

# PLANETARY WELL-BEING TIP CARDS



## TIPS FOR PLANETARY WELL-BEING

Planetary well-being is based on an understanding of the interdependence between humans and the rest of nature. Humans are part of the natural whole and, at the same time, entirely dependent on the vitality of the surrounding environment. Human actions impact the environment and its condition, both locally and globally. Conversely, the state of the environment directly affects human health and well-being. Climate change, biodiversity loss, and pollution of air, water, and soil already affect the health and well-being of current generations, and especially those to come. Natural systems sustain all life by providing clean water, oxygen, food, and protection from extreme weather events. Contact with diverse nature enriches the human microbiome, protects against many diseases, and has a powerful impact on mental well-being. Planetary well-being is therefore a broad concept that may raise questions about how individuals can influence it in their daily lives.

The planetary well-being tip cards offer easy-to-implement actions for enhancing well-being and making sustainable choices in everyday life. Anyone interested can use these cards. They are specifically designed to support well-being initiatives by guiding people toward the well-being benefits of nature and sustainable daily choices. The cards can be used in contexts such as lifestyle counseling, employment and social services, as well as in the activities of projects and organizations.

There are five tip cards in total: the first card introduces the themes of the other four cards, the second card provides tips specifically for strengthening one's connection to nature, the third focuses on sustainable and health-promoting mobility, and the fourth offers sustainable food choice tips. The fifth card is a personal one-month tracking card for nature actions. On the tracking card, individuals can set goals related to each of the three themes and outline actions to achieve them based on their interests. The purpose of the tip cards and tracking card is to serve as a source of motivation for those who use them.

The cards were created based on a script by physical activity counselor *Helena Kämäräinen* from *Päijät-Häme Sports and Physical Activity Association*. The script was further developed in collaboration with researchers and the steering group of the *Natural Prescription project* at the Natural Resources Institute Finland, to serve as a tool for piloting within the project. The project, *Nature Prescription - Introduction of nature-based methods in municipalities*, was funded by the Ministry of Social Affairs and Health's health promotion grant. The graphic design for the cards was created by *Leena Ahola* from *Seven-1 Graphics*.

**We wish all tip card users wonderful moments of nature-friendly actions!**

**HELENA, MAIJA & ELINA**

**Citation suggestion:** Kämäräinen, Helena, Lipponen, Maija & Vehmasto, Elina. 2024. Planetary Well-being Tip Cards. Natural Resources Institute Finland. <http://urn.fi/URN:NBN:fi-fe2024110589244>



# WELL-BEING FROM NATURE AND FOR NATURE THROUGH SMALL EVERYDAY ACTIONS

## CONNECTING WITH NATURE IN DAILY LIFE

- ☐ Small nature-friendly actions are significant in mitigating climate change and biodiversity loss. A connection to nature supports your well-being.
- ☐ Shared activities in nature strengthen relationships and boost happiness.
- ☐ Visits to nature improve well-being effortlessly: anxiety and stress are reduced.
- ☐ Being in a natural environment lowers blood pressure and improves sleep quality.
- ☐ Contact with nature strengthens the body's immune system against various pathogens.
- ☐ Outdoor activities promote fitness and heart health and help prevent various health risks.

## EVERYDAY MOBILITY AND OUTDOOR ACTIVITIES

- ☐ Inspire yourself to make small changes that benefit both your and nature's well-being and future.
- ☐ Use your muscle power: travel by bike or walk when you can. Don't forget carpooling!
- ☐ Refresh yourself in nearby nature spots. Take children, friends, and the elderly with you to enjoy and rejuvenate in natural environments.
- ☐ Nurture nature and your connection to it by engaging in activities in green environments.

## SMALL DAILY FOOD CHOICES

- ☐ Be mindful that eating in line with your nutritional needs helps reduce the strain on the environment.
- ☐ Excessive consumption of sugar and sweets increases the environmental impact of your diet without nutritional benefits.
- ☐ Avoid wasting coffee, as coffee farming negatively impacts global biodiversity.
- ☐ Reduce the use of bottled or canned sugary drinks.



NOTICE THE LINK BETWEEN YOUR CHOICES IN MOBILITY, DIET, HOUSING,  
AND CONSUMPTION AND THEIR IMPACT ON NATURE'S WELL-BEING.  
YOU CAN ASSESS THE SUSTAINABILITY OF YOUR CHOICES  
WITH SITRA'S LIFESTYLE TEST.

# FIND STRENGTH IN NATURE, FOSTER YOUR CONNECTION, AND CARE FOR THE PLANET

## EXPLORE

- ☐ Observe, listen to, and feel the various wonders of nature throughout the seasons.
- ☐ Take photos of your favorite nature spots and set them as your phone or laptop background.
- ☐ Leave your headphones at home while outdoors: listen to nature's own sounds.
- ☐ Admire butterfly species on websites. How many of them have you encountered in your yard?
- ☐ Can you recognize a bird species by its song? Use the **BirdNet** app for help.
- ☐ Want to know the name of a flower or a mushroom? Use the **PlantNet** app for identification.
- ☐ Breathe deeply in nature, close your eyes, and notice the scents around you.

## TRY

- ☐ Pack a picnic and enjoy a leisurely meal in nature.
- ☐ Bring binoculars and go birdwatching in your local area or at a birdwatching tower!
- ☐ Collect and dry seeds from blooming summer flowers for next year.
- ☐ Grow flowering plants that attract butterflies and pollinators.
- ☐ Discover local nature spots in your area and nearby municipalities.
- ☐ When was the last time you walked on a boardwalk? Plan your next trip to a boardwalk location.

## TAKE THE CHALLENGE

- ☐ Participate in a local nature event.
- ☐ Borrow litter pickers from the library and go on a litter walk with a friend.
- ☐ Pick and preserve the berries and edible mushrooms you know; be sure to enjoy them in winter!
- ☐ Provide a home for small creatures: leave a corner of your lawn uncut and unraked.
- ☐ Take on the birdhouse challenge - spot or build one: find instructions online!
- ☐ Create an insect hotel or bird bath using natural materials. Find instructions online!
- ☐ Establish a flower meadow in the driest, sunniest area of your yard using native wildflower seeds. Find instructions online.
- ☐ Spend a night outdoors in a tent or hammock.

FEEL GOOD, ENHANCE YOUR IMMUNE SYSTEM, MINIMIZE STRESS,  
AND APPRECIATE MOMENTS IN NATURE!



# LET NATURE AND YOUR MUSCLES MOBILIZE YOU

## EXPLORE

- ☐ Discover outdoor activity options near your daily environment.
- ☐ Find the nearest outdoor fitness or exercise area.
- ☐ Explore a new hiking or walking trail.
- ☐ Check which national park is closest to your home on the [luontoon.fi](https://www.luontoon.fi) website.
- ☐ Follow hiking accounts on social media - get inspired and save the best ideas!
- ☐ Pause and notice what kind of movement your body or mind needs right now. Consider if you can meet that need in the nearby natural spaces.

## TRY

- ☐ Boost your day with a short outdoor break in nature.
- ☐ Take a 20-minute restorative walk in nature at the end of the day.
- ☐ If possible, bike or walk through a park or forest on your errands.
- ☐ Pause to do a few stretches or exercises, perhaps using a tree trunk for support.
- ☐ Join a guided nature hike.
- ☐ Meet new people by attending a local nature event.

## TAKE THE CHALLENGE

- ☐ Leave your car parked for trips under 5 km.
- ☐ Bike to get ice cream or do some shopping.
- ☐ Invite a friend for a walk in the local forest, on fitness stairs, or for trail running.
- ☐ Go hiking, Nordic walking, or try geocaching.
- ☐ Take a swim at a nearby beach, or dip into an ice hole in winter.
- ☐ Enjoy the opportunities of winter - borrow gear and try ice skating, snowshoeing, or kick sledding.



POSITIVE ENERGY, BETTER HEALTH,  
AND SAVING NATURE AND MONEY!



# HEALTHY EATING TIPS FOR YOU AND THE PLANET

## EXPLORE

- ☐ Browse various organizations' food tip websites – get inspired by plant-based dishes.
- ☐ Check out healthy and environmentally friendly cookbooks at your library.
- ☐ Follow social media accounts that utilize seasonal ingredients – save the tips you find!
- ☐ What meals can you make with fresh, local, and seasonal vegetables and roots? Plan a menu.
- ☐ Notice the diverse sources of fiber you can get throughout the day: test your daily fiber intake at [leipatiedotus.fi](https://leipatiedotus.fi).
- ☐ Use apps provided by grocery stores to check the domestic and climate impact levels of your food choices.

## TRY

- ☐ Swap white bread for fiber-rich multigrain or whole grain bread.
- ☐ Choose domestic potatoes, oats, barley, or quinoa instead of rice.
- ☐ Use spreads for bread based on canola, rapeseed, olive, or sunflower oil instead of butter.
- ☐ Eat domestic fish or plant-based proteins more often instead of red meat. If you do eat meat, consume domestic meat in moderation.
- ☐ Add peas, beans, lentils, and other legumes to your cooking. Try domestic plant-based products in your meals and snacks. Don't forget about nuts and seeds!
- ☐ Think of ways to reduce food waste in your home – put them into action!

## TAKE THE CHALLENGE

- ☐ Surprised by a sweet craving? Maintain a regular meal rhythm and enjoy treats after a proper meal.
- ☐ Perch, pike, or vendace? Prepare dishes with domestic freshwater fish. Swap canned tuna for domestic fish preserves.
- ☐ Occasionally replace minced meat with fava bean or milk protein alternatives.
- ☐ Use cheese in moderation: instead of cheese, top your bread with vegetables or vegetable spreads. Choose domestic options!
- ☐ Care for a favorite cooking herb on your balcony or in your yard – and remember to use it!
- ☐ Buy local food from the market, grocery hall, or directly from producers.
- ☐ Incorporate a vegetarian day into your week!



**FRESH, DELICIOUS, HEALTHY, LOCAL!**

**Learn more:** Finnish Nutrition and food recommendations (Finnish Food Authority 2024)

**Authors:** Helena Kämäräinen, Päijät-Hämeen liikunta ja urheilu  
Maija Lipponen & Elina Vehmasto, Natural Resources Institute Finland (Luke).  
**Project:** Nature Prescription – introduction of nature-based methods in municipalities  
**Funding:** Finnish Ministry of Social Affairs and Health

First and last name: .....

Phone number: .....



# TRACKING YOUR NATURE ACTIVITIES

Set yourself a goal and an action that you can strive to do daily.

MARK AN X IN THE TABLE ON THE DAY YOU PERFORMED AN ACTIVITY RELATED TO YOUR GOAL, AND NEXT TO THE X, WRITE THE NUMBER OF MINUTES SPENT ON THAT ACTIVITY ON THAT DAY.

MARK THE DATE WHEN IMPLEMENTATION BEGINS:



WEEK MON TUE WED THU FRI SAT SUN

1							
2							
3							
4							

MARK THE DATE WHEN IMPLEMENTATION BEGINS:



WEEK MON TUE WED THU FRI SAT SUN

1							
2							
3							
4							

MARK THE DATE WHEN IMPLEMENTATION BEGINS:



WEEK MON TUE WED THU FRI SAT SUN

1							
2							
3							
4							



**GOAL EXAMPLE:** I cherish nature and my relationship with it.



**ACTION EXAMPLES:** I watch, listen to, or enjoy nature 2-3 times a week in a nearby nature spot.



**GOAL EXAMPLE:** I increase my time spent in nature weekly.



**ACTION EXAMPLE:** I walk through a forest or park several times a week.



**GOAL EXAMPLE:** In my food choices, I consider not only my own well-being but also nature's.



**ACTION EXAMPLE:** I try a "vegetarian Wednesday."