



7 Ways to Find Meaning by Supporting the Earth

For help, call **Spiritual Care Services**
Anytime 24/7

Parnassus: **415-443-2273 [CARE]**
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UCSF Medical Center

UCSF Benioff Children's Hospitals



7 Ways to Find Meaning

1. Get and Stay Politically Active. If there is a cause that you feel passionate about, speak up. Be diligent about contacting your governmental representatives about these issues and staying politically informed.

2. Be a Good Steward. Incorporate sustainability into your everyday lifestyle by unplugging electronic devices when not in use, purchasing energy efficient supplies, composting and recycling, and other small steps. For more tips, visit the UCSF Office of Sustainability website.

3. Spend Time in Nature. According to the Greater Good Science Center, nature can make you kinder, happier, and more creative. Being in nature has a positive impact on our brains and our behavior, helping us to reduce anxiety and stress. It also can increase our attention capacity, creativity, and our ability to connect with other people.

4. Write an Encouragement Letter. If your legislative representatives are doing something wonderful, send them a letter to thank and encourage them.

5. Volunteer Your Time. Improve and support your community by giving time to local agencies and organizations that provide much needed services.

6. Get Out Your Checkbook. Make a financial contribution to an organization, working at the global level or at the community level, whose mission you believe in.

7. Walk the UCSF Labyrinth. Walk the UCSF labyrinth in the meditation garden at the Mission Bay hospital campus (open 7 a.m. to 9 p.m. daily), feel your connection to the natural world, and pay attention to what inspires you.