

Even a few small changes in the things you do on a regular basis can add up to a significant impact on the environment. Try to incorporate some of these ideas into your everyday routines at home and at work.

- > **Run full loads.** When washing clothes, only run full loads or use the automatic controls for smaller loads, and use cold water for the rinse. Only run the dishwasher when full as well.
- > **Recycle more.** Take full advantage of community resources for recycling paper, plastics, used electronics and other household items. To get rid of useable items you no longer need, sell them at a garage sale or online, or donate items to charity.
- > **Change the light bulbs.** Replace traditional incandescent bulbs with energy-efficient and compact florescent bulbs. These use at least two-thirds less energy to provide the same amount of light. They also last up to 10 times longer than traditional bulbs.
- > **Turn off lights.** Teach all members of your household to turn off the lights when they leave a room. Place little stickers by the light switches to remind everyone.
- > **Fix leaky faucets and showerheads.** According to the U.S. Environmental Protection Agency, one dripping faucet can waste 250 gallons of water a month, or 3,000 gallons a year.
- > **Drive less, bike and walk more.** Walk and bike to destinations whenever you can. You'll save on gas, reduce pollution and get the health benefits of exercise. When you must drive, group errands together so you don't waste gas and time.
- > **Rethink your commute.** If you drive to work, consider mass transit (if available), carpooling or biking to work. Mass transit not only saves you gas and car expense, it is beneficial for air quality. Fully occupied buses and trains produce fewer nitrogen oxides per commuter than cars.
- > **Take good care of your car.** Properly maintain your car for maximum fuel efficiency. A clogged air filter can significantly reduce gas mileage. Keeping tires inflated to the correct pressure also improves gas mileage. To prevent gas from evaporating when filling, buy gas in early morning or late evening, when the air is cooler and gas is most dense.
- > **Bring your own mug.** Banish foam and other disposable cups from the break room at work. Ask your employer to institute a policy requiring employees to bring their own reusable coffee mug. Many coffee shops will let you use your own insulated coffee carrier, too.

Additional Information

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