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TAKING CHARGE

of your

HEALTH & WELLBEING

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be MINDFUL live HEALTHY create CONNECTION feel SAFE find MEANING healing ENVIRONMENTS

Change Your Thinking about Planetary Health

Becoming an advocate for planetary health involves, for many of us, a change in the lifestyle choices we make every day. But in order to make sustainable, lasting change in our lives, we need to investigate the beliefs, thoughts, and feelings that shape our choices.

Two questions that are important to investigate are:

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- 1 How important is it to me to have a livable planet for humans in 2100?
 - 2 Where do my own values and sense of purpose align with planetary health?
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Notice your reactions



Planetary Health Home

[Move from ME to WE](#)

[How planetary health benefits you](#)

[What is planetary health?](#)

[Our planet, our wellbeing](#)

[Change your thinking](#)