

SUGGESTIONS FOR WHAT YOU CAN DO STARTING TODAY

SELF CARE

- Be present to your feelings as they emerge, avoid numbing out.
- Practice gratitude. Look for beauty every where, every day.
- Unplug periodically and be mindful of how much you take in from the news and social media.
- Begin a daily spiritual practice: art making, silence, meditation, yoga, communing with nature.
- Find emotional support with a friend, community, or professional (therapist or Spiritual Director).

CONSUMING—RETHINK, REDUCE, REUSE, RECYCLE

- Once your basic needs for employment, clothing, food, and shelter are met, when shopping ask yourself: “Do I really need this?”
- Know where a product originates and where it goes when you are finished with it. Can it be donated? Upcycled? Recycled responsibly? If it must go to a landfill, consider whether you really need it? Learn more at storyofstuff.org
- Avoid one-time use plastics (including plastic bags) as much as possible. Recycle the rest.
- Use a water filtration system (i.e., Brita Pitcher) and a reusable bottle instead of plastic water bottles.
- Buy food in bulk to avoid excess plastic packaging.
- Bring canvas bags when shopping for all goods not just groceries.
- Buy used where it is appropriate: Goodwill, antique stores, clothing on consignment.
- Let go of convenience items—paper products like napkins, plates, and ‘disposable’ products. Use cloth.
- Buy recycled paper products if necessary.
- Support your local artists, artisans, farmers, and small businesses. Radical localization is one key to reducing CO₂ and supporting your local economy. www.localfutures.org
- Eat regionally when you can. Farmers markets. Closer to home = smaller carbon footprint.
- Avoid meat unless grown locally, sustainably, and humanely. Large agribusiness—the meat and dairy industry—is responsible for up to half of all human-caused greenhouse gas emissions.
- Avoid fast food restaurants. Aside from being unhealthy, a lot of meat comes from countries where they are clearcutting forests to grow beef and packaging is often styrofoam. (Burgerville is a good option).
- Try growing some of your own food. It’s fun, too!
- Drive less. Take public transportation occasionally as an option to driving. Ride a bike. Walk.
- Invest retirement funds in companies that practice a triple bottom line policy—people, planet and profit.

GET POLITICALLY INVOLVED

- Be educated on the issues. Watch the documentary *Racing Extinction*.
- Write letters and/or emails to your elected officials and vote for those who support these issues
- Sign petitions
- Volunteer for organizations working to protect life on earth (example: 350pdx.org)
- Attend civil disobedience, non-violent actions in your area
- If you are able, donate financially to these organizations

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