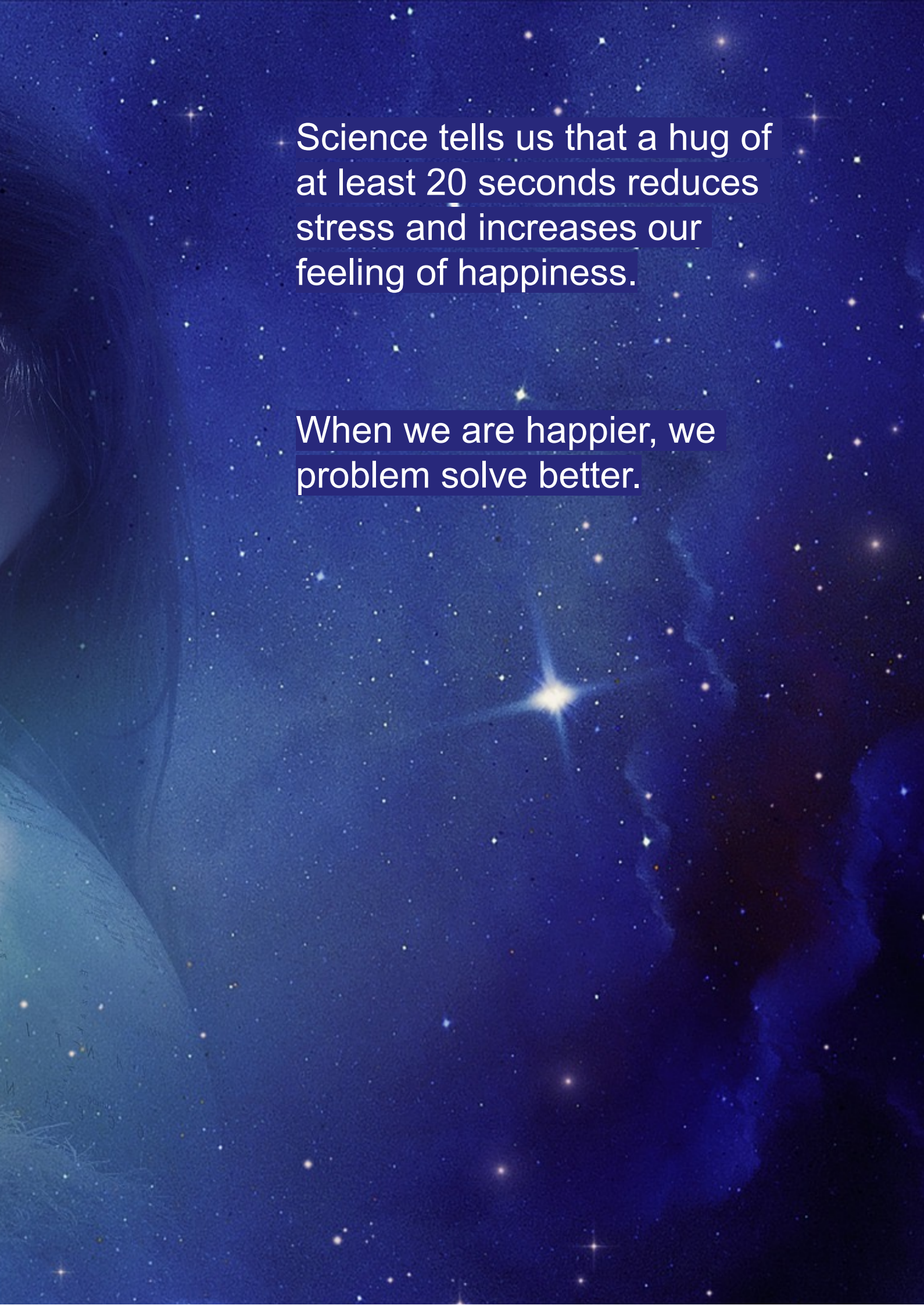




Community has formidable power. Simply taking the time to talk about important issues with your friends, colleagues and neighbors can build bonds and inspire action for our planet.

Give a person you care  
about a big hug.



A person's arm is visible on the left side of the frame, hugging another person whose back is to the camera. The background is a deep blue night sky filled with numerous stars of varying brightness and colors, including a prominent bright yellow star with a lens flare effect in the lower center. The overall mood is peaceful and intimate.

Science tells us that a hug of at least 20 seconds reduces stress and increases our feeling of happiness.

When we are happier, we problem solve better.



Plant a Tree



If you don't have the land for a tree, find a local non-profit that is maintaining, conserving or restoring natural habitats and donate or volunteer.

From prehistoric times to before the industrial revolution trees were revered. This may be in part because people knew from experience that trees are indispensable for life on our planet.

Discover lore

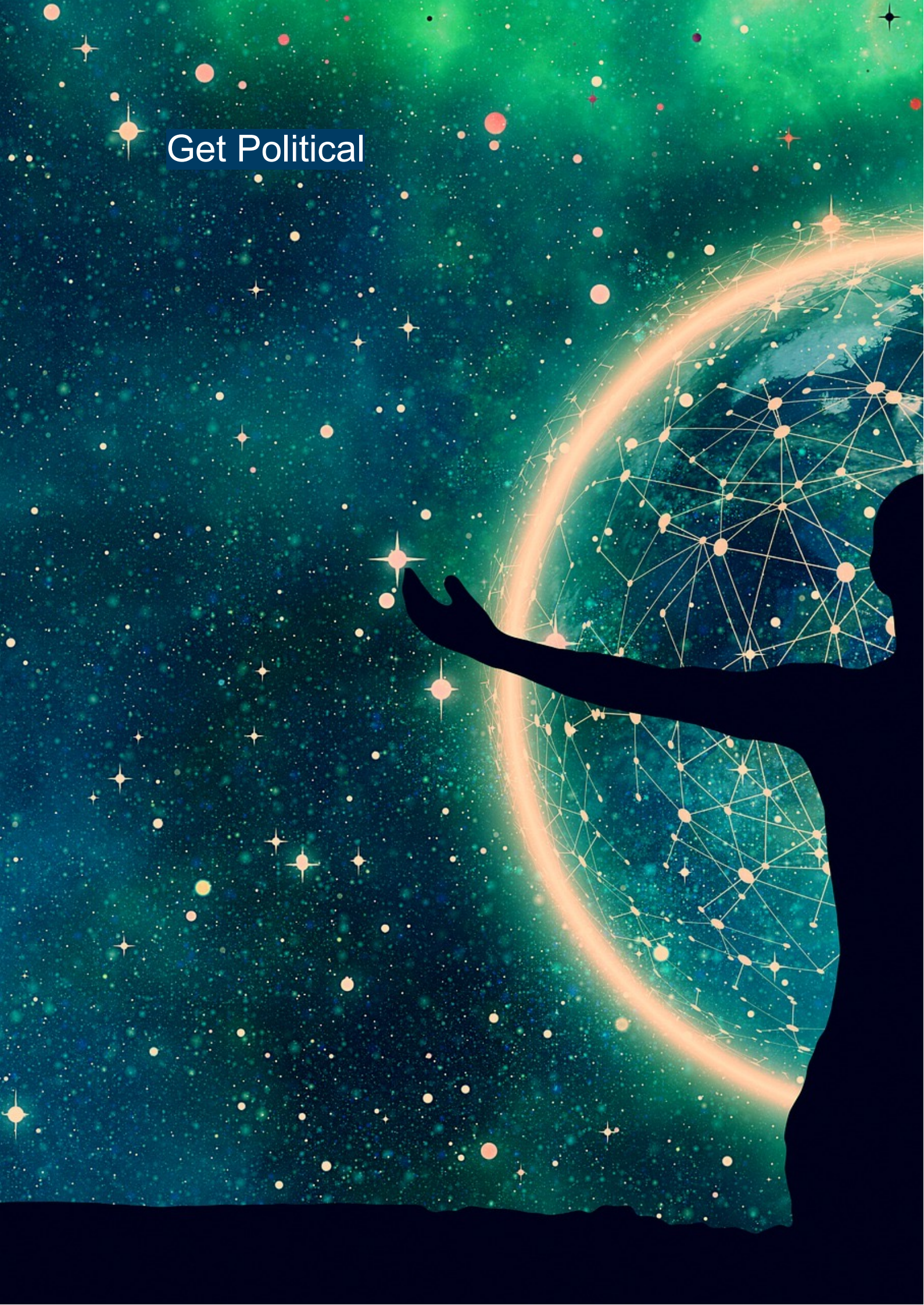


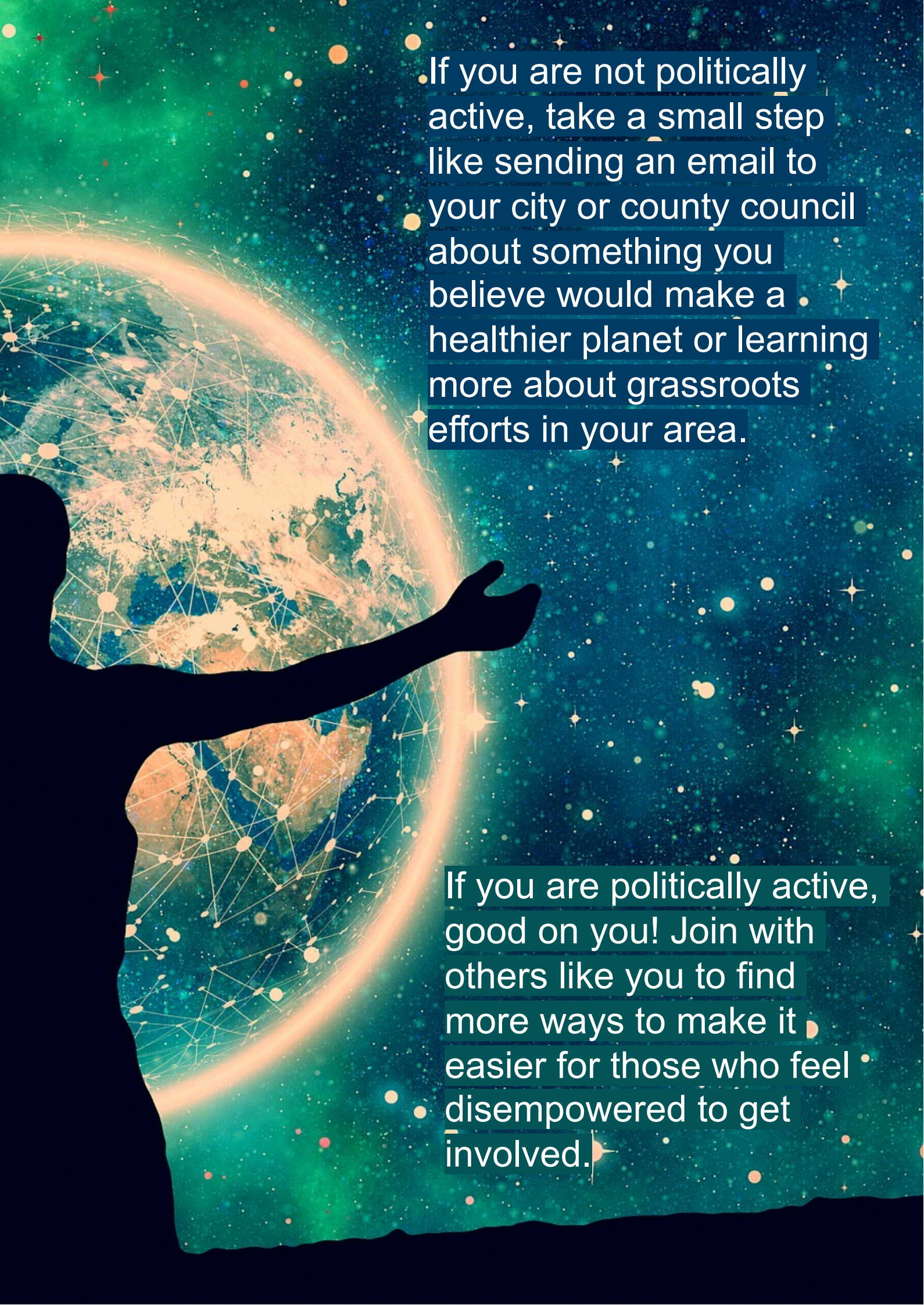


Learn about the lore about nature of indigenous people of the land where you now live. What were the creation of the earth stories that the native people told? What stories were told about seasons, planting, harvesting and hunting?



Get Political





If you are not politically active, take a small step like sending an email to your city or county council about something you believe would make a healthier planet or learning more about grassroots efforts in your area.

If you are politically active, good on you! Join with others like you to find more ways to make it easier for those who feel disempowered to get involved.

Step up your savings





If you invest, invest with socially responsible investment funds and banks.

Reducing spending and consumptions reduces demand on natural resources. Save your money, find ways to do more with less and enjoy the simple things in life.

Rethink your commute





In the short term:

Use public transportation

Bike when you can

Carpool and

Telecommute more

If you already do this –

brag about what a great commute you have to co-workers in a nice way...to

inspire them!

In the long term, live within walking distance to work!

