

# Environmental Wellness

Version 1

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Spending your time in a safe and clean environment can help promote Environmental Wellness. You can find these types of outdoor spaces in your local parks.

Your home is another environment that is critical to your wellbeing. Is your room a place that you feel comfortable, safe and at ease in? Consider adding personal mementos, and plants and taking advantage of natural lighting.

Since studying will be your main job at Seneca, finding an environment that allows you to focus and be productive will be key. This may be your room, study lounge, library, or another place on campus. If you haven't already, explore and find one or more study spaces that works for you.

Contributing to the well-being of the environment makes people respect and feel more appreciative about their surroundings. Environmentally-friendly acts you can start practicing today include:

- Riding a Bike
- Reduce, Reuse, Recycle
- Compost Food
- Use Natural Products
- Take Advantage of Sunlight
- Resist Littering
- Spend More Time Outside

Environmental Sustainability is one of Seneca's 3 main pillars. With the release of its first [sustainability plan](#), Seneca is focusing on four priority themes: leadership, community, education and research, and operations.