



**Neuron
Foundation**

Eco-Mindfulness for Sustainable Living

What keeps people from being eco-mindful?

Understanding the barriers is the first step toward changing everyday choices in Armenia.

01 Uninformed

People may not know which actions truly help.

02 Lack of infrastructure

Recycling and greener options are not always accessible.

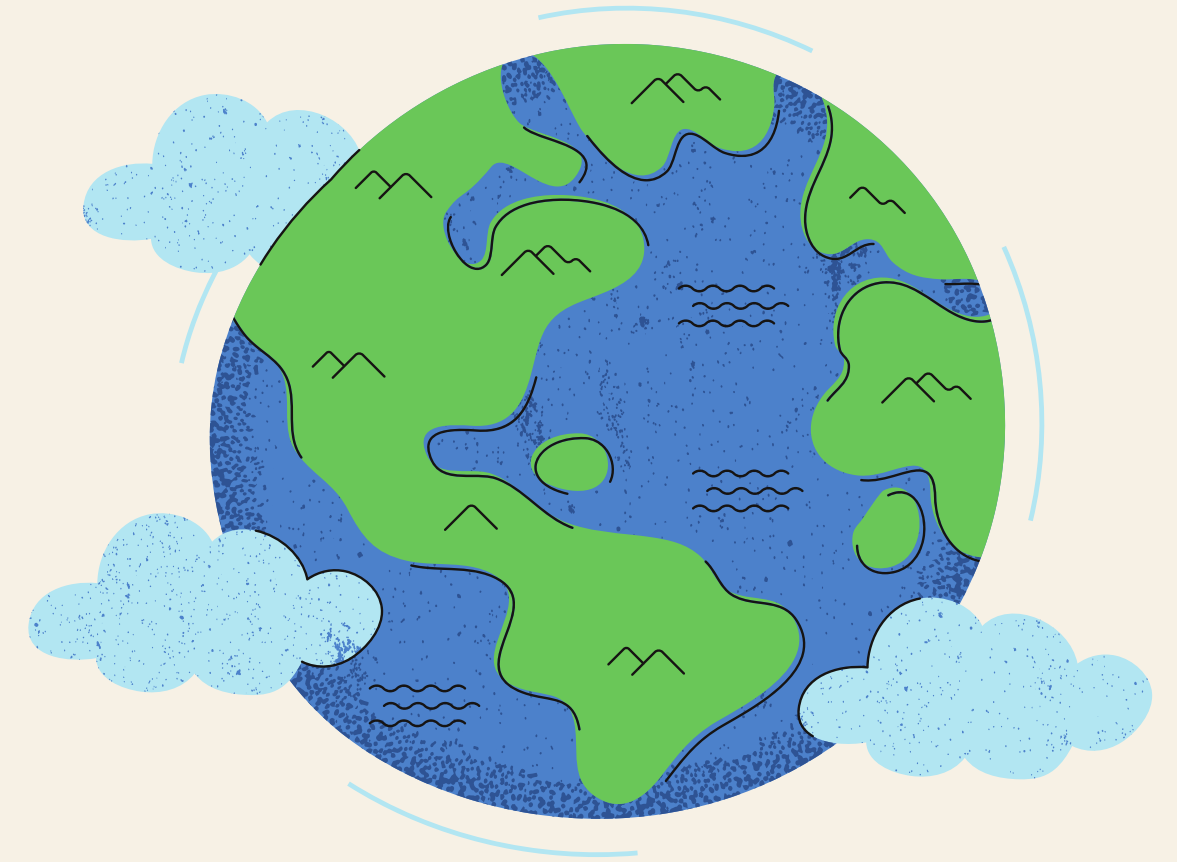
03 Mindset

Old habits can feel easier than changing daily behavior.

04 Realistic limits

Time, cost and available choices can restrict good intentions.





Raise Awareness

1. Organize informative workshops and eco-campaigns
2. Visit schools, colleges, and universities to teach students about eco-mindfulness
3. Promote eco-friendly habits through celebrities, bloggers, and influencers

Plastic Recycling and Waste Reduction

Make plastic recycling mandatory and apply fines for violations.
Place clearly labelled recycling bins in accessible public areas.
Offer rewards to encourage people to recycle regularly.
Replace single-use plastic bags with reusable bags in every store.
Encourage the use of recycled fabrics when natural materials are not practical.

Introduce a deposit-return system, like in Europe: people return plastic bottles and receive a small amount of money in return.



Reducing Air Pollution

- Build more protected bicycle lanes so people can ride safely.
- Introduce low-emission zones in busy city centres.
- Improve affordable electric buses and public transportation.
- Require regular vehicle-emission inspections and fines for highly polluting cars.
- Create more car-free streets and pedestrian areas.
- Install electric-vehicle charging stations.
- Plant more trees and protect green spaces.
- Prohibit leaving car engines running unnecessarily.
- Control pollution from factories and construction sites.
- Restrict smoking and e-cigarette use in public places and provide special bins for cigarette and vape waste.



Thank
You