

Do a digital detox

Overuse of electronic devices and our interactions with them can contribute to chronic stress. Consider taking a digital detox retreat, where you remove all electronic devices and reconnect with yourself and nature. Explore ecotherapy, or connecting with and immersing yourself in nature. Ecotherapy has proven to help some people manage symptoms of anxiety and depression.

Be More Earth-Friendly

Much of the energy that powers homes comes from fossil fuels, which contribute to global warming. Unplug electronics when you are not using them to reduce energy use and carbon emissions.

