



A Planetary Health prescription

Name:

Date:

Your planetary health doctor:

Your well-being activity:

Your nature activity:

Planetary nutrition:

Planetary means of transportation:

Consumer habits and others:

Your environmental handprint and positive influencing:

Your next check-up and other information:



Suggestions and examples of planetary health actions

Wellbeing and nature

- Relationships: Nurture the relationships that make you feel comfortable and good
- Nature connection: Visit nature locations that are beautiful or calm you
- Values: reflect and think about the most meaningful themes in your life and how your values are displayed
- Relaxation and rest: avoid overdoing and overachieving, take some time for leisure
- Culture and mental well-being: do and experience arts and other things that give you new ideas and perspectives
- Process climate worry, distress, grief, outrage and other burdening emotions in a suitable way to you: talk to people, write, use arts as a mediator

Climate, nature and health

- **Nutrition**
 - Try plant-based food X times a week
 - Substitute half of meat for plant-based alternatives, for example broad beans, X times a week
 - Try plant-based alternatives instead of dairy products X times a week
 - Try food without eggs X times a week
- **Movement**
 - Can you cycle or walk all the way or a part of your work/hobby commute?
 - Cycle or walk instead of driving X times a week
 - Take public transportation instead of driving X times a week
 - Travel by train instead of flying
 - Take the stairs instead of an elevator or an escalator X times a week
 - Pick up rubbish (plogging) with a friend during a walk X times
- **Consumption and buying**
 - Do not buy new items for X weeks or decide to buy only X amount of clothes or items per year
 - Favor services or immaterial gifts instead of stuff
 - Go through your wardrobe. Avoid buying clothing that you already have
 - When buying items, think of the benefit it will provide you. If there is none, do not buy the item.
 - Think of your coffee, chocolate, alcohol and tobacco consumption and consider reducing it
- **Influencing climate, nature and health issues**
 - Talk about your thoughts and choices with your loved ones
 - Tell about sustainable choices to your friends and acquaintances
 - Suggest sustainable choices to your workplace or school
 - Join an organization or a group, volunteer in their activities or donate money