

Environmental Wellness

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. Environmental well-being fosters an appreciation for nature and the responsibility to interact, preserve, protect, and improve the environment.

Move it Outdoors

Shorter days and colder temps tend to make us want to retreat to the warm and cozy indoors but getting outside in the fresh air can be just what we need this season.

Here are a few motivators to move it outdoors:



Explore your neighborhood... Watch the birds and other wildlife. With the leaves long gone, you will be able to see many new things typically hidden in plain sight. Or grab a flashlight and go for a night walk.



Deck your Door... Add a little festive flair to your tired front door. It does not have to be anything expensive or elaborate. Collect greens and branches on a nature walk and tie them up with twine or a bow. If you typically enter through your garage or a side door, add some swag there as well. It will be a great “welcome home.”



Gather around a fire... Enjoy part of your meal outside, start with appetizers over an open flame, or end with decadent desserts snuggled under a blanket around the fire. Either way, it will be an adventure and feel warmer when you come in.



Visit your park... Grab your camera, take walk, breathe in the fresh air. Snap a few pics of winter landscapes, unique branches (bonus points for berries and birds), or falling snow.

Activity: Send us a selfie with a tree!

Source:
<https://u.osu.edu/gullo.7/the-9-dimensions-of-wellness/>

For more information about January Mental Health Month please visit go.osu.edu/MentalHealthMonth or facebook.com/ohio4h

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COLLEGE OF FOOD, AGRICULTURAL,
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