

Things you can do if you care about the environment

April 2025

Advocate for systemic change: Contact your government representatives and let them know you expect them to push for policies supported by science and care for the environment. Use your vote and your right to free expression. Advocate for environmentally-conscious policies and actions within your community, your company, or your social/familial circle. Speak out against injustice. Get involved with your community, large or small. Small efforts can have ripple effects and gradually change mindsets. Those with the most power and resources have the greatest responsibility to act. Each of us has some power and some influence.

Live mindfully in a way that is sustainable: Personal responsibility is also part of the equation. This means different things for different people, depending on their means or where they live. Doing a lot is good. Doing a little is better than doing nothing. Doing a little over many years might be more impactful than trying to do everything for only one week. Focus on impact.

Three areas of our personal lives that have the greatest impact on climate:

- What we eat
- How we travel
- How we power our homes

[12 Ways to Live More Sustainably](#) (Center for Biological Diversity)

[Eight Simple but Meaningful Things You Can Do for the Environment](#) (Stanford Report)

Use your talents: Khalil Gibran said, “Work is love made visible.” We all have different gifts. Some of us are musicians, some are scientists, writers, caretakers, engineers, journalists, cooks, storytellers, teachers, farmers, salespeople, therapists, managers, plumbers, business owners, researchers, financial experts, legal experts, cultural experts, activists, first responders, delivery people... and more. A composer isn’t necessarily a great policy expert. A policy expert isn’t necessarily the best story teller. Everything we do intersects with the environmental crisis in different, sometimes subtle ways.

Listen: Spend time in nature. Listen (literally) to what it’s saying. Be present. Listen to each other, and be present with each other.

Information

- [United Nations Climate Reports](#)
- [World Meteorological Organization State of the Global Climate 2024](#)
- [United Nations](#)
- [Climate Adam on YouTube](#) (Dr. Adam Levy, Ph.D., Oxford University)

Advocacy

- [350.org](#)
- [The Nature Conservancy](#)
- [Sierra Club](#)
- [Oceana](#)