

Healthy Homes, Healthy Hearts: Environmental Wellness and Safety



Your daily surroundings in your home, workplace, neighborhood, and community have a direct impact on your health. You can't always control what's in every environment you enter, but you do have the ability to take small steps to keep yourself safe in those environments to protect your physical and mental health.

Understanding Environmental Wellness

Environmental wellness refers to the focus on the quality of your external surroundings and their impact on your overall well-being. If you're in a less than ideal living environment, you may find it harder to maintain a healthy lifestyle, but taking control of your environment doesn't have to be stressful. Consider your different types of environments and think about the spaces that make you feel safe, energized, and restored. This will help better equip you to build strategies to contribute to and engage with spaces that are safe, accessible and sustainable.

Social Environment - Your daily interactions with people and the social norms that shape them.

Built Environment - Where you live, work, and socialize.

Natural Environment - The nature all around you —water, air, plants, wildlife.

Improving Your Well-Being

- **Spend Time in Nature.** Take daily walks outside to lower stress and get fresh air.
- **Create a Stress-Free Zone in Your Home.** Make your home a haven to escape daily stressors and relax in peace.
- **Limit Screen Time.** Take regular screen breaks and take time to get up and move your body.
- **Supportive Environments.** Surround yourself with positive people.

Improving Your Environment

- **Reduce Dust.** Vacuum with a HEPA filter, use an air purifier, wet-mop floors periodically.
- **Remove Shoes.** Leave shoes at the door to stop harmful germs, dirt and chemicals from spreading.
- **Choose Safer Products.** Opt for fragrance-free cleaners and natural personal care items.
- **Prevent Mold.** Mold can be very toxic to your health. Fix leaks quickly and keep living areas dry to prevent mold growth.
- **Declutter.** A messy environment can increase stress levels and impact your mental health.
- **Practice Sustainable Habits.** Intentional daily choices such as recycling, conserving water, turning off lights, and avoiding littering will be safer for the environment, and the overall well-being of yourself and others.



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment and access to care through education, programming and advocacy. Learn more at balmingilead.org.

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