Student number:

Examination number:

Go green

"Go Green" is a widely used term that can mean something different to everyone. Going green can be achieved through simple steps and does not have to mean skipping showers, selling your car and never setting foot in a grocery store.

Going green means caring for the environment by making a deliberate effort to be part of the change. It is about limiting your footprint on the environment and also encouraging others to follow your example.

However, note that going green is not limited to recycling, but living a sustainable lifestyle. Going green is about making small adjustments in your daily life to achieve this goal.

Going green has huge effects on our body, mind, relationships, and the world around us in many ways. Our environment can either increase or reduce stress; hence impact the body. The things we see, experience or hear can change our mood and how our immune, endocrine, and nervous system function. A stressful environment causes anxiety which in turn elevates blood pressure, muscle tension, and heart rate and going green reverses these impacts. A natural environment is a stress reliever, it heals and makes you feel better emotionally and contributes to your physical wellbeing. It helps us cope with pain. This is because trees, water, plants and other natural elements distract us from pain and discomfort.

**How going green impacts our body, mind, and relationships**

A green environment helps us to connect with others. People who have green space around their homes build more relationships and are concerned about supporting each other. Such also lowers aggression, violence, and street crime between people meaning a better capacity to cope with the daily demands. To go green stirs up feelings that connect us to others and our environment.

The decisions we make impact the environment in more ways than one. Taking into consideration the environmental factors touching on waste and natural resources in decision making can make a difference when looking at the broader picture. Going green is a process that doesn’t happen overnight; it takes small steps which eventually pay off once you adapt to more green-living practices.

Conserving energy is one of the most basic concepts involved in going green. Simple strategies such as turning off the lights when leaving and turning the water off while brushing your teeth can go a long way. There are several energy-efficient products available varying from large appliances to light bulbs that can help conserve energy as well. Although these products may be a bit more expensive initially, they can save energy and money in the long run.

**Reduce Pollution**

Going green essentially means being environmentally friendly. Reducing pollution is yet another simple strategy that can make a huge difference. Recycling is a key component of reducing pollution. Materials such as plastic can be recycled and reused rather than thrown away to lay in a landfill for years. Food waste can also be recycled in the form of compost. Composting enables food scraps that otherwise would be thrown away to be utilized as fertilizer.

How ICT’s are used, can also help the environment with regard to green computing

Electronic devices, such as computer hardware and smartphones, are composed of some materials that can be potentially harmful to humans and the environment. Computers and other electronic devices can be used and disposed of in a manner that is friendly to the environment.

Green computing is a program concerned with the efficient and environmentally responsible design, manufacture, operation, and disposal of information system-related products.

Electronic waste is the term used to describe old computers and electronic devices which have been disposed of by their original users when they are discarded

Care must be taken when recycling or destroying these devices to avoid contaminating the environment. Green computing is concerned with the efficient and environmentally responsible design, manufacture, operation, and disposal in information system products. These include all types of computing devices, from smartphones to supercomputers, printers, printer materials such as cartridges and toner, and storage devices.

Your health and Going Green

Going green creates a healthy living environment and also improves lifestyle. For this reason, we must make a commitment towards living a green life which requires collaborating with others, planning and some creativity. The process begins with an individual making a decision that affects others at work, college, community or home. Our actions can encourage other people like our friends and family to go green too, which is a major step in achieving environmental goals. If we embrace these changes, we’ll live in harmony with our neighbors, family, and friends. It will give us satisfaction, peace of mind, and elevate our consciousness level knowing that we are part of the change.

**Be nice to you**

Hike up the mountain

Leave your phone at home and go on a long hike. Choose a safe route and be sure to take your dog with. Nature will answer many of your questions about life and will uplift and soothe you.

Headphones on, world off

Tune out. Wear headphones to tune out distractions. Co-workers and friends are less likely to interrupt if you can't hear them.