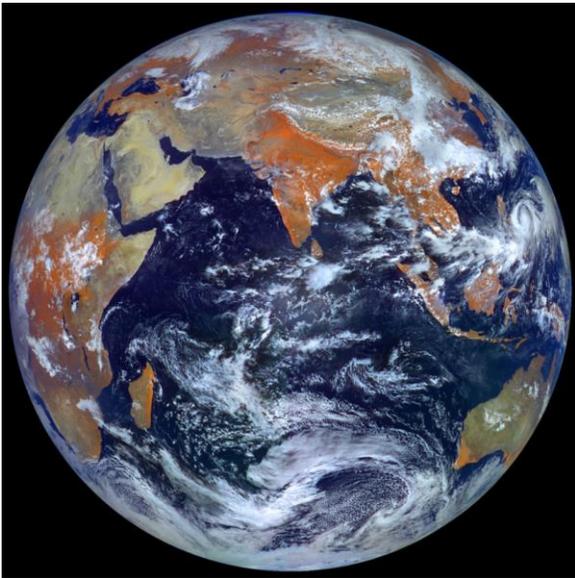


# Health & Wellness Newsletter April 2023



## *Celebrating Earth Day*

April 22<sup>nd</sup> is the day we celebrate Earth Day 2023. The history of Earth Day was started by Wisconsin Senator, Gaylord Nelson in 1970 to help promote environmental policies on a national scale. Following the first Earth Day, Congress authorized the creation of the Environmental Protection Agency (EPA). The Earth Day annual celebration is to raise & advocate for change around issues that most impact our Earth. Why was April 22<sup>nd</sup> chosen as Earth Day? “GoodGoodGood” (2023).

Earth Day went global in 1990 and 141 countries came together to protect our environment. April 22<sup>nd</sup> was chosen as Earth Day to maximize the number of University (& K-12) students in education and celebration of Earth Day. Many environmental issues have been identified and some issues create controversy. *I know-I know-* there is a constant debate about the truth surrounding Global Warming. This subject is frequently used by politicians to attain votes. Some facts about earth’s average temperatures, between 1880-1981 the earth’s average temperature increased by 0.14 degrees/decade but between 1981-2023 the rate increased by 0.32 degrees per decade. Carbon emissions are blamed and the USA contributing an average of 20 tons/American compared to 4 tons per person from other parts of our world. The effects of increase temperatures on earth are also questioned but **the goal of this article is to celebrate Earth Day and the successes of conservation efforts to lessen our footprint as we live our lives. It appears Conservation works!**

The ways we identify successes are seeing animals rebounding that were endangered at one time like butterflies, gorillas, whales, tigers & bison. Since 1989 the ozone layer has improved & is believed it will make a full recovery. Through communities coming together, composting had increased, more trees have been planted in urban areas, building materials that absorb carbon dioxide are being used and an effort has been made to convert sewage into green energy. Electric vehicle and hybrid vehicle production is a measure being taken to decrease emissions. Solar solutions and other alternative energy sources like wind and fusion. Caring and protecting our forests in Columbia, California and the Amazon. Also protecting our water sources, oceans, lakes and our public water sources. An unusual measure is when scientists invented sustainable glitter from fruit rather than micro-plastics “GoodGoodGood” (2023).



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The World Health Organization (WHO) is the international authority on public health & water quality. It is reported that 2 billion people live in water-stressed countries and globally 2 billion people drink water contaminated with feces. Chemical risks come from arsenic, fluoride or nitrates, and now pharmaceuticals, pesticides, and micro-plastics. Diseases can be transmitted like diarrhea, cholera, dysentery, typhoid, polio & acute respiratory diseases. **The good news as of 2020 is that 74% of the global population now have safe drinking water due to education and initiatives like the WHO and Unicef, Water Safety Plans, and the development of quality drinking-water regulations & standards!** “Drinking-water” (2022).

*April is also Stress Awareness Month.* Stress can be debilitating, causing or aggravating health problems. There is a growing stress epidemic in America. During the month of April, health care professionals from all over the country come together to increase public awareness about the causes, and treatments for stress. Interesting that stress is addressed during the month taxes are due.

**Acute Stress**-usually brief, often associated with reactive thinking & negative self-thoughts about an event or impending event.

Episodic Acute Stress- frequent triggers d/t life filled with chaos & crisis

**Chronic Stress**-most harmful type and if not treated over a long time, it can damage your physical and mental health.

**How to best manage stress?** Exercise, use relaxation techniques like journaling, yoga, massage, therapy and breathing exercises. Spend quality time with family & friends, visit your doctor, eat well, sleep & rest regularly “April is Stress Awareness Month” (2023).

Drinking-water (2022, March 21). *WHO-Factsheets*, <https://www.who.int/news-room/fact-sheets/detail/drinking-water>, 31Ideas to meaningfully celebrate earth day 2023 (2023, March 24). *GoodGoodGood!* <https://www.goodgoodgood.com/31ideastomeaningfullycelebrateearthday2023/>; April is Stress Awareness Month (2023, April) *CommunityHealthofCentralWashington*, <https://www.chcw.org/Aprilstressawarenessmonth/>