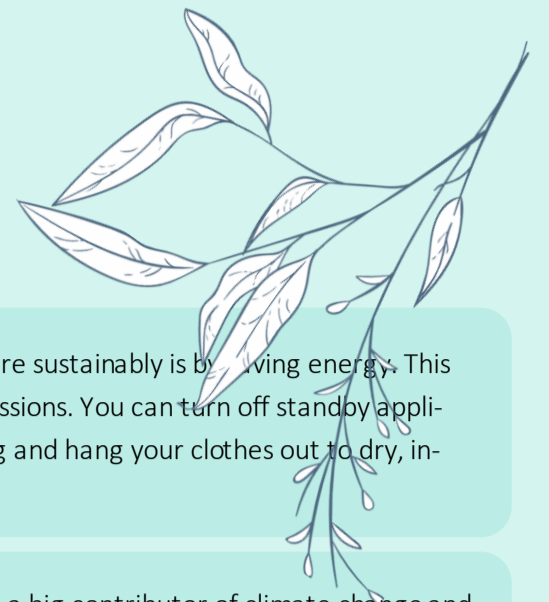


How to Live Sustainably



What is sustainability?

You've probably heard of the word 'sustainability', but have you ever really thought of what it means? The term sustainability refers to the prevention of the consumption of natural resources, in order to maintain the balance of the ecosystem. In a world like this, sustainability is becoming so much more important, what with things like climate change, increasing waste, air pollution, water shortages and a lot of other natural issues. Out of these, climate change is perhaps one of the biggest problems, and can, in the future have an even worse effect. There are so many things you can do to be more sustainable, and maintaining a balanced and healthy lifestyle is

contributor 1: The Greenhouse Effect

Climate change is caused by multiple factors, one of the biggest being the greenhouse effect. The greenhouse effect is a natural process that heats the Earth's surface. The Sun's energy reaches the atmosphere, and while some is cast back to space, the rest is absorbed and re-radiated by greenhouse gases. This procedure adds too many greenhouse gases (water vapour, carbon dioxide, methane, nitrous oxide, ozone and artificial chemicals like chlorofluorocarbons) to natural gases in the

contributor 2: Human Activity as an Effect on climate change

As well as the greenhouse effect, human activity is a big contributor of climate change. We, as humans are influencing the climate by cutting down forests, farming livestock and burning fossil fuels. Fossil fuels - oil, coal and natural gas are non-renewable resources formed when prehistoric animals and plants died, eventually buried by layers of rock. Over the past twenty years, almost 75% of emissions caused by humans came from the burning of fossil fuels. We have influenced the Earth in awful ways, and small changes we make can right the wrongs of the past, and save our planet from what could possibly be the future.

contributor 3: volcanic Emissions

There are many causes of climate change, but did you know that volcanic emissions are one of them? Volcanic gases react with the atmosphere in many different ways. Sulphur dioxide (SO₂), first attained by the burning of molten sulphur in the air, converts into sulfuric acid (H₂SO₄). As well as this, major eruptions harbour massive amounts of volcanic gas, aerosol droplets and ash that are injected into the stratosphere (the second layer of the atmosphere). This ash falls quickly from the stratosphere, most removed within several days or weeks and has little impact on climate change. Despite this, volcanic gases like sulphur dioxide can cause global cooling, while volcanic carbon dioxide, a greenhouse gas, has the potential to worsen climate change.

conclusion

Climate change is certainly going to change your future, and it is incredibly important to do your part in making the world more sustainable. While some effects of climate change are inevitable, we must aim to lessen the effects, making our planet a better place for younger generations.



1 One way you can live more sustainably is by saving energy. This helps reduce carbon emissions. You can turn off standby appliances, turn down heating and hang your clothes out to dry, instead of using a drier

2 Meat production is a big contributor of climate change and the pollution of landscapes and waterways. If you eat less of it, you can lower the impact you have on the meat industry

3 Disposable, single-use products end up in landfill and the ocean, harming wildlife and the environment. By using reusable and eco-friendly alternatives, you can help prevent this

4 To avoid wasting paper, try to send and receive letters over email, and only print off documents when it is completely necessary. You can also request to have your receipt emailed to you, instead of printed off

5 If it is possible, try powering your home using renewable energy, to lessen the amount of carbon emissions you emit

6 You can recycle by putting your waste in the correct bins, and also trying to reuse items as many times as you can before throwing them out. This is one way to reduce waste

7 By growing your own fruit and vegetables, you can make sure you're not using pesticides that will contribute to water and air pollution. This also helps in reducing the amount of fossil fuels used to transport produce to supermarkets

8 If you can't use a product anymore, you can donate it to a charity shop or someone you know, to help reduce waste

9 Walking or riding a bike to your destination has better benefits in not only reducing air pollution, but also for your health. Public transport is also a good way to reduce greenhouse gas emissions

10 Food waste is a huge problem. If you have leftovers, you can save them for later instead of throwing them out. If they go off, however, you can easily use them to create compost for your garden.