

Sustainable Living Guide

MARCH | MOVING TOWARDS SUSTAINABILITY



As March unfolds and the promise of spring beckons, let's take a mindful stride toward sustainable living. This month, we're delving into eco-friendly practices that benefit the planet and energize our daily lives. Join us in exploring sustainable living tips for a more conscious lifestyle.



SPRING CLEANING

Explore eco-friendly cleaning products and ditch single-use cleaning tools. You can swap paper towels for bar mops or DIY cloths from old towels.

Our need to declutter often stems from everyday impulsive purchases. We can avoid the annual decluttering cycle by giving ourselves time to think about what value any item will bring to our lives. On the occasions you do need to dispose of quality items, consider repurposing or donating them.

MINDFUL COMMUTING

You don't need to ditch your car, but it can be worthwhile to evaluate your other travel options.

Walking or biking short distances can be a great way to get some extra exercise in. You can also carpool with neighbors or take advantage of public transportation options near you.

Traveling through other means also results in a lower gas bill, reduced mileage and less wear on your vehicle.



CONNECTING WITH NATURE

As the weather warms, take a step outside and foster a connection with nature. Hiking, birdwatching or simply enjoying a mindful moment in a local park can strengthen our appreciation of the natural world and remind us why it's so important to protect it.

Consider taking some time to soak in the sun as it returns from a quick winter vacation. Alongside supporting vitamin D levels and killing bacteria, sunlight can help combat mood disorders and improve mental health. Even if it's brisk outside, being around nature and getting some sunshine can do wonders for you!

By adopting eco-friendly practices, we not only contribute to a healthier planet but also create a more vibrant and harmonious lifestyle for ourselves. Join us on this journey towards sustainable living, and let March be a month of positive change and mindful choices.