

Healthy lifestyles and sustainable living go hand in hand!

Taking care of your own physical and mental wellbeing will keep you happy and healthy. It is also important to ensure our planet is kept happy and healthy for the future! Wellbeing and sustainable practices support each other in many ways.

It is thought that if we would be healthier, so would the planet.

Below are a few tips for caring for your own physical and mental wellbeing, while also caring for our planet! Remember, not all changes can happen immediately, sustainable and healthy lifestyles are a gradual goal to achieve.

Do something today that your future self will thank you for

Carry a drink bottle instead of purchasing disposable water bottles. You will be saving money and reducing waste while rehydrating yourself more often.

DID YOU KNOW ..? Plastic bottles are among the ten most common rubbish items picked up on Clean Up Australia Day

More of this! Less of That!

- Eat more fruits, vegetables and natural foods. Eat less processed and packaged food. You could even consider growing your own food. Spending time in the garden, getting fresh air and vitamin D will support your wellbeing.
- Drive less. Cycle and walk more. You will improve fitness, reduce stress, reduce air pollution.

Consider purchasing online and app versions of recipe and self-help books. Some are even free!

Try 'Head Space' and the 'Smiling Mind', mindfulness and meditation apps.

Also, visit Melissa Amorosini's website. She has a Youtube channel, podcasts and a blog with amazing ideas for self-care.

You could also use the library or share books amongst your friends to avoid having to purchase new products.

Change to natural cleaning products to reduce toxic chemicals spreading through our environment, and to make the air healthier for you and your family to breathe.

It will also save you money!

All Purpose Cleaner

Kills Bacteria and Mold

½ Cup White Vinegar

1 ½ Cups Water

10 drops of Tea Tree Oil



Holistic
APPROACH FDC