

Environmental Sustainability

Mini Series #1
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WARWICK

Adapting to our uncertain environment

Rationing? We're learning to ration what we have. Food and household products are being used carefully, suggesting that we can reduce excessive consumption.

By default eating more sustainably? With less meat being available in stores, we can shift our focus to more plant based healthier diets. Healthier diets have also been linked to higher levels of mental well-being.

We've become more tech savvy; with instructions from the Government to work from home, we've reduced our travel significantly. Thus leading to a fall in carbon monoxide (CO) and nitrogen dioxide (NO₂) release, leaving cleaner air for us to breathe in and particularly benefiting those with respiratory illnesses. Read [here](#) how emissions have dropped over China and Italy.

Social interaction is essential for our well-being. During these tough times, Face-Time and other apps have made it possible for us to constantly be in touch with our loved ones, whilst simultaneously making us slow down our fast paced life.

We understand we're living in difficult times. But it's spring! Have you taken the time to use your senses, listen to the birds, breathe in the fresh air? Engage with nature the best way you can. [Watch Chris Packham talk on Covid-19's impact on nature here.](#)

Here are [25 foods](#) that you didn't know you could freeze! #foodsavvy
Also check out [healthy recipe's to freeze.](#)



ADVICE

Did you know

If you follow guidelines to scrub your hands with soap for at least 20 seconds, **you could save at least 6 gallons per day by turning off the tap while you scrub.**

Watch how to wash hands properly [here](#).



Apologies for this video not being in English.

Hand washing should last about 15-30 seconds according to the NHS, 2020.

At unusual times like these, it could be easy for the circumstances to affect your well-being because your gym is shut, you can't cycle to work or your 5k charity run has been cancelled. This could have a negative effect on your health but there are some simple things you can do that may help.

Look for ideas of exercises you can do at home on the [NHS website](#).

Every Mind Matters: [10 tips](#) to help if you are worried about coronavirus.