



# Your New Year resolutions

There's no time like the start of a new year to turn over a new leaf and reduce emissions.



## TIP 4

### TURN ON TO ORGANIC WINES

If your NYE hangover was a shocker, it might not just be the quantity that did you in. Sulfur levels in wine can be hangover-inducing for some but the good news is there are far fewer sulfides in organic wines. Although organic options are becoming easier to find at your local bottle store, if you want to be spoiled for choice visit a specialist. [organicwine.com.au](http://organicwine.com.au) has more than three dozen wineries on its books and is happy to ship across the country.



## TIP 1 GET WORK ONSIDE

Lack a decent bike park at the office? Car park packed because no one car pools? Workplaces offer plenty of chances to put a green resolution in place. If your work doesn't already have a "green team", offer to start one. Get a few keensters together and give yourselves 12 months to make some changes so that next year you can feel proud when you head back to work after the holidays. For inspiration, follow the ABC's green workplace journey: [www.abc.net.au/greenatwork](http://www.abc.net.au/greenatwork)

## TIP 2 KICK THE HABIT

It's easy to think of New Year's resolutions as being about deprivation. The problem is that's not very motivating beyond about February. You may have more success in kicking an unwanted habit if you think of your resolution as adding something positive to your life by flipping the idea on its head. Trying to eat less meat, for example. Join the Meatless Monday campaign, now running in

10 countries. Want to exercise more? Organise a friend to walk to (or before) work once a week. The trick is to build your resolution into your routine until it gradually feels like a normal part of your life.

[www.meatlessmondays-australia.com](http://www.meatlessmondays-australia.com);  
[www.10000steps.org.au](http://www.10000steps.org.au)

## TIP 3 HASSLE YOUR MP OR COUNCIL

If last year's federal election taught us anything, it should be that every vote counts. But you don't have to wait to flex your voter's muscle — your local MP and council are ready and waiting for your great green idea. Choose something you care about (No local ewaste recycling? Not enough green space?), rally some neighbours and make an appointment to let your local representatives know your thoughts. If you're not sure where to start, simply turn up at your next council meeting;

in most cases, the severe dearth of public involvement on community issues will be enough to shock you into action.

## TIP 5 A NEWER, KINDER YOU

Sure, you may not be a road-raging maniac but most of us could be a little more compassionate towards others. The good news is this is the resolution that gives back: scientists have found that compassionate acts are actually good for your health. There are myriad ways to start: get physical through volunteering; take up practices such as yoga or meditation to work on cultivating more compassionate thoughts; or join the movement of anonymous acts of kindness that is sweeping Australia thanks to one man's commitment to compassion. Think random acts of kindness. ☺

**Clockwise:** Think about ways to green your workplace and the journey to and from it; we are all trying to consume more organic food, so why not organic and biodynamic wine as well?