

ECO-FRIENDLY LIFESTYLE

ECO-MINDFULNESS & SUSTAINABLE LIVING: LESSONS FROM GEORGIA"



What Is Eco-Mindfulness?

- Being aware of our connection with nature
- Thinking before we consume
- Reducing unnecessary waste
- Appreciating and protecting our environment





Why Does It Matter in Georgia?

- Beautiful mountains, forests, rivers and coastline
- Pollution and waste threaten natural areas

- Climate change affects communities and ecosystems
- Our everyday choices make a difference

Eco-Mindfulness in Everyday Life



At home:

- Save water and electricity
- Avoid unnecessary consumption

Outside:

- Use reusable bottles and bags
- Walk, cycle or use public transport
- when possible

Don't litter:

- When shopping
- Buy only what you need
- Choose reusable and durable products



From Individual Actions to Community Change

⚙️ One person → Family → School → Community → Country

- Clean-up activities
- Recycling and waste reduction
- Environmental education
- Protecting local natural areas



A Simple Eco-Mindfulness Challenge

- ✿ Try this for one week:
 - Carry a reusable bottle
 - Avoid single-use plastic
 - Save water and electricity
 - Pick up litter when you see it
 - Spend 10 minutes in nature without your phone



The Main Message

- Notice your habits
- Make conscious choices
- Respect nature
- Inspire others

“Sustainable living starts with awareness.”



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**THANK YOU
VERY MUCH**

