

# Connect and Recharge

Engage with the world around you: nature, your community, and yourself

**Connect and Recharge** any month with Human Resources and sustainNU. This calendar provides options for connecting with nature and your community. These actions can be done with your work team, your family, or by yourself. Pick a couple or make it a daily commitment. Doing so can positively affect your well-being, expand your awareness, recenter your appreciation for the natural world, and inspire you with new ways to take action.

*Celebrate yourself for joining your community to Connect and Recharge!*

		1 Get outside, pause and, take a deep breath	2 Review the <a href="#">Campus Sustainability Map</a> for amenities to take advantage of	3 <a href="#">Identify potential home energy savings</a>	4 <a href="#">Pick up a rock &amp; look for insects living in the soil</a>	5 <a href="#">Visit a local natural area</a>
6 Clean out a closet & <a href="#">donate</a> or recycle unneeded items	7 <a href="#">Learn to spot greenwashing</a>	8 Get outside, stretch and mobilize your body	9 <a href="#">Add a new sustainable practice to your home</a>	10 Review how to properly recycle in your community & <a href="#">Northwestern</a>	11 <a href="#">Learn about a local environmental justice organization</a>	12 <a href="#">Gather with friends &amp; clean up an area of your community</a>
13 Learn about the wildlife that share our cities ( <a href="#">get started here</a> )	14 Skip the car for a day or a week: walk, <a href="#">bike</a> , take public transit	15 <a href="#">Learn about the Indigenous Peoples native to the land you live on</a>	16 Look for <a href="#">pollinators</a> in your local landscapes	17 Find energy efficiency rebates from <a href="#">Comed &amp; Energy Star</a>	18 <a href="#">Explore the idea of a sound walk and listen to your surroundings</a>	19 <a href="#">Visit a resale shop for second-hand items instead of new</a>
20 Assist with a community science project like <a href="#">Chicago Wildlife Watch</a>	21 Take a walk without headphones or distractions & notice nature	22 <a href="#">Visit EPA's EJScreen tool</a> to explore environmental justice patterns	23 Go outside, take a deep breath, & listen to the sounds of nature	24 <a href="#">Learn about the watershed you live in</a>	25 <a href="#">Donate unused books to a local free library</a>	26 <a href="#">Volunteer to support a community effort</a>
27 Watch the sunrise or sunset	28 Go <a href="#">bird watching</a> , on campus or in your neighborhood	29 <a href="#">Learn about a local environmental justice organization</a>	30 Observe a small piece of greenery. What do you notice?	31 Share a nature photo or environmental practice you engage in with a loved one		

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