

# ON ENVIRONMENTAL WELLNESS

FINDING SPACES THAT PROMOTE A SENSE OF WELL-BEING

# WHAT IS ENVIRONMENTAL WELLNESS?

**Environmental Wellness** is occupying physical spaces that promote your own sense of:

- Safety
- Health
- Well-being

These spaces can be as small as your bathtub, or as big as a continent! **Remember**, you get to decide what feels safe to you!

# CURRENT ENVIRONMENTS



**Does your current environment feel as if it promotes a sense of well-being? Let's find out:**

1. Start off by writing out the list of spaces that you spend the most time in. This normally looks something like: *home, car, office, gym, etc.*
2. Write about each of these spaces, describing what feels safe and comforting in these spaces, and what feels unsafe or uncomfortable.
3. Ask yourself what, if anything, you can do to shift the feeling of these spaces.

**Remember:** you can only control yourself, not others!

# ENVIRONMENTS TO EXPLORE



**What is missing from your current environmental wellbeing?**

- As you look over your current environments, see what is missing. Where else would you like to explore?
- What do these places look like? Feel like? Are you alone, or in community? How often are you here?
- See what themes & values emerge from this exploration. How possible is it to introduce these environments to your life, or to tweak your current environment?

# CONVERSATIONS WITH FAMILY



With your list in mind, bring this to your partner and family. Knowing that in a shared house everyone contributes to the feeling of the space:

- See what you can do to help others promote a sense of environmental wellbeing, while also
- Advocating for your needs within this space, remembering that your requests may or may not be heard!

**What can you each do to create an environment that feels inclusive to all?**

REMEMBER ...



WHEN YOU FEEL SAFE IN YOUR SPACE, IT IS EASIER  
TO GET YOUR NEEDS MET & FOSTER A SENSE OF  
WELL-BEING



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