



ENVIRONMENTAL WELLNESS

Creating Spaces That Support You

Environmental wellness is about the relationship between you and the spaces you live, work, and move through. A cluttered, chaotic, or unsafe environment can quietly drain your energy, while a space that feels calm and intentional can support healing.

“Your surroundings are always speaking to your nervous system. What are they saying?”

A GENTLE PRACTICE: NOTICE, DECLUTTER, RESTORE

Try this simple practice to bring more intention into your physical spaces.

- 1. Notice.** Walk through a space you spend a lot of time in. What feels calming? What feels draining?
- 2. Declutter (even a little).** Choose one small area to clear or organize — a drawer, a corner, a desk.
- 3. Restore.** Add one element that brings you comfort — a plant, a candle, natural light, a favorite photo.

REFLECTION PROMPTS

- *Which spaces in my life feel most calming, and which feel most chaotic?*
- *What's one small change I could make to my environment this week?*
- *How does nature or the outdoors factor into my sense of wellbeing?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.



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Science-Backed Practices for Your Surroundings

These practices are drawn from the research on environmental wellness — small, doable ways to shape spaces that support you. Try one this week, not all nine.

NINE WAYS TO PRACTICE ENVIRONMENTAL WELLNESS

Time in nature / green space RETREAT-READY

Dose-dependent reduction in cortisol, blood pressure, and rumination.

Decluttering / mindful organizing

Environmental order reduces cognitive load and decision fatigue.

Gardening / horticultural therapy RETREAT-READY

Contact with soil microbiome boosts serotonin; reduces depression.

Light therapy / circadian alignment

RETREAT-READY

Morning light exposure regulates melatonin and improves mood.

Biophilic design engagement RETREAT-READY

Nature-integrated spaces lower stress and increase productivity.

Water therapy / blue space RETREAT-READY

Proximity to water reduces psychological distress (Blue Mind theory).

Grounding / earthing RETREAT-READY

Direct skin-earth contact reduces inflammation and improves sleep.

Reducing toxic exposure

Limiting endocrine disruptors and air pollutants supports hormonal health.

Sustainable living practices

Pro-environmental behavior linked to life satisfaction and purpose.

You don't need all nine. Choose the one that feels most alive for you right now.