







Living a life that makes a difference





Check out some key actions you can take*, using the [One Planet Living](#) framework, in order to live a **happier, healthier and greener life** and make a difference!



*We welcome other suggestions – the below is just kick-starting the process!

 <p>Health and Happiness</p>	<ul style="list-style-type: none"> • Eat right: aim to have a balanced diet with <u>high amounts of vegetable protein</u> – good for your body and brain. • Get moving: pick up a sport or join a <u>Good Gym</u> (do good by running to volunteering projects!) Plus it <u>benefits mental health!</u> • Get some sleep: adults need <u>6-9 hours of sleep</u> a night to fully rest. • Stay hydrated: aim to drink <u>6-8 glasses</u> of water a day • Go outside: get some vitamin D, go for a stroll and get fresh air; maybe try a <u>'micro adventure!'</u> • Plan your time: Check out <u>these suggestions</u> to manage your time more wisely. • Drink in moderation: alcohol every now and then is fine, but repeatedly going over the recommended weekly amount can have health implications. Reducing the amount you drink will improve your <u>energy levels, mood, and liver health!</u> • Connect – connect with the people around you: spend time developing these relationships. Learn more on <u>Connecting for mental wellbeing</u>. • Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. It can positively change the way you feel about life and how you approach challenges. Learn more in <u>Mindfulness for mental wellbeing</u>.
 <p>Equity and Local Economy</p>	<ul style="list-style-type: none"> • Shop local: buy from local and independent <u>retailers</u>, and buy ethically sourced, Fairtrade products where possible. • Take action: join a local <u>Community Action Group (CAG)</u> with a range of projects from community gardens to bike repair to soup kitchens, and more. • Bank fairly: choose to bank with <u>sustainable and ethical</u> banks like <u>Triodos and the Co-operative</u>, and avoid those still investing in fossil fuels like Barclays, HSBC, Lloyds, RBS, and Santander. • Empower women: <u>encourage a workplace culture</u> that seeks to encourage and empower women through promoting equality.
 <p>Culture and Community</p>	<ul style="list-style-type: none"> • Contact your MP: about sustainability issues with <u>They Work For You</u>. • Meet new people: by finding out <u>what's happening</u> in your local area, or by joining a <u>CAG</u>. • Explore: visit the wide range of <u>attractions and museums</u> our county

	<p>boasts.</p> <ul style="list-style-type: none"> • Try something new: learn a new skill/hobby like an instrument, a sport, or something creative like writing or painting – all great for mental health, too! • Volunteer: get out into your community by volunteering (also find more volunteering opportunities here)!
 <p>Land and Nature</p>	<ul style="list-style-type: none"> • Don't be a litterbug: always bin litter or take it home to bin later if you're in the countryside away from a bin. • Encourage wildlife: create pollinator-friendly wildflower gardens, bee and bug hotels, bird boxes, or plant trees! • Choose good wood: buy wood from sustainable sources certified through the Forest Stewardship Council and reclaimed wood products through RAW workshop and Oxford Wood Recycling. • Avoid plastic: avoid products containing microplastics e.g. face scrubs with beads. Culprit ingredients are Polyethylene & Polypropylene. • Avoid glyphosate pesticide (Roundup weedkiller): Recent research shows that glyphosate formulations destroy the micro-organisms in healthy soil and is carcinogenic to humans.
 <p>Sustainable Water</p>	<ul style="list-style-type: none"> • Watery wizardry: check out these clever gadgets to help minimise water use in the shower, for your toilet, and more... • Recycle rain: harvest rainwater and use it to flush your toilets, wash your car, or water your plants. • Thirsty food: meat protein requires far more gallons of water per gram of protein than plants – think about the swaps you could make! • Refill on the go: ditch the plastic bottle and refill your reusable water bottle at Refill stations. • Wash well: use eco-friendly products like Ecover for dishwashing and laundry, and Method for cleaning and handwashing.
 <p>Local and Sustainable Food</p>	<ul style="list-style-type: none"> • Minimise the meat: reducing your meat and dairy consumption is one of the most impactful ways to reduce your ecological footprint PLUS plant-based diets are often healthier and cheaper! If you do eat meat, eat local, organic and free-range. • Love local: find retailers who sell food from local farms or get a veg box from Riverford, North Aston organics, Ten Mile Menu, Veg in Clover or grow your own! Check out Cultivate's online shop for local and ethical produce or see them at Summertown market on Sundays, 10am-2pm. • Shop at farmers' markets: check out different ones happening on this website. • Share your spare: donate any surplus food to the Oxford Food Bank, set up a community fridge or visit the Surplus Food café! You can also use surplus food apps Olio or Too Good to Go. • Volunteer: for OxGrow, Barracks Lane Community Garden, Oxford City Farm, Incredible Edible Oxford, Wolvercote Community Orchard.

 <p>Travel and Transport</p>	<ul style="list-style-type: none"> • Swap the car for a bike: short journeys by <u>(e)bike</u>/by foot will burn calories and save tonnes of carbon dioxide. Learn how to repair your bike with <u>Broken Spoke</u> or <u>Bicester Green</u>. • Sharing is caring: use <u>public transport</u> where possible, or share cars with neighbours for shared-purpose journeys. Use the <u>lift-share website</u>, to offer lifts or find a lift going your way. • Go electric: Find electric car-share clubs <u>here</u>. Using electric vehicles massively reduces your footprint! • Down to earth: flying within Europe is <u>very harmful to the planet</u> but can be swapped for a high-speed train or coach.
 <p>Materials and Products</p>	<ul style="list-style-type: none"> • Reduce, reuse, repair: avoid the need for new by buying from charity shops, visit a <u>repair cafe</u>, and check out <u>RAW workshop</u>. • Avoid single-use plastic: bring a keep-cup for your coffee, buy unpackaged fruit and veg from <u>farmers' markets</u>, and get local, organic food and detergent refills in your own containers <u>with SESI</u> – more tips from Greenpeace <u>here</u>. • Share tools: encourage sharing of tools and equipment with your neighbours or by joining the <u>Library of Things</u> instead of buying new. • Bamboo benefits: 80% of plastic toothbrushes end up in the sea, threatening marine life. Bamboo is an <u>incredibly sustainable and biodegradable material</u> – why not swap your plastic non-recyclable toothbrush for a <u>bamboo one</u>? • Save on tampons: if you have periods, use a safe, comfortable, and reusable <u>menstrual cup</u> which lasts for several years, saves you lots of money and gets rid of tampon/sanitary towel waste!
 <p>Zero Waste</p>	<ul style="list-style-type: none"> • Become recycle-ready: confused about what you can and can't recycle? Click <u>here</u>. • Think before you buy: here are some <u>great gift ideas</u> that don't rely on buying new, or <u>repair your broken items</u>! • Waste not want not: plan your meals carefully and <u>visit Love Food Hate Waste for more info</u>. • Buy better products: products that have a <u>longer life and are more sustainably sourced</u> will be kinder to the planet. • Freeze leftovers: cooked too much food and now it's about to go out of date? Find out <u>here what you can freeze</u>! Save money, time, potential waste, and have a meal ready to go!
 <p>Zero Carbon Energy</p>	<ul style="list-style-type: none"> • Get efficient: find out how to switch energy suppliers and lower your bills <u>here</u>. If you're a business, you can also get a <u>free energy audit</u> through OxFutures. • Implement: install <u>solar panels</u>, improve your <u>insulation</u>, use <u>BEPIT</u> for new-builds or <u>RetrofitWorks</u> for existing buildings. • Raise awareness: use this <u>guide and resources</u> from The Carbon Trust to help your colleagues get involved. • Join a CAG: <u>find others</u> cutting carbon in the county.

Why not try introducing **2 or 3** of these actions into your lifestyle, and when they feel comfortable, try adding another and another... and repeat! Do you have any more suggested actions? [Get in touch](#) and let us know! If you want to **pledge to some actions**, go to the [Oxford Together on Climate Change website](#) to join with hundreds of others committing to making small sustainable changes. With this guide, you'll be actively contributing to your own **happiness and healthiness** as well as helping Oxfordshire become a sustainable **One Planet County**.