

Quick Environmental Health Exercises

Conserve Water

Take shorter showers, turn off faucets when not in use, and run full loads in washers and dishwashers.

Save Energy

Turn off lights, unplug electronics, and adjust thermostat settings seasonally.

Reduce, Reuse, and Recycle

Be intentional with purchases, repurpose materials, and recycle whenever possible.

Drive Less, Walk and Bike More

Walk, bike, or carpool to reduce emissions and improve air quality.

Plant a Tree

Plant trees or participate in community gardening efforts to support local ecosystems.

Volunteer and Spread the Word

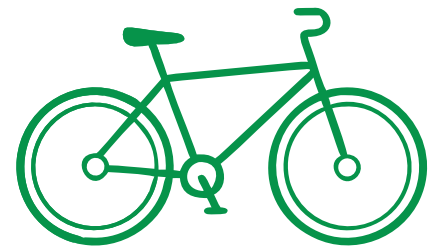
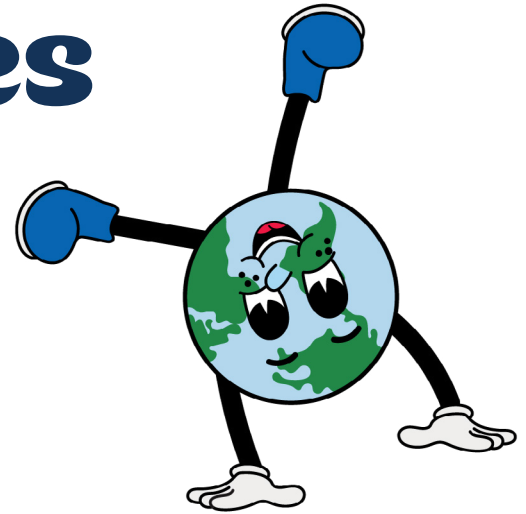
Engage with local organizations and encourage others to adopt sustainable practices.

Grounding Exercise

The 5-4-3-2-1 Technique helps bring your focus to the present

- 5 things you can see (colors, objects, surroundings)
- 4 things you can touch (hair, ground, grass, paper)
- 3 things you can hear (fan, music, footsteps)
- 2 things you can smell (nature, perfume, nearby scents)
- 1 thing you can taste (gum, coffee, tea – or imagine a taste)

Source: *Countdown to Calm* by Esther Yu, M.A.



Office of Talent, Culture,
and Engagement

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