

# 14 Little Changes of Behavior

to take care of our  
Earth



**Carmelite NGO**  
ECOSOC Status, UN



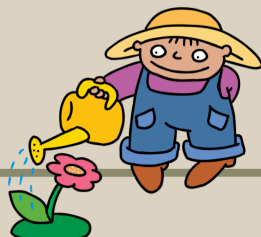
***"For we know things can change"  
Pope Francis, Laudato Si' #13***

The possibility of change is in your hands

- **Balance your day, take time & contemplate.**
- **Simplify your life.**
- **Eat healthy, minimize waste, repair & recycle.**
- **Save energy, walk more & share your car.**
- **Invest your money and time in the health of the planet.**
- **Mobilize, get involved & participate more.**

## Balance your day, take time & contemplate

1. Procure a healthy and balanced lifestyle, avoiding living on the run and harmonizing the different dimensions of your time: work, rest, qualified human relationships, prayer, ministry and physical exercise. Thus, you will learn to see and appreciate the beauty (LS, 215).



## Simplify your life

2. Reduce the time you spend in trivial and alienating distractions. Reduce your dependence on social media and the time you spend on internet or watching television. Dedicate some time to recover the serene harmony with creation, to reflect on your lifestyle and ideals, to contemplate the Creator, "who is among us and surrounds us" (LS 225). Reserve a regular time for doing so: every day, every week.

3. Simplify your life, agenda and overcommitments, the things that keep you busy and demand your time and heart. Return to "the simplicity which allows us to stop and appreciate the small things", avoiding "the dynamics of dominion and the mere accumulation of pleasures" (LS, 222).



## Eat healthy ...

4. Avoid too ultraprocessed, frozen or unnatural foods, and those which come from long distances. Make preference of a diet fundamentally made of local and seasonal foods. Consider reducing your consumption of meat and eat more veggies and fruits. Buy raw foods and cook them at home.



## ... minimize waste, repair & recycle



5. Take into account of the packaging of the products you buy. Avoid plastics as much as possible. Use only reusable bags, for example cloth bags. Use returnable containers.
6. Classify and separate the waste (glass, plastics, paper, organic compostable material) and recycle them accordingly. Learn how to do it.
7. Avoid buying unnatural cleaning products. Prefer natural cleaners; such as bicarbonate-based cleaners, vinegar solutions or soft soaps. Simplify processes and products for cleaning cloth and dishes (program shorter times and lower temperature as much as possible).
8. Use home appliances and electronic products throughout their useful lifespan. Repair them when needed. Do not replace them while they are still useful. Avoid the fascination of novelty and fashion.



## Save energy, walk more & share your car



9. In place of turning heating on, wear warmer clothes. Do not heat more rooms than necessary. In summer, reduce the use of air conditioning as much as possible and adopt traditional cooling strategies (e.g. opening windows at night and closing windows in daylight). Invest money in house insulation and low-consumption technologies.
10. Avoid using your car when you travel alone. Share trips. Prefer public transportation. Walk more. Try riding a bicycle. Plan your trips and avoid unnecessary trips.



## Invest your money and time in the health of the planet

11. If you contract a supply company (communications, energy, services ...), keep in mind those that respect the life and dignity of the people. Where possible choose an energy company that uses 100% renewable energy such as wind, solar, tidal, geothermal.



12. Go to your local financial advisor and ask for investments in fossil-free energy companies, such as renewable energies based on sun, tides and winds (and stop funding fossil fuel companies).



## Mobilize, get involved & participate more



13. Take into account the care for the planet when voting our political representatives. Give preference to those political programs that set a program of the care for Earth ahead of the economic benefits. Political programs that tackle Climate Change by promoting Renewable Energy, Public Transport Infrastructure, Careful Waste Management, Recycling).

14. Do not limit yourself to issuing your vote every four years. Participate, as much as possible, in public life: denounce, propose, participate in manifestations (e.g., the Climate March), become a member and support civil society organizations (e.g., NGOs) that defend

life, and give assistance to the most needy and vulnerable.

Learn more by reading Pope Francis' encyclicals



# *Laudato Si' & Fratelli Tutti*

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