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HEALTHLINE

Paramount's Monthly Magazine

*Earth
provides enough
to satisfy
every man's needs,
but
not every man's
greed.*

Mahatma Gandhi

Introspection
in the times
of Corona

The link
between
COVID-19
and nature

What
can we
do?

Alternative
Lifestyle
Series

INTROSPECTION IN THE TIMES OF CORONA

The COVID-19 outbreak has locked us indoors but it sure has opened our eyes to several realities of the world and ourselves. As we continue living our lives indoors, there is also room for introspection for all of us. From our way of living to our consumption, our needs and wants, about the world, economy, environment...we think and ponder about everything around us and wonder how we ended up here.

Wait a minute...we do know how we ended up here...



◀ Humans encroaching on the environment



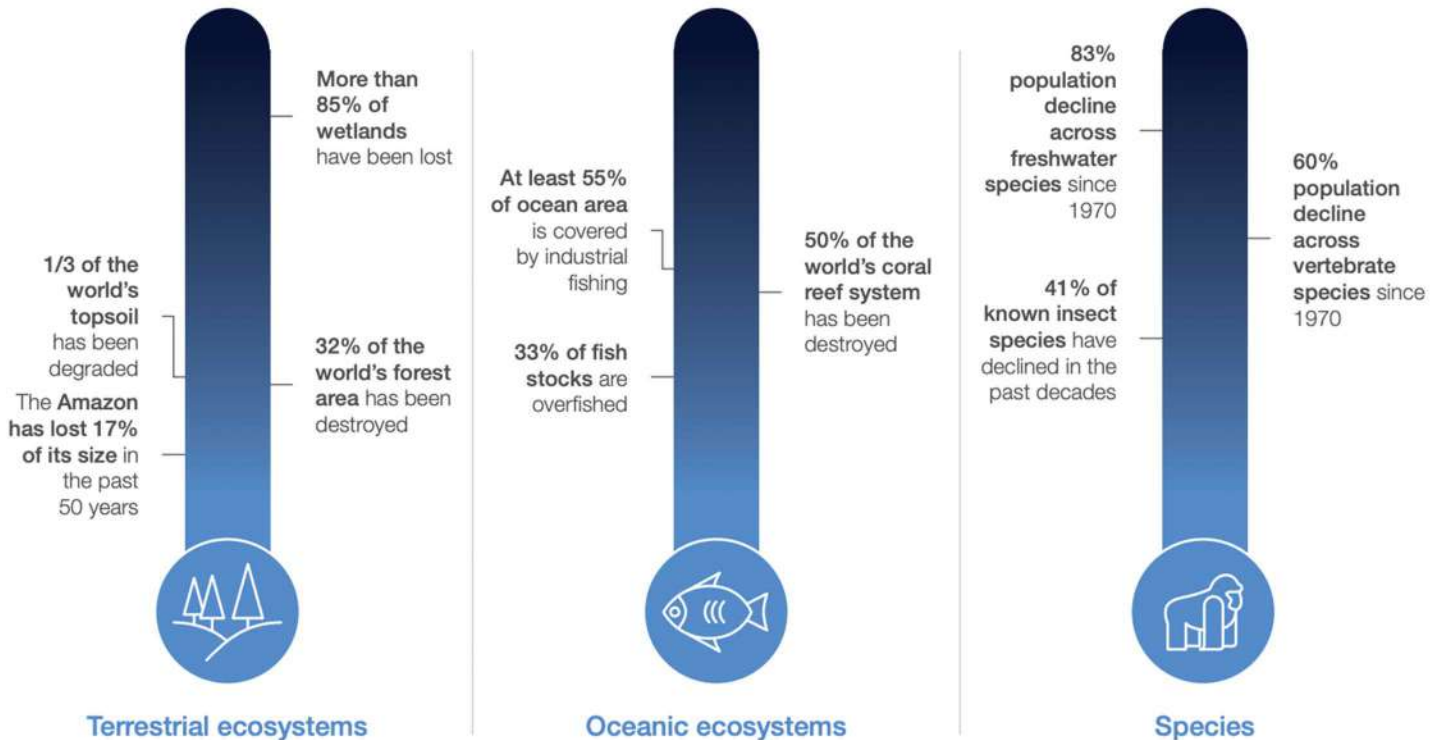
Erosion of natural habitats ▶

Human and nature conflict has been ongoing for several decades. Climate change, global warming, rising sea levels, deforestation are problems that us humans have created over our span of life on Earth...but only now as COVID-19 has in some ways drastically affected everyone's lives are we slowing down to understand the impact of this manmade conflict.

The link between COVID-19 and nature

Studies have shown how emerging diseases are a result of human encroachment that imbalances the natural ecosystem.

Human activity is eroding the world's ecological foundations

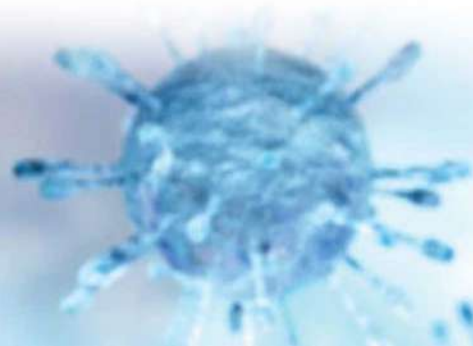
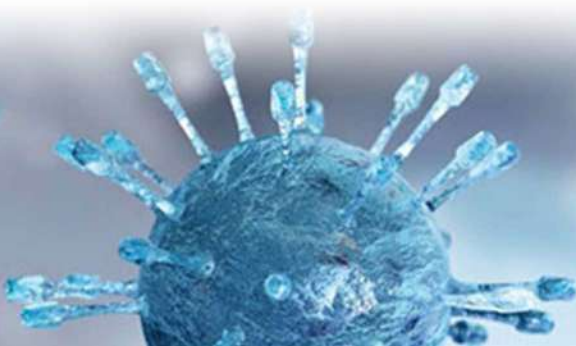


Source: IPBES, 2019, "Global assessment report on biodiversity and ecosystem services"; Maria-Helena Semedo of the Food and Agriculture Organization (FAO) at World Soil Day 2014; The Economist, 2019, "On the brink – The Amazon is approaching an irreversible tipping point"; WWF, 2018, "Living planet report – 2018: Aiming higher"; F. Sánchez-Bayo and K.A.G. Wyckhuys, 2019, "Worldwide decline of the entomofauna: A review of its drivers", Biological Conservation.

This interference has led to pandemics like SARS and now COVID-19 which in turn will give way to several other catastrophes. A domino effect. Take the economy also for example - it is a known fact that the lockdown has affected businesses and jobs of many people. But you'll be surprised to know how closely nature and economy are interlinked - according to a study by the World Economic Forum (WEF), "for every dollar spent on nature restoration, at least \$9 of economic benefits can be expected."

The same WEF research also shows that \$44 trillion of economic value generation – more than half of the world's total GDP – is moderately or highly dependent on nature and its services, and therefore exposed to risks from nature loss.

Nature is your business!



What can we do?



Take care of your environment



Reduce, reuse, recycle



Be mindful of your actions



Participate in your community



Share resources



Open eyes and ears to your surroundings - to people, to animals, to nature



Segregate your waste to reduce public health risk



Take initiative



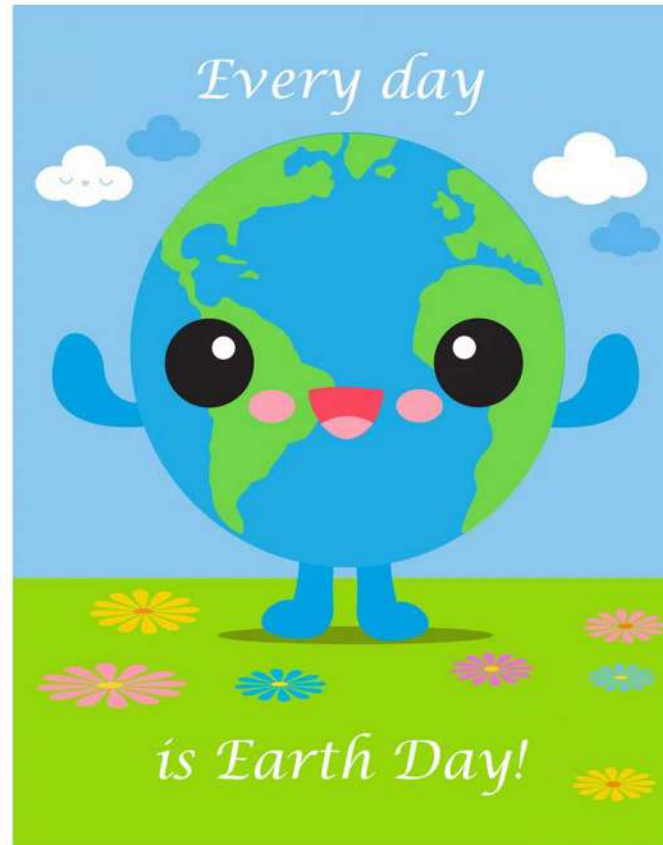
Be grateful for everything and everyone around you



Contribute in building a healthier surrounding

So as we get time to sit at home and introspect about our life choices, let us question our wants and needs. Lockdown is no friend to us, of course, but exploring alternatives to live a mindful and healthy life is something that we definitely can consider.

Our physical, emotional and mental health is affected by our surroundings, so isn't it essential that we ensure our surroundings remain healthy too? A simple question like that will give you the motivation to mend your ways in the smallest way possible.



Alternative lifestyle choices like:

- Segregating our waste
- Composting at home
- Supporting local farmers

...are all some ways to contribute to yours and the planet's wellness!

Simple tips that we can consider to apply each day in the hope of being and doing better. If you need some more inspiration, our healthcare and wellness partner HealthQuarters has started a series on their social media to encourage people to live a healthy way.

You can follow them on:

 [HealthquartersIndiaPvtLtd](https://www.facebook.com/HealthquartersIndiaPvtLtd)


 [HQIndiaPvtLtd](https://twitter.com/HQIndiaPvtLtd)

 [healthquarters.india](https://www.instagram.com/healthquarters.india)

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