



Manhattan Marriage & Family Therapy

## Earth Love Month

### Day 2: Change a Habit

You can easily change a small habit in your life and contribute to the overall good of the planet. For example, can you recycle? Can you turn off the lights when you're not at home? These are all changes you can manage that can help Mother Earth and you get the benefit of feeling better about yourself and maybe reducing some of that nagging anxiety.

**Why should you do this?** Americans use and throw away 100 billion plastic bags annually, which requires 12 million barrels of oil to manufacture. An average American family uses 1,500 plastic shopping bags a year. Ouch!

**Tip:** Don't want to carry around bulky shopping bags? Opt for compact folding ones that can be tucked into a purse or briefcase--like [this](#) cute guy, which folds into a strawberry-like pouch. \$6.21 for 10—steal!



**Already Doing This?** Consider getting some for your family, friends or neighbors. Also, you can raise your eco game by replacing those flimsy plastic produce sacks with [these](#) reusable mesh sacks. \$12 for 9 bags.

