Every Day is Earth Day

How To Be Happy lessons from the Happiness Alliance happycounts.org
April 22 is Earth Day, but in a sense, everyday is earth day.
Ten things you can do for the planet and your happiness.
Spend Time in Nature

Give yourself the gift of spending an extra 5 minutes a day in nature for the next week just appreciating. Sit in your garden or take a walk in a park, or get out of town.
Happiness studies tell us that our happiest place is in nature.
Go Veggie for a Day A Week
Meat production takes a toll on the earth’s resources. Eat vegetarian for one day a week for the next month. See how it feels. Chances are you will feel better and you’ll be giving mother earth a break.
Eat fast food one less time a week for the next month and instead prepare your own lunch or dinner one more time a week for the next month.

Use ingredients with recyclable, compostable or no packaging. See how it feels.
Talk about the Planet
Community has formidable power. Simply taking the time to talk about important issues with your friends, colleagues and neighbors can build bonds and inspire action for our planet.
Give a person you care about a big hug.
Science tells us that a hug of at least 20 seconds reduces stress and increases our feeling of happiness.

When we are happier, we problem solve better.
Plant a Tree
If you don’t have the land for a tree, find a local non-profit that is maintaining, conserving or restoring natural habitats and donate or volunteer.

From prehistoric times to before the industrial revolution trees were revered. This may be in part because people knew from experience that trees are indispensable for life on our planet.
Discover lore
Learn about the lore about nature of indigenous people of the land where you now live. What were the creation of the earth stories that the native people told? What stories were told about seasons, planting, harvesting and hunting?
Get Political
If you are not politically active, take a small step like sending an email to your city or county council about something you believe would make a healthier planet or learning more about grassroots efforts in your area.

If you are politically active, good on you! Join with others like you to find more ways to make it easier for those who feel disempowered to get involved.
Step up your savings
Reducing spending and consumptions reduces demand on natural resources. Save your money, find ways to do more with less and enjoy the simple things in life.

If you invest, invest with socially responsible investment funds and banks.
Rethink your commute
In the short term:
- Use public transportation
- Bike when you can
- Carpool and
- Telecommute more
If you already do this – brag about what a great commute you have to co-workers in a nice way…to inspire them!

In the long term, live within walking distance to work!