

APRIL 2023

Guiding Your Family to Greener Living

ONLINE SEMINAR

In this session, we will explore the steps towards greener living and how to guide our family to living more sustainably. We can help you connect intentions with actions for better mental wellbeing.

LET US HELP

Visit your home page starting April 18th

WEBSITE: www.EAPHelplink.com

TOLL-FREE: 1.800.999.1077

COMPANY CODE: UI1



YOUR EMPLOYEE ASSISTANCE PROGRAM

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Guiding Your Family to Greener Living

Unsure with how to start going green? Here are some simple steps you can take towards a more sustainable future.

- Avoid an “all or nothing mentality” when it comes to living greener. Any step you take has an impact.
- Reduce food waste. Only buy what you can eat.
- Cut back on air travel when you can. Take trips closer to home.
- Replace your outlets with “smart” or remote-controlled outlets to shut off passive energy use.
- Swap in a plant-based meal here and there. Meat has a high carbon and water footprint.
- Insulate and caulk your home to save energy.
- Recycle items properly to avoid damage to equipment or contamination.

For information on resources near you, such as green lawn care, electricians, composting, environmental volunteer opportunities, and more, contact your Employee Assistance Program. Visit the website listed below and type “green” into the search field for more tips on sustainability.

Fisher, Jon. “Everyday Sustainability Guide”. The Nature Conservancy. Accessed January 23, 2023 from <https://www.nature.org/content/dam/tnc/nature/en/documents/green-guide.pdf>



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

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