environmental wellness:

CREATING A SPACE THAT WORKS FOR YOU

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WHY IS IT IMPORTANT? →



Your environment (especially your home) plays a big role in your health and safety. A safe and comfortable space can help prevent injuries, reduce stress, and support your independence. As we age, the risk of falls and injuries can increase. However, small changes in your environment can make a big difference in keeping you safe and confident in your daily activities.

WHAT IS ENVIRONMENTAL WELLNESS?

Environmental wellness is about creating a space that supports your health, safety, and well-being. This includes your home, your surroundings, and the places you spend your time. A safe and organized environment can help you move more easily, reduce stress, and feel more comfortable in your daily life.

COMMON SAFETY RISKS AT HOME:

Many accidents happen at home, but they can often be prevented. Watch out for:

- Clutter on floors or walkways
- Poor lighting
- Loose rugs or cords
- Slippery floors
- Hard-to-reach items

Being aware of these risks is the first step to preventing falls and injuries.

CREATING A COMFORTABLE ENVIRONMENT:

Your environment isn't just about safety, it's also about comfort and well-being.

- Open windows for fresh air
- Spend time outside when possible
- Keep your space organized and calm
- Add things you enjoy (plants, photos, music)

A comfortable space can help improve your mood and reduce stress.

WHAT IS ENVIRONMENTAL WELLNESS?

Choose one small change to improve your space:

- Clear a walkway
- Add better lighting
- Organize one area of your home

ASK YOURSELF:

"What is one thing I can do to make my space safer?"

RESOURCES

- **Environmental Wellness Video:** https://youtu.be/9XFCgRlie1A?si=tx7zlQmiEsr5NRyS
- **Healthy Aging:** https://extension.rutgers.edu/food-nutrition-health/healthy-aging
- **Fall Prevention NJ:** https://www.nj.gov/humanservices/doas/services/a-k/falls-prevention/