

BE KIND TO THE EARTH

Friday 13th November was World Kindness Day and although we focused on how we can be kind to others and ourselves in our last Wellness at Work piece (check out the Wellness tab on Bulletin to read!), an equally important facet of kindness which we want to focus on, is how we can be more kind to the planet.

Air and water pollution, global warming and deforestation are just a handful of the environmental issues we currently face. It is of paramount importance that we protect the environment and prevent the destruction of eco-systems to ensure a sustainable future for our planet. If we all make small changes daily, that can contribute to a big difference environmentally.

There are so many ways we can be kinder to the planet. We all are aware of the mantra “reduce, reuse, recycle” in our everyday life and towards our consumption of products. The Veolia website has information on what can and can't be recycled and has a variety of suggestions on how we can reduce, reuse and recycle items at home, when we shop, at work and in our gardens. See [here](#) for more information.

Alternatively, why not try these 5 simple ways to be kind to the Earth that the Scarce Organisation have suggested to make a start:

1. Pack a waste-free lunch
2. Pick up 5 pieces of litter
3. Unplug one thing
4. Use a reusable water bottle or coffee mug
5. Say “no” to a one-use carrier bag at the supermarket – invest in a bag for life and bring along your own!

Furthermore, BBC's Newsbeat researched some other ways we can be more eco-friendly. They spoke to sustainable bloggers and influencers for tips and advice – the advice is useful for and applicable to all!

FASHION

Buy second hand or vintage – check out charity shops, and reselling sites like Depop and eBay.

Look for eco-friendly materials – like cotton over polyester!

Learn to DIY – fix clothes! Watch a couple of Youtube video tutorials on how to hand sew and you could fix that annoying hole that's randomly appeared in your favourite jumper! Or change some jeans into shorts! The possibilities are endless.

FOOD

Consider a plant-based diet – don't panic at the thought of going vegan, maybe just consider cutting down your meat and dairy consumption?

Eat locally where you can – support local businesses and support low-scale food agriculture which tends to be more kind to the Earth.

Think about food packaging – opt for unpackaged fruit and veg, cans, cardboard and similar widely recycled food packaging, instead of plastic.

BEAUTY

Say no to face/baby wipes – use a face flannel or purchase a reusable make up wipe! Good House Keeping have rated their 11 best ones [here](#). If you have a baby, try to use biodegradable wipes where you can. Buy package free – give shampoo, conditioner and soap bars a go. They may be pricier, but they tend to last longer – and you're reducing plastic use! Re-consider the brands you use! Check out the beauty brands that are eco-friendly/vegan and cruelty free [here](#) and consider changing some of your usual items.

Feminine products – consider changing from one-use items to menstrual cups or underwear that is more sustainable.

