

My third and last intervention intended to help the environment and myself was to not drive my car as much as I do. The initial problem I had was the fact that I live far from campus so I was getting late to my classes and meetings however I fixed this problem after the third day. Around mid week I began using my skateboard to travel to and from school and the grocery Store. It was difficult when I skated to the grocery store or mainly back from it because I had three grocery bags (reusable bags) full of groceries and I wasn't able to go very fast, In addition I had to refrain from using it once I arrived to campus or else I would suffer from getting a ticket from campus pd, which I learned quickly after my first warning. The use of my skateboard helped me get into better shape in addition to the good feeling of not wasting and burning gas twice a day. The one time I did use my car was when I took a trip to morro bay to surf with my roommates however we managed to fit four people and all the boards in the car to not have to waste more gas using a second car. I began to get a little tired of skating long distances to every destination, specially when I was tight on time however I managed to convince myself afterwards that it was worth it and that I was benefiting along with the environment. I also managed to get one of my roommates to join me at the end of the week and it was a great time, the company helped a lot in terms of keeping me distracted while riding and I wouldn't mind continuing this habit throughout the rest of the year and convincing my roommates to possibly all join me at least once or twice a week. It's a great way of exercising and helping the environment and possibly even helping extend my cars lifespan,

For my final self intervention, I worked on actively trying to improve my day to day routine, both personally and environmentally. On the personal side, I made time to go on a hike almost every day during the past week, which gave me more time to enjoy myself and to think in peace while enjoying nature. I found that going on hikes was very relaxing and actually rejuvenating as a break from the stress of dead week and finals week. On the environmental side, I cut my meat consumption for the past week. I did not eat meat for three days in the past week and I made a conscious effort to eat less meat and to choose chicken more often when I did consume meat. I could and maybe should expand this intervention to a more routine schedule to force myself to consume meat less often, but I feel I have made a start towards choosing my food with the environment in mind.

For my self-interview I decided to be to more accepting of myself and my situation. My personal challenge was done in two parts. The first is to accept myself, more specific my weaknesses. For some people this would be an easy thing to do. However, I found a lot difficult because of my upbringing. Growing up I was bullied a lot siblings and because of that I found it hard to love myself. Telling my parents about my sibling made me feel worse cause they would never care enough for me to something. This and a combination of other things made me feel like I wasn't worth much and for a big part of my life that how it was.

Learning to accept myself is the best thing I've decided to do for myself in the longest time. Learning to accept myself has help me change my life for the better in a couple different ways myself. One way that learning to accepting myself has changed my life is that I feel less anxiety than I use to have before. Before accepting myself I would feel a lot of social anxiety. I would constantly have negative thought about myself running through my head. But now that I've taken the time to accept myself I feel a sense of freedom. Although I know the negative thoughts are still in my head" I don't feel chained or limited to my weakness. Instead of a clouded thoughts my mind feels clear and my anxiety lifts away almost entirely. Another way learning to accept myself has help me is

by helping improve my connectedness in school. With a clearer mind I was able to focus more on academics. More important learning to accept myself as my personal challenge has help me start a long journey of learning how to accept myself more so that one day I can learn to myself.

For the society portion of my challenge. My plan is to use a reusable wooden utensils kit to eat my meals. Although it might a little unsanitary" it feels good to know that I'm not contributing to the need of producing plastic utensils. I know one wooden utensils set is not going to stop the plastic utensils companies" I know my action will serve as symbol to make some changes in our society. Those changes is stop disposing of products so fast" most specially plastic utensils. Most plastic utensil have usage of one time and then their thrown away to never be use again. Investing in a reusable utensils kit will eliminate the need to produce plastic utensils. Which will reduce CO2 emissions.

I promised myself to meditate every morning, but I've been inconsistent with it lately. However, the self-intervention for the past week helped me achieve my goal. I ended up meditating seven days in a row for the first time in my life, and it did have a profound impact on my views. How often do we take time to reflect on the quality of our thoughts? We're so caught up in this busy world, we often forget to take care of ourselves. From my experience, meditation has made me more aware of my thoughts, aware of my breath, aware of the sound and the environment around me. We spend every day with so many thoughts and emotions in our head, but I realized that we actually know very little about them. But every passing day, it was clearer to me that being in the moment is all that matters, because what lies ahead of me and what lies behind me matters little when I compare to what lies within me. I'm very grateful to have come across this intervention because it helped me prepare for my finals by remaining calm and peaceful.

Every morning instead of using social media, I use the BBC news app and follow the news. Today when I saw that a massive cyclone hit Mozambique, Malawi and Zimbabwe, affecting more than 3 million, I was devastated because there's nothing that I could do to help. It was one of southern hemisphere's worst ever weather disasters, with climate change causing extreme weather patterns, we need to take action now. I thought to myself what's the point of being aware of your thoughts, if you're not being aware of what's happening in this world with our environment. As a part of the intervention, I've completely refrained myself from using plastic bottles, so I've been collecting the big ones to refill them at school. Additionally, I've also been beef free for couple of months now which would help reduce emissions from cow farms if we do it on a large scale. Since I joined Cal Poly, I've been riding my bike everywhere I go, and I only use my car when I need to take long trip. My actions might seem futile, but a collection of such actions on a global scale would definitely makes our planet a healthier place.

For my third self-intervention I decided to go to sleep by midnight for a week and I also didn't order any drinks unless I had a reusable cup with me.

For my personal intervention, I thought it would be no big deal as I usually feel short on sleep. I wanted to get to bed at a reasonable hour as my intervention because I thought getting to bed sooner would increase my productivity and overall wellbeing for my stressful week. I also have a bad habit of staying up until 3 am on Tuesday and Thursday night as I don't usually have class until 10am the next day. Sunday, Monday and Tuesday of last week I had no problem getting to bed by midnight or falling asleep. Wednesday night was the hardest for me as I had a lot of trouble falling asleep and ended up staying up until 1:30am. Thursday night and Friday night, I got in bed by midnight, but I was unable to fall asleep until about 12:30am. I think if I was to keep doing this my body would have eventually gotten used to sleeping at an earlier time but for the week it was pretty hard to fall asleep at the time I wanted to.

For my environmental self-intervention, I was hoping to try and cut down my unnecessary waste. I pretty regularly order a coffee at Starbucks and am often disappointed with the waste of a cup each day when I have many reusable cups at my apartment but, I just forget to bring them. This was pretty hard to do throughout the week because I like to get a coffee on days when I'm short on sleep. I also find it hard to focus in the middle of the day so sometimes I want a coffee to perk me up. This ended up being harder than I thought because I kept forgetting reusable cup and on Thursday I caved in and bought a coffee. Mostly this intervention ended up being a success, except for the one time I failed, because if I didn't have my reusable cup then I just didn't buy anything. I think this intervention was a little more eye opening because I saw how easy it can be not to be wasteful.

I think in the future I will continue to try not to buy any drinks unless I have a reusable cup with me because I like how easy it is to make a change like that. For now, I don't think I will keep trying to get in bed by midnight. It is just too hard in college with papers and projects to stay on top of my sleeping schedule all the time. Maybe in the future I will be able to set a routine but for now, definitely not.

For my self intervention of choice, i chose to continue my 1st self intervention and attempt to be zero waste for a full week. This intervention was for myself(to practice meal prepping and save money) and for the planet (to reduce my single use plastic waste). I bought a compost bin at the beginning of the quarter and have been focusing on buying groceries with minimal packaging by going to bulk grocery stores and farmers markets for produce. I found throughout this journey that it takes a lot of planning and consciousness, especially during a busy day of school or work. It was financially beneficial, as i spent way less money on campus food/eating out, and was able to eat healthier for the most part. The hardest thing for me was to turn down opportunities to go out to eat with my friends and to not drink at the bars, since beverages are mainly sold in disposable plastic cups. Throughout this almost quarter-long intervention, i learned that it takes dedication to be zero-waste, and it raises your consciousness of other's waste a lot.

I didn't start this intervention until Friday, so I'll be finishing it up on Friday during the presentation. With that said, here are my goals.

First, I wanted to stop eating beef for the week. This is something I for much of my freshman year of college (also for environmental reasons) and I am trying to get back into the routine. So far, it has not affected my routine too much because the food I eat still tastes good and I am doing good to help the environment.

Second, I wanted to start swimming on a daily basis. I prefer it over running and lifting, and finally getting into the routine is really satisfying. What I do now is primarily a mix of breaststroke and freestyle for between 500m and 1000m.

For my final self-intervention, I decided to reduce my carbon footprint by refusing to drive, or receive rides to school. In addition to this, my personal resolve was to refrain from listening to music when I walked to school, and instead to just focus on my surroundings, or to call a family member. I found that while refusing to drive my car was somewhat gratifying, since I only live about 15 minutes away from school, it was not too much of a hassle to accomplish. However, I found that ditching my headphones and music on my walks to school impacted me by greatly reducing any stress or anxiety I had before classes. I'm not sure if it has to do with the type of music I listen to, because my tastes vary across many genres, or if it has to do with feeling more in tune with my environment. Additionally, when I called my parents, or even my little brother, I found that I felt much more at ease with the rest of my day, knowing what was going on. Either way, when substituting music for a phone call, or silence, I found my commute to school to be much more satisfying, and overall a better part of my day. I've found that while music can be great for zoning out when exercising, it is better to have certain portions of the day be completely silent, so you can think quietly and clearly.

By refraining from driving my car, I figure that I saved around a gallon of gas, because my car gets close to 15 miles per gallon city, and I live one mile away from school. Overall, this is such a miniscule amount of carbon, that although it feels good to contribute to the cause, it's really nothing in the big picture of things, so I gathered more from the personal side of this self-intervention

When we received our electricity meters, the first thing I plugged into it was my desk light, for it used to be on for every breathing second that I spent in my apartment. I used my desk light so much because the main light in my room is very dim, and it starts to make my head hurt if I study with it on alone. But with the desk light, it made my room completely clear. I recently put up LED lights in my room and wanted to see if for a week, I could do without either my desk light or my bedside lamp, and rely on either just my LED lights alone, or combined with the main light.

I finished the week and have unplugged my desk light and put it away. The LED lights worked great for waking up in the mornings because I could make them flash different colors to get me to wake up. I quickly realized that my laziness in the mornings was urging me to turn my lights on in my room instead of opening my window and blinds. So, during the day I utilize the natural lighting in my room, and when it starts to get dark, I switch on the LEDs.

My personal intervention was to go to sleep at a more decent hour each night and wake up at the same time. Most nights of the week, I will stay up late and waste a lot of time. I'll get stuck in a YouTube recommendation streak, start watching *The Office* again for the 100th time, or seriously just sit on Instagram or Twitter, and then I look up and it's 3AM. So, for a week, I took a shot at going to bed before midnight every night. I was able to do it for 3 days, but then I had to study for my finals, so I broke the streak. For those three days I woke up a lot easier in the mornings, it balanced out my meals, and I had more energy throughout the day. Even though I only was able to stay disciplined for 3 days, I will try again over Spring break and make it a habit going into the third quarter.

For my self intervention I decided to go a week without Ubering. While ride sharing is definitely a step in the right direction, I Uber a lot more than the average person for the sake of convenience and because I don't have a car. I've gotten lazy this quarter and neglected biking and walking. Both of these modes of transportation are not only environmentally viable, but they are also very meditative for me. With the weather cooperating more than it has in a long time this week there was no reason for me not to. If anything, I owed it to my dad who is an avid biker stuck in the middle of a brutal Colorado winter. I found that biking to campus from across town is a great way to start my morning. I felt refreshed and awake even before I had my coffee (I'm very reliant on this part of my morning). With the sun out over the weekend, I found myself taking the long way home from a friend's house on my bike so I could enjoy being out in the sunlight surrounded by all the beautiful lush, green scenery around me. It seemed less like a chore to be buzzing around town for different things and more like a choice. With this summer coming up rapidly I'm very much looking forward to getting to bike around more. The winter this year was rough by SLO standards with the rain and cold. It definitely triggered some seasonal depression in me and as a result I got lethargic. Focusing on breaking out of that this week has been a factor in my excitement to stay on top of my health, physically and mentally, in the upcoming months. I'll save money by continuing to challenge myself to only take an Uber when I absolutely need to, and I'll get to enjoy this beautiful town we live in a bit more.

For my intervention of choice, I decided to not purchase any food or other products with plastic packaging, beginning last Wednesday. Considering that nothing in the University Union, possibly across the entirety of campus, is actually recycled, plastic use and disposal is especially wasteful and with greater potential to harm the environment. This practice is possibly due to excessive contamination by students, which efforts could be made to prevent in the future. This intervention also made me show greater respect to myself, as it prevented me from getting Chick-fil-A, which I refuse to eat without their

sauce that comes in packets. Not only is it unhealthy, but newly revealed tax documents show that their foundation in 2017 continued to donate millions to organizations with anti-LGBTQ policies.

My chaotic schedule in the past week prevented me from falling into my normal routine, which included getting Chick-fil-A twice a week, so it was actually easy to avoid it and not break the rules of my intervention. If in The Ave, I instead got the Beyond Burger, which is currently being offered for a limited time. The patty is plant-based and vegan-friendly and imitates beef. I intend to keep this up as long as I can.

It was dead week and finals the past two weeks, so students have been super busy. It is during these times of our year that we prioritize mental/self-care the least to make more time for studying. However, this is contradictory, it is during finals that we need to partake in the most self-care ever so that we are equipped and mentally ready for the storm to hit us! This finals and dead week I made sure to maintain my exercise routine, and I believe it helped me with the finals I have taken so far. My brain had the opportunity it needed to de-stress while working out.

The second part of my intervention was for myself and the planet. Normally, the screen time on my phone is about 2 hours and 20 minutes a day. This past week, I have lowered my screen time to 1 hour and 37 minutes. This reduces the amount of energy I have to use because I will not need to charge my phone as much. Furthermore, the less I use my phone, the longer its life cycle will be, and the longer I will be able to use the same phone. This will also aid humankind in the third world countries that mine the materials that are used to build new phones. Also, the chemicals used in phone production are harsh on the environment as well. On top of all the positives using my phone less has for society and our Earth, it also helps with mental health! Social media can be so draining and toxic if it is used in excess, and a waste of time, so using my phone less forces me to live in the world around me!

For my third self-intervention I decided to not eat beef or dairy products for a week. Typically, I eat beef once or twice every two days. I also typically eat some sort of dairy product once a day. After learning about the high impact beef and dairy have on the environment I decided it would be a good idea to reduce the amount that of each that I eat. To see how much I would miss the two I barred myself from both for the whole week.

Throughout the week, the absence of both of these was not that impactful. I had a craving for beef a few times, but I was able to subside the craving well by eating another meat such as chicken or pork. I did not notice at all the absence of dairy products.

Going forward, I do not think I will completely remove both beef or dairy products from my diet completely, but I will limit their consumption to a few times a month. While I did not struggle very much with this intervention, it has been a pleasant surprise that reducing my impact in some ways can be an easy thing to do.

This sentiment was made more apparent to me last week when my car broke down. Since then, I have been walking or taking the bus everywhere. Although this is more time consuming (only slightly) than driving, I have found myself enjoying it a lot more. I have also seen improvements in my productivity—which is the main reason I chose to drive in the first place. I have been considering not fixing the car, but I might still need it in the future (when I move out of SLO); however, I will definitely be using my car a lot less when I end up fixing it. These two happening on the same week has made me more hopeful that I can make substantial changes in my life that will greatly reduce my impact on the environment.

For my third self intervention, I decided to restructure how my house deals with our trash. This was inspired by the first self intervention when I realized how much trash I generated. I re-labeled our three trash cans within our house, one for recycling, one for trash and one for compost, and educated my room mates on what should go in each. On each individual trashcan I wrote some common things we use that belonged in that can. We invested in compostable bags for our compost. I called San Luis Garbage Co and asked to switch our big grey can to a small one because this encourages us to be mindful of our trash production and selectively buy/use things that are destined for the landfill. With this intervention, I think me and my 6 roommates all learned a lot about our trash production and I am excited to continue to do our part to reduce our waste.

In terms of my personal intervention, I decided to call one of my siblings or my parents every day. The first thing I do when I get stressed, and I am stressed a lot of the time, is to put my relationships on the back burner (especially with people who I do not see when I am away at school). Me and my siblings are all super close but also all at very different times in our life, doing very different things every day. It was extremely nice and refreshing to talk to each of my siblings and my parents individually. Coming from a big family, it is rare that I am ever alone with just one other family member so it was nice to talk to everyone individually. I found that talking on the phone helped to alleviate my stress and my siblings really appreciated it. It also made me miss my family a lot more though. Overall though, I think both of these interventions were beneficial and I would like to continue both of them.

Dead week was bound to be miserable. Throughout the week I had two exams, a quiz, and a paper due. This was all on top of my normal schedule for assistant teaching plant taxonomy, working in the herbarium, and helping a grad student on his master's research, preparing for classes, etc. My high stress level was justified.

For the 3rd intervention I decided to take Kelley McGonigal's (https://www.ted.com/talks/kelley_mcgonigal_how_to_make_stress_your_friend#t-912914) advice for the week and make stress my friend. It started rough. I frequently found myself panicking and believing that I would fail. At these times, I reminded myself that stress is my friend and it isn't trying to hurt me. It is trying to prepare me. Prepare me to do my work. It didn't help at first. My habitual mindsets are easy to fall into. I had to stay aware of the intervention constantly. Continuously reminding myself to change my views. Eventually my instinct when feeling overwhelmed was to reset, and acknowledge that my body is preparing itself. My days became easier and I stopped feeling that I would fail. I stopped feeling overwhelmed. Each time, I could do my work with seemingly less stress than I expected to have and made all my deadlines in time. Good, exhausting week.

For the first part of the intervention (the one for myself), I chose to really try and be more positive mentally. This quarter has been really hard for me- classes are tough, I'm extremely

busy during the weeks, I picked up a job, saw less friends because of my schedule, and was honestly very affected by the weather. I realized that I was very negative towards my body and just myself in general and I was sort of pushing people away and became very lonely. It wasn't healthy at all. With Lent starting and this intervention, I knew that this was pretty much the perfect opportunity to try and make the change for myself, so I decided I would "give up" being so negative and start to focus on a positive mindset. And honestly, I have been feeling so much better! I'm trying to just do what makes me happy- exercising when it feels right and doing what I want to do; making time for my friends but also time to just relax; eating better foods for my body but not being afraid of splurging with some ice cream every once in a while..etc. So for the past week or so, it's been going well!

For the second part, I chose to try and walk as much as I can and carpool with friends instead of using my car or everyone taking separate cars. That has been successful and my friends and I just trade off on who drives when we do, and when we don't need to, we walk- to the store, to campus for baseball games/the gym/classes, to our houses. This weather has been so nice that it hasn't been too hard to choose to walk instead of drive! I also coach a high school volleyball team (the job that I mentioned above) and I have been encouraging them to carpool to our games, and they always do now. It's cool to get more people on board with something like this.

So, that's it. I think this intervention has been really good for me! Just today I took a run outside, laid out and soaked in the sun with my friends, cleaned my whole room, and just did things that would be good for me and my mental health. I also walked to my friend's house instead of driving there. So yay!

This last self-intervention offered an opportunity to do something better for myself and the environment. I decided to avoid processed foods and meats and dairy because their production hurts the environment and they can be replaced by more nutritious foods. I've moved toward better eating habits since moving to college and having more choices open to me. However, as a college student, I really appreciate convenience in my food and snacks, unfortunately, many convenient foods are somewhat unhealthy foods. This week was a difficult test of self-restraint as I walked down the aisles of the grocery store and made the effort to avoid prepackaged foods and planned to cook for myself. As I had predicted though, I never got around to cooking on meal prep day. I had a fridge full of ingredients and empty Tupperware, so I had to keep myself from going to Chick-fil-a throughout the week. I kept myself from eating out as well, since restaurants produce a lot of waste and are more expensive than cooking at home. It was a daily struggle of saying, "No, you have food at home, In-and-Out is unacceptable!" as I drove home every day. But it was really nice to prove to myself that I can make those daily

choices. I could do better for myself and for the environment. I don't think I could commit to never going to a restaurant, but I can definitely keep up the habit of avoiding the convenient way out. It was really rewarding to be home and have a meal that I made, so I will definitely cook at home as much as I can in the future. It was really nice to meet the challenge of improving my habits, and it had the added bonus of being environmentally-friendly.

My self-intervention to help improve society and the environment was to be vegetarian for a week. Typically, I do not eat much meat or poultry to begin with because I prefer vegetarian options, but I decided to go a whole week without eating any meat (usually I only have 2 or 3 servings of poultry or meat per week.) I decided to do this to help decrease my carbon footprint because both beef and chicken contribute a lot to climate change. Although beef and dairy products contribute to climate change more than chicken, I decided going complete vegetarian was the best option. For example, a veggie burger is much more environmentally friendly than both a chicken burger and beef burger. I watched Food, Inc. for my Accounting Ethics class and was concerned with how environmentally and economically unsustainable the meat and poultry industry is. In addition to climate change, the meat industry causes a lot of deforestation because of the amount of land required for livestock. They also use up a lot of water.

My self-intervention to help myself was to meditate before bed for about 15 minutes every night. I have noticed that when I have a consistent routine before bed, I sleep much better and fall asleep right away. I decided that meditating before bed could help the transition between a busy school day and going to sleep. After meditating before bed for a week, I noticed that my energy was higher because I was getting better sleep. I think everyone should try one of these self-interventions because I noticed many changes and improvements in my life just by trying this for one week!

For this intervention I chose to not drive my car for a week. I drive a 2004 Honda CR-V and my MPG is around 16, so I recognize that it is a gas guzzler and a nasty carbon emitter. Inspired by Heidi Harmon, I biked everywhere. And when I could not bike the long distance, I either carpooled or took the bus. It was pretty inconvenient to bike down to the grocery store but it proved to just be that--inconvenient. Making the effort to not drive was hard but doable. It showed me that I pollute the air unnecessarily and too often, driving for little things like orange juice or lettuce. I was forced to recognize how much I pollute and drive, as well as my friends. I get free access to the bus so it was easy to take it and made me feel like more students should do the same with such easy access. When I had to drive to a neighboring city, carpooling was easier and more fun! My roommates and I ruminated on the amount we drive and how easy it is to pack ourselves in the car and enjoy the ride while limiting our carbon emissions. Biking was harder for me because I do not bike often, but it gave me exercise and I could enjoy the sun this week. This challenge was fun for me and hard, and now I plan to try to forget my car and help the environment in the process.

My other project for myself was setting an hour aside for myself every day for a week. Whether it was painting, reading, working out, or playing guitar I made sure to be by myself and do whatever I needed. This quarter has been the most challenging yet and the stress I've had all quarter has been elevated due to lack of self-care. Setting time every day to myself was the best thing I could have done for my mental health, as I feel as if I have not spent a lot of alone time recently. It made me realize that I need to make time for things I like to do, little art projects are my form of therapy and are just

as important to my health as is getting good grades and working hard. My mom always told me to work hard, play hard and I am such a strong believer of this! She inspired this project and I think from now on I will do a better job of taking care of myself, especially when things get rough.

Last weekend was my 21st birthday and after celebrating all weekend I made a commitment to myself (in the midst of dead week and finals) that I would not go out for an entire week until the following Tuesday when I am completed with finals. I thought that this task would be a lot harder than it has been going considering over half of my friends are 21. Instead of coming home after class or work and getting ready to go out, I found I have so much more free time to do things not only for myself, but for others too. I have made dinner every night so far this week and told my friends my plan of my goal of not going out at all. Two nights were spent watching the bachelor Finale (priorities, I know), one night we played board games, another we made cupcakes and studied. This weekend our Friday plans consist of studying, Saturday movies, and Sunday preparing for finals.

I thought in the beginning this was going to be a difficult task since my friends and I go out every weekend and occasionally during the week, but it has been refreshing and fun to do something else. Not only has it been fun and easy, but I have been eating healthier, my skin is healthier, and I wake up each and every morning refreshed and ready to start my day. This week has for sure boosted my confidence, and taught me a little about self care and how influential your actions can be on the people surrounding you!

I eat a lot of food, and food has a significant environmental footprint. Looking around I see estimates between 9% and 19% of GHG come from food production and processing. Particularly, I eat late into the night as I munch habitually while falling into internet land. In past a intervention, I stopped eating at 1 PM and did not stuff myself at lunch. It was remarkably easy, but I wouldn't keep doing that. This time, I do not stuff myself at dinner, and I don't eat after dinner. Additionally, for me, I will work out a little and stretch every evening and I will meditate every morning.

It's been pretty great. I've failed a few times, like when RVB came to visit our class. Monday evening, we went to Blaze pizza and finished off two Pizzas – too much food... but then walked 3 miles back home. Before going to bed, I do pushups and/or planks, stretching, or throw a few hook kicks for 10 minutes or so. I find that if I stay up late... like past 11:00, I choose to not exercise. So, another outcome of this intervention is that I'm less likely to stay up late.

Meditating in the morning seems to have helped me find peace while immersed in domestic chaos. Throughout the day, I feel more in control of my body, nimble and at peace.

It's not always easy... this morning, I woke up as Tekuru came into the kitchen to get ready for school... I was late (midnight). I blasted out two eggs for us, and got Neil up (he cursed

me), and got ready to have a computer-conference ... After I connected to the conference, I said, "I need to be gone for 5 minutes." They said "three minutes!". Can one meditate rapidly? It helped a little.

One new twist is that I started meditating with my eyes open. The rationale is that you spend most of your waking time with your eyes open, so your life will be more peaceful if you practice finding peace in the same state as your every-day life. Interestingly, this practice was offered to me by one of my students after he returned from a three-day meditation retreat in the Bay Area. He started meditating as his third self-intervention two years ago in the energy class!

I plan to continue this intervention – all three parts: food, exercise, meditation

For the past week and for my 3rd self-intervention I didn't drive anywhere. I walked or biked wherever I went. This intervention was both for myself physically and for the environment. The environmental impact was relatively straight forward as I was not emitting any emission with my car or the bus. The personal side was for my health. I often find myself really busy and having a hard time to exercise so the walking and biking added some more movement and exercise into my life.

There are a few things I strategically rescheduled knowing I would be doing this. Things like grocery shopping I made sure to do before my intervention started. I also walk or bus to school most days. However the times I really noticed this intervention was my evening classes and going downtown. I have an evening pass that I use for my classes that go until 9pm. Walking home was not my favorite thing as it was dark and cold. Monday and Tuesday are my late classes days and Tuesday I made sure to bike in so I didn't have to walk home in the dark again.

I did ultimately feel better with walking more. I had more energy as I would drink more water and got my endorphins flowing. I was grateful the weather was a little better last week than it has been in a while. I also opted to eat out less since I didn't want to walk to wherever I was wanting to eat. I instead would eat at home saving money. This intervention I think was more impactful in my life than I thought it would be. I went in to it knowing I don't drive a bunch but this opened my eyes to how much I still do drive and how it can help me to be more conscious and ultimately help out the environment while I'm at it. While I will still be driving places I will be more conscious and take the opportunities to walk when I can.

My third self-intervention is to stop using paper towels. Paper towels are one of the last single-use items I'm having trouble ditching, mainly because they're so convenient. When we did our first self-intervention this quarter, I realized that they are a significant portion of my daily waste. By cutting them out of my life (hopefully permanently), I expect to spend less money, and put less waste into landfills. If I lived in a house where composting was a convenient option, I might have chosen to start composting instead, but I have to pick my battles.

Starting out has posed some interesting challenges, and provided me with new insights. My boyfriend and I live together, and take turns cooking and cleaning, so his cooperation in this intervention is somewhat important. He's been supportive and willing to help with the switch, but old habits die hard. I think I won't be able to successfully cut out paper towel use until we run out of our current supply, because we both reflexively reach for them when cleaning. Another major challenge was that I got a nasty cold this week, which has made paper towels a very attractive option for cleaning.

My most interesting insight was realizing that I equate paper towels with cleanliness. A part of me still believes that cleaning with paper towels is more sanitary than using a regular towel or sponge, because I can throw it away once I'm done. In the long-term, part of this intervention will be re-teaching myself that washing reusable towels is okay, and that hot water and soap still work. I also remind myself that while my kitchen might look minutely nicer without reusable cleaning towels, another place in the world looks worse every time my garbage lands there.

This intervention also inspired me to research how long paper towels have been around. The internet says: since 1907. So if my great-grandparents and grandparents survived without them, I probably can too.

The things I gained personally from this intervention were: a) Some team-building with my boyfriend b) saving money by not buying paper towels anymore c) feeling good about myself for being less wasteful.

For my personal change to my life I was very intrigued by the example you mentioned of calling someone I love everyday. I find that sometimes I can isolate myself just due to stress and being an introverted person so this challenge seemed like it would really help me. It was definitely a challenge some days. I would be tired or would need to do homework but talking to someone I love always makes me smile and laugh so I found it to really help me with my mood and stress! Being able to take that break and laugh made it easier to do homework or study afterwards. It also made me feel a lot more loved just to be able to talk to all the important people in my life. I am definitely going to try to continue calling a person a day!

For the environment, I tried two things to combat two different issues I see in our society. The first one was to stop buying plastic bottles while I was out and the second was to try to use less energy by remaining in rooms that other people were already occupying. I often find that when I am out I'll see a good drink I want and will more often than not indulge myself thus using more plastic bottles. For the week, I tried to not buy any plastic bottles and it went pretty alright. At first it was hard to get out of that habit but I eventually started remembering to bring my reusable bottle to school and it became easier! For the second goal, my motivation and reasoning was just that if I remain in a common room that someone already has a light on in, then I won't have to turn the light on in another room. This was a particular challenge for me because I am a more introverted person and I really value having time to myself! This was definitely the hardest task for the week but I saw the value of how much energy I saved by the amount of time I wanted to instead be in my room. I see the value of this and will try to ease myself into doing it more as doing it the week all my projects and finals were seemed to stress me out a little more.