

Environmental Sustainability

WARWICK



@WarwickUniSust

Mini Series #5
24/04/20

The Himalayas can be seen for the first time in 'decades'. The mountain range is now visible from more than 100 miles away.



As the lockdown has eased air pollution in the northern Indian state of Punjab.

Tip of the week

Take up a relaxation practice

When stress throws your nervous system out of balance, relaxation techniques such as deep breathing, meditation, and yoga can bring you back into a state of equilibrium.

Looking after yourself is a skill that needs practice, it can take time. It requires you to be proactive. It is your own personal responsibility, nobody else can do it for you.

Warwick Wellbeing Support Services have set up a wellbeing master class to provide a snapshot of what the strategies and tips you can use to improve wellbeing are. You can access it here.

Sustainability 101

We would like to invite you to a *Sustainability 101* lunchtime session on 27th April, 12:30-1:30 pm.

This session is aimed at **raising awareness of actions individuals can do to make a positive environmental difference both at work and in our home lives.**

David Chapman, Sustainability Champion, held this session during Green Week and had some positive feedback so we have decided to run it again while many of us are working from home.

The meeting will take place here on Microsoft Teams.

School's out, **learning's not!**

BBC opens its doors for virtual learning. BBC Bitesize Daily, airing on BBC iPlayer and the BBC red button, which will feature six 20-minute programmes each day aimed at different age groups with celebrities leading some lessons.

Sir David Attenborough will be teaching kids about oceans, mapping the world, and why animals look the way they do.

Did you know? The impact of marine carbon on climate change is to be investigated by Warwick Scientists.



A number of our Green Champions have taken part in the 'Run for our Heroes' campaign- that has encouraged people to enjoy the cleaner air and to use their daily exercise to run or walk 5km, donate £5 and nominate five people, set out to raise £5,000.

It has raised a record breaking £3m for NHS Charities Together.

Become one of our Green Champions here.