(Re)treat for Health

The word retreat means to pull back from activities to get inspired or get reenergized. Students like you have been working hard to take actions to help solve big problems like climate change. **But in order to help care for the earth, we must first care for ourselves.**

**Taking Care of YOU**

According to Yale University researchers, taking action is an excellent way to relieve our stress and anxiety about climate change. And it also helps when you take action with others, too.

When we are being Food Rescuers, we are doing three healing actions:

- Self-Caring
- Community Caring
- Earth Caring

**Healing Actions Checklist** Check the boxes next to actions you do now. Circle all the actions you could add to your life.

**Water**

- [ ] I drink enough water daily.
- [ ] I don’t waste food. I eat all my food which saves the water that made my food.

**Soil**

- [ ] I respect the soil and farmers who grow my food. When I don’t waste food, I don’t waste soil or the farmers’ work.

**Air**

- [ ] I do simple breathing exercises to keep my mind at ease.
- [ ] I don’t waste food.
- [ ] I respect the miles it took to travel from farm to my plate. When you reduce the travel it takes food to get to my plate, there are fewer greenhouse gases.

**(Re)reflect**

When you don’t waste food, you help your community and the planet. How does it also help you take care of yourself and your family?

**MY NEW YEAR RESOLUTION IS TO USE LESS STUFF IN 2021**

How I’ll use less WATER:

________________________________________________________________________

How I’ll use less PLASTIC:

________________________________________________________________________

How I’ll use less ENERGY:

________________________________________________________________________

Your signature

How I’ll use less WATER:

________________________________________________________________________

How I’ll use less PLASTIC:

________________________________________________________________________

How I’ll use less ENERGY:

________________________________________________________________________

Your signature

**YOUR ACTION STORY**

Share how you took action to build our collective action celebration gallery!

Share your action story and a picture to schools@stopwaste.org

Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration