

SURVIVING HUMANITY

a FIELD GUIDE to living a more sustainable life

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SURVIVING HUMANITY

WARNING

DO NOT PRINT THIS DOCUMENT!!!

That would be totally and utterly unsustainable as it would print
black ink on white paper!

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Dedicated to clean, fresh water;
I can't live without you!

COMPONENTS

	PDF Page
Mission Rundown	6
Turn Your Brain On	7
Everything Is Situational	9
How To Recycle	11
Infinitely Recyclable	14
Plastic Is Fantastic	15
How To USPS	20
How To Multi-Stream	22
Killer Convenience	24
Ditch Single Use	28
Reuse The Sh*t Out Of Everything	31
Eat In, Out, And Take Out	33
How To Compost The Most	36
How To Clothe Yourself	41
Do Your Research	46
More to Come	49
Myth Bustin'	50
Debriefing	53

— MISSION RUNDOWN —

Your mission, if you choose to accept it, is to live a more sustainable life. This document is here to help you do that.

We, the (not at) all knowing walking biochemistry experiments on this rock, must wake up from our zombie-cattle like states, realize the problem is us, that we are destroying ourselves, hit the “DO NOT PRESS” emergency red button, and take action. Like, now dude!

If we do not, the possibility that we will end ourselves in the very near future due to our stupidity is very real.

Being ‘more sustainable’ (defined many ways) is simple: reducing or eliminating the negative results and side-effects for everything and anything, for as long as possible, if not forever.

Right now science is working towards this goal all over the world in as many ways that you can think of. But it won’t mean jack if all us rage spewing snack vessels don’t wake the hell up and start to kick ass.

This (real world) guide does not have everything. It’s an evolving and continually updated base for you to start from, build on what you already know, or reference in times of great sustainable peril; plastic or paper.. PLASTIC OR PAPER!!?!?!?

Forged from the annals of being hoodwinked, total failurees, endless science, real world situations, and humor... this, is how to survive humanity, and live a more sustainable life.

Now would be a good time to put some real pants on.

TURN YOUR BRAIN ON

Let's Begin

Before taking action on anything to be more sustainable, you gotta get your gray matter in gear. If you do not begin with a mindset where you are building a foundation for the structure that will hold up during all the more sustainable life choices that you will make, at the first failure (oh, you will fail), sign of failure, or bamboozling, you could easily give up. As you'll have no core system to drive what you're trying to do.

There are many ways to get one's head in gear. One way to build this core system from the ground up is through a mental rallying cry.

- ▶ I am a more sustainable person
- ▶ I am living a more sustainable life

But **NOT** crying out things like:

- I want to be a more sustainable person
- I want to live a more sustainable life

I Want To Be A Banana

"I am.." is about the here and now. "I want..." is about a future scenario. If you default to "I want..." then you are more likely never to achieve anything as you will always be pushing things off until tomorrow. Or just dreaming of things instead of actually doing them.

Sweatin' To The Oldies

Don't sweat it if you are not at all the "I am..." that you want to be. It's all about using this thought process in real world scenarios in real time to train your brain. So that one day it will be automatic.

- ▶ Thinking about ordering some take out? "I am a more sustainable person. And a more sustainable person would not order take out."

- ▶ Debating on buying another pair of shoes that you will only wear once a year? “I am living a more sustainable life, and I already have enough shoes that are in perfectly good and wearable condition that fill all of my wearing shoe needs.”
- ▶ Planning on leasing your farm to frackers? “I’m living a more sustainable life, and fracking is not a sustainable process.”
- ▶ Craving some sort of junk food that is wrapped in plastic, or food that you don’t currently have in your house? “I am a more sustainable person, and a more sustainable person wouldn’t buy all that junk food, or food wrapped in plastic. Especially if they have plenty of good, healthy, eatable food already in their home to fill their tummies.”

Are you picking up what I’m putting down?

WWAMSPD

What Would A More Sustainable Person Do? Try it out with the next decision that you have to make. No matter what the decision. Mold your mind to be a more sustainable badass.

SURVIVE YOURSELF

Getting your head right is all up to you. And man, it’s tough! You will want to give in, break, succumb to the all-knowing and all-seeing dancing crap of this world.

Sometimes you will, and other times you won’t. If you fail, don’t destroy yourself so badly that you give up. Especially when you are just starting out. Leave yourself room to fail. Because you will. And it’s alright to fail. Just make sure you learn and grow from the experience.

As you get better, more confident, more knowledge, you’ll be able to handle the crap of the world better. Aim for the best, but don’t be so afraid to fail that you do not try.

EVERYTHING IS SITUATIONAL

Your Situation Is Not Theirs

While things can be very similar, all situations are different. What works for you in your life to be more sustainable might not work for someone else in their life. And vice versa.

- People live alone
- People live with others
- Where you live, accessibility to everything, is a factor
- There might be babies and kids in the mix
- There might be medical situations to work with
- Some might travel for a living
- Some might take public transportation
- Some might have special diet requirements
- Allergies could be a factor
- Post secondary school could be a factor
- And so on and so on...

Understand The Other Hand

Avoid assuming that your situation is the same as someone else's.

- ▶ Ask questions to get a better picture
- ▶ Stay open to situations that are different, sometimes the complete opposite, than yours
- ▶ Work on staying flexible and adaptable
- ▶ Talk less, listen and observe more
- ▶ Absorb as much information as possible
- ▶ Don't force anything, more harm than good could be the result

SURVIVE YOURSELF

When you think everyone can do the exact same things you are doing to be more sustainable, stop. It's an easy trap to fall into if you have success, then project that onto others assuming they can do what you are doing. No one else is you, but you.

SURVIVE OTHERS

From the reverse end of things, people might assume that you can do what they are doing. Do your best to explain that your situation is different than theirs.

ecoTIPS

- * Understand that you are not the center of the universe. No one is. Everyone is different. Every situation is different. Even minutely. Consider this if you attempt to get another person to be more sustainable.
- * The most sustainable thing for one situational, might be totally unsustainable for another. But beware people who use such differences as an excuse not to be more sustainable.

HOW TO RECYCLE

Recycling Works, People Do Not

Don't get me wrong, people work. I've seen this happen on occasion. The problem with recycling is the systems we have in place; they don't work. Shockingly, these systems are run by people! And these people make decisions which make it hard for all us plastic filled flesh pontoons to recycle anything with any sort of confidence!

- There is no national, state, or even local consistent recycling system that people can depend on.
- Each city, township, community, municipality, county... anywhere people create trash, has different rules, guidelines, contracts, and laws pertaining to recycling.
- Each place has (sometimes multiple places... when they can be friendly and collaborate) their own contract with individual haulers of recycling.
- People, companies & organizations –who are run by people, and government leaders all have a hand in some aspects of the system. All are looking to put their stamp on it, make money, gain power, etc.
- Recyclers and haulers typically have governments over a barrel due to the lack of collaboration with each other on a single system.
- There is very little to no easily accessible neighborhood / public recycling points of drop off as in other countries.

A solution: a universal recycling system.

But that doesn't exist. As a result, we must piece together our own ways to recycle what we got.

Recycling crash course

- ▶ Before purchasing anything, make sure you look on the item and/or packaging to ensure it is recyclable. Sometimes there will be a recycling logo infographic. If it's not there, and you can't confirm, don't assume it is and buy it anyways!
- ▶ Before purchasing anything (part 2!), make sure you can reuse the packaging and/or item that you want to purchase, before even trying to recycle it.
- ▶ Sometimes a recycling symbol will say an item is recyclable, like a plastic coated milk or juice carton. But in reality, the places to recycle these items are few and far between. And probably nowhere near you as they are a hard to recycle item.
- ▶ If a recycling symbol is on a package, a website where you can locate a recycler for the item is typically on the side of the logo. Don't be misled in thinking that you can recycle an item where you live, even if it does have a recycling symbol on it. You have to do the research. Check the website if one exists.
- ▶ Refuse purchasing anything that you don't need (as compared to want) if you can't confirm that you can recycle it, or the packaging, where you live. Those tasty chips in your hand are not a need...put those down and grab a potato!
- ▶ If where you live only recycles #1 and #2 plastics for example, don't buy items with #5 or no number on them. Sour cream, yogurt, cottage cheese addicts, I'm talking to you! They will not get recycled, and will only cause problems in the system if they can't be recycled in your system.
- ▶ Make sure when recycling an item that it is clean and dry, follow the directions given by the recycler for the item.
- ▶ If you want to recycle something, but do not know if it can be recycled, contact the company that made the item, or where you bought it. Contact details are typically on the package itself, or somewhere inside the item, or on their website.
- ▶ If you know something can be recycled, but don't know if it can be recycled near where you live, contact your local government, local

trash & recycle haulers, or a local non-profit that collects objects to recycle.

- ▶ If nothing where you live exists where you can recycle what you have —major issue everywhere here in the US— search online ways to recycle the items you have via the post. There are multiple places. Some free, and some paid.

SURVIVE YOURSELF

Avoid buying anything that you can't recycle. On top of that, be sure that you can reuse the item before you try recycling it.

Stop “Wish Recycling”; where a person puts an item in a recycling bin, has no idea if it's actually recyclable, but simply hopes or wishes it will get recycled. This is a rookie meat sack move as it causes problems in the recycling chain.

Avoid “Out of sight, out of mind” thinking. Just because you no longer see it, or it's no longer in your possession, doesn't at all mean that the problem has been resolved.

SURVIVE OTHERS

Ignorance (lack of facts and knowledge) is rampant. Pass info along and help out a fellow fart factory to recycle better. But understand that humans can be willfully ignorant (refusal of facts and knowledge). You can try to reach these people via many methods, but it might just be a waste of time, and best to avoid them. You can't change a person's mind. Only they can.

ecoTIPS

- * Recycling is not the definition, nor is it the end-all-be-all of sustainability. Recycling is a last resort for items. Trash should never be thought of as an option. Before recycling comes; refuse it, reduce it, remove it, replace it. Sing it with me: Refuse it, Reduce it, Remove it, Replace it!

INFINITELY RECYCLABLE

Recycling Forever

There are only two things currently known to us meat sticks that are infinitely recyclable. This means these items can be recycled over, and over, and over, right back into the same exact item, or other items, forever, without any loss of quality:

- ▶ Glass
- ▶ Aluminum

Everything else that is recycled has a limitation on how many times it can be recycled, if it is at all, without quality loss.

ecoTIPS

- * Broken, green, and brown colored glass, are all recyclable.
- * All glass is not all the same. Windows, windshields, tinted, heat resistant, fiberglass, drinkware, bottles, jars, and so on are all different types, and can't all be recycled the same way. Common glass recycling, like curb side or collection sites, typically only take glass that is associated with food jars, bottles, and the like.
- * Aluminum, is also spelled Aluminium. Deal with it.
- * Aluminium foil can be recycled, but it's rare that curb side recycling places take it. Check with a local metal recycler if they will take it (maybe in ball form). If they don't, avoid using aluminum foil as it's devastating (same as glass) on the environment to make.
- * Since both of these items can be recycled forever, make it a point to recycle all the glass and aluminum you encounter. But be sure to resue the heck out of them before you recycle.
- * Check with your local recycler to make sure what can be recycled where you live. Putting the wrong items in recycling can cause problems in the chain, and lead to the recycling going into the trash.

PLASTIC IS FANTASTIC

Plastic is not the problem

We, future food for worms, are the problem. It's how we source, produce, make, use, recycle, litter, and discard plastics that are the problem. Plastics might be the best, and at the same time, undisputed worst creation by us meat bags.

- ▶ It can be made into almost anything.
 - ▶ It can be used in almost any situation all over earth.
 - ▶ It's super cheap, so buying and using it is very cost effective.
 - ▶ It's incredibly durable.
 - ▶ It's very light so transporting it saves energy and resources.
 - ▶ It can be recycled into other plastic items once exhausted.
-
- Plastic is toxic and catastrophic to our natural world.
 - Plastics are so cheap to produce and make things from that companies make very low quality items that break easily, which are then discarded, and then rebought. Creating a worldwide out-of-control waste problem.
 - Plastics do not break down, biodegrade, or compost. They will only ever break apart. Resulting in ever smaller pieces of plastics, commonly referred to as micro and nano plastics.
 - Plastic has been found contaminating places on Earth where humans have never, or rarely have ever been.
 - Plastic is in our food and water.
 - Plastics have been found contaminating almost all aspects of the human body.
 - The extent of the harm that plastics have done, and will continue to do, on all forms on all life on Earth has yet to be reached.
 - All the plastic that has ever been made, still exists today in some form: various solid states, and air pollution from burning. Fact.

Kick Plastics

Realistically, if you want to live in society, you will need to interact with plastic in some form, or at some point directly, or indirectly. But you still hold the power to choose to refuse it in all other situations.

- ▶ Reduce and Refuse purchasing anything that is made from, or packaged in, plastic and all its variations as much as possible. It can be daunting, but you can do it!
- ▶ Replace (as they wear out) any plastic items in your life that you need with durable non-plastic alternatives. Be sure you can reuse, compost, or recycle these as well.
- ▶ With any plastic you buy, be sure that it is recyclable. And that where you live accepts the type (number 1-7) of plastic you have.
- ▶ With any plastic item that you may have, reuse them as much as possible as they are a durable good that will never break down into nature, but will only ever break apart into tiny fragments.
- ▶ When reusing, be sure you are reusing plastic safely. Each type of plastic is meant for a specific purpose. Some are food grade, and others are not. Some are far more toxic to life than others.
- ▶ Never, ever put food, except food, or buy food or drink in styrofoam containers; plastic #6. Ever see your hot foods melt into the Styrofoam? Eat that toxic material up! Avoid places that put their foods in styrofoam containers. Nothing that comes in styrofoam is worth putting into your body.
- ▶ Nothing that is petroleum derived will compost back into nature. Beware of all “bio” or “compostable” plastics.
- ▶ Only recycle the plastic you have if it can no longer be reused.
- ▶ The last resort for plastics, if they can no longer be reused, or recycled, is to dispose of them properly in your garbage.

Plastic types

All plastics can be put into a type that is defined by a number. The number is usually in a triangle with arrow borders which can be hard to spot. These triangles with numbers are **NOT** an indicator that the item is recyclable where you live. They are only a reference to the type of plastic of that particular item.

- 1: PET : Polyethylene Terephthalate
food, drink, packaging...
- 2 : HDPE : High-Density Polyethylene
plastic bags, jugs, bins, pipe, tubing, lids, bottles...
- 3 : PVC : Polyvinyl Chloride
piping, building materials, packing, toys...
- 4 : LDPE : Low-Density Polyethylene
bags, six-pack rings, containers, bottles, plastic wraps...
- 5 : PP : Polypropylene
food containers, storage, car parts...
- 6 : PS : Polystyrene
foam, packing material, take-out containers, egg cartons...
- 7: All Other Plastic
eye glasses, safety goggles, CD/DVDs, cell phones...

Plastics are all toxic

Here is a ranking of the most to least toxic –“least” does not mean it’s not toxic, just that it’s not as toxic as the rest:

MOST 7 → 3 → 6 → 1 → 4 → 2 → 5 **LEAST**

SURVIVE YOURSELF

Most of the things you probably eat, buy, use, come in or are a form of plastic. This sucks. To remove plastics from your life, you will need to adapt your life, diet, and all forms of purchasing, to items that you can get without plastic, or very little plastic. Luckily, all the best foods are available plastic free: fruits, vegetables, grains, nuts, seeds, water, and more! Most anything that comes directly from the ground, are able to be gotten without plastic, or with less plastic; shipping or bulk bags lined with plastic to keep moisture out. Refusing plastic takes vigilance, one battle after another.

SURVIVE OTHERS

Once you start to reduce your plastic use and begin to refuse plastics, you will begin to fully grasp how much plastic is out there, and how much people do not grasp the damage they are doing with their use, abuse, misuse, and improper disposal. I've found the best way to get people interested in what you are doing in reducing plastic, is just to do it. When you are out and offered plastic (anything anywhere!), politely refuse it. Explain your reasoning. And let it exist. If someone is intrigued further, go deeper.

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- * There is no such thing as compostable, biodegradable, or natural plastic. All plastic is man made, and will never break back down into it's original parts; positively back into nature. It will only ever break apart into tiny pieces and contaminate anywhere it is.
- * Plastic should never put in the microwave, in the oven, or in combination of food & heat. It's all toxic, and even worse with heat. If you see someone microwaving plastic: slap it the f**k out of their hand, stare them in the eyes, walk away.
- * "Plastic" is a catch all term. What really is the core issue is items made from fossil fuels; petroleum, and natural gas. So when you hear "plastic", this is what it's referring to.
- * Plastic also refers to things being fake. Not a coincidence.

- * Plastic bags should be avoided. Use non-plastic bags whenever possible. Reuse all bags, and repair your cloth bags once they start to wear out.
- * To recycle plastic bags, reach out to your local food market and see if they have a plastic bag collection bin.
- * Beware of fabrics (clothing, bags, materials, etc) that have been made out of recycled (and virgin, such as acrylic, nylon, polyester) plastics (like water bottles). On the surface, this seems like a great and sustainable idea. But in practice it is anything but. These items shed micro plastics which get into all aspects of life. These are not environmentally friendly and are not sustainable alternatives. Avoid all fabrics whenever possible that are made from recycled (and virgin) plastics.
- * If you buy less plastics, less plastics will be made. You really do have the power in your pocket.

HOW TO USPS

The US Postal Service Runs On Junk Mail

More than half of the USPS revenue comes from the junk mail in your box. Go ahead, fact check that.

How To Stop Getting All Your Junk Mail

It takes work, but if you don't want junk mail, you can stop almost all of it from coming to your house, business, or secret lair (your mom's basement).

- ▶ Where you live, you can opt-out temporarily, or permanently, from unwanted credit card and bank marketing mail by contacting the credit bureaus directly. That info is online. That won't stop everything, though.
- ▶ To truly stop everything, you need to contact each company behind each piece of junk mail directly and ask them to permanently remove you from all marketing. This is very effective, but it takes the most effort.
- ▶ For businesses, the opt-out options for people do not work. You have to contact each business behind each piece of mail directly. Some companies in this scenario are a real pain in the ass to get your business name and address removed. The "Jerrycan Suckfest" company is our worst experience to date.

After some time, you'll end up with practically no unsolicited mail. This can be hard. But it's awesome once you've hit this milestone as you will only get what you want in the post.

This will also reduce the absurd amount of waste –energy, resources, water, materials, etc– that is unsolicited marketing, AKA: Junk Mail.

SURVIVE YOURSELF

All you need to do is pick up the phone, dial a number, or just send an email to remove yourself from each mail piece. Stop doom scrolling and win some small battles already!

SURVIVE OTHERS

People will say that without junk mail the post office will decline. Bullocks, I say! Get rid of the junk mail today! They are a service for the American people, not a private company. They've been in decline for decades. But that is another story.

ecoTIPS

- * Plastic coatings on paper, plastic looking coatings on paper, or if it seems like it's coated in plastic, do not recycle it with paper! This will screw up the paper recycling chain as it might not be paper, taint the paper mix, and it could end up in a landfill. Check the item first to see if it says it's recyclable. Then reach out to where you recycle your paper to see if the item you have can be recycled with paper.
- * With items that are paper, recycle as much of it as possible.
- * But before trash or recycling, see if you can reuse it in some way. A lot of insanely wasteful marketing is colorful, and blank on one side. All of this could be reused creatively, or at the very least, as scratch paper.
- * That window in that envelope that you are holding is not recyclable. It's plastic unless the envelope states clearly otherwise. While you can leave it in the envelope when you recycle it as the methods they use will remove the plastic, it's best to remove the windows before recycling to help the paper recycling process out.

HOW TO MULTI-STREAM

Recycling Streams

Single-Stream is where everything is put into one container, one truck, and then sorted in the recycling chain. Example: your curb side recycling is most likely single stream as you put everything into a single bin.

Multi-Stream is where each item is sorted into specific bins by the user prior to any recycling pick-up. These items then get recycled with all like items. Examples: glass with glass, paper with paper, metal with metal, etc.

- ▶ Single-stream is very convenient; no need for us to sort.
 - ▶ Single stream recycling has the potential for higher participation by us mindless meat wads.
 - ▶ Single stream is a faster method for the waste haulers. Sometimes the drivers don't even have to get out of the vehicle! This reduces time spent, and employee costs.
 - ▶ Single-stream is an over-all cheaper way to recycle things.
 - ▶ Multi-stream greatly increases the quality and amount of the items that are being recycled.
 - ▶ Multi-stream greatly reduces the potential for cross contamination.
 - ▶ Multi-stream increases the potential for profit from recycling.
 - ▶ Multi-stream has the potential to increase public awareness and understanding of recycling. Resulting in a better educated consumer.
 - ▶ Multi-stream needs a much simpler and far less complex and costly system for items to be properly recycled.
-
- Single-stream greatly reduces the quality and amount being recycled due to contamination.
 - Single-stream reduces the profits made from the recycled materials due to mixing, damage, and contamination.

- Single-stream reduces the amount of what is recycled.
- Single-stream requires complex and costly sorting systems.
- Multi-stream requires higher up-front costs.
- Multi-stream requires more user facing infrastructure.
- Multi-stream requires more up-front education for users.
- Multi-stream carries the possibility of incorrect sorting by mindless miseducated phone addicts.
- Multi-stream has the potential to reduce participation by consumers due to reduced convenience.

Convenience Kills

Single stream is a benefit for the haulers, and for individuals who want an easy button. However, multi-stream is the more sustainable path as it increases the amount that is recycled, fuels a more involved and educated community, reduces energy and resources, all of which help protect our environment.

SURVIVE YOURSELF

If you have the option to multi-stream, inconvenience your life and do it. Avoid single stream whenever possible. Yes, it requires more effort. But without a doubt it is the superior choice as it recycles more stuff, and less ends up in landfills or incinerated. And that means it's more sustainable!

SURVIVE OTHERS

Some might want the single stream system due to the mindless convenience it promotes. I say eff those lazy flesh bags.

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- * Get educated on your local recycling. Know where you can recycle everything you can, correctly. Be a multi-streamer.

KILLER CONVENIENCE

We've Created A Mess

For the lust of things to be easy, to get that cheap dopamine hit, we've created a world of convenience and false positives. And it's steam rolling over all us bipedal protein shakes.

Go Watch Wall-E

Do it. I'll wait.

Slow Poisoning death

Convenience doesn't just abruptly appear. Just like anything, it happens so slowly that you don't notice it's happening until one day you are all alone in your sweatpants glued to a tech device, and you haven't showered or left home in days.

- It's too convenient to not care.
- Convenience has killed critical thinking skills.
- Convenience promotes alienation.
- Convenience can reduce your emotional intelligence and erode empathy.
- Convenience promotes a sedentary life, fueling obesity, and increasing unnecessary "lifestyle" diseases and other avoidable chronic health issues.
- We have the most conveniences at any point in human history. Yet we are unhappy, more physically alone, more unfulfilled with life, and feel more loneliness than ever.
- Everything is geared towards high dopamine hits and very low to no effort life choices.
- Effortless satisfaction is promoted over real, in-person human connection.
- Anything we want; food, stuff, entertainment, sex... it's all deliverable. You don't have to leave your house or interact with anyone real almost ever.
- We've replaced in-person, human connection with tech.

- People and companies thrive on our ignorance.
- Our natural motivation, anticipation, and craving for reward is exploited for profits by big corporations.
- Conveniences have replaced the methods that help us to develop essential life skills, critical thinking abilities, and self-reliance.
- Conveniences promote cultural and environmental degradation. They promote “disposable” stuff, thoughts, emotions, entire lifestyles, cultures, even disposable people. All leading to a planet filled with waste and disregard.
- Convenience reduces resilience by removing challenging circumstances in our everyday lives that make us stronger, both physically and mentally, which prepares us to better tackle all that life throws at us.
- Convenience turns us into galactic chaos toddlers ill equipped to handle challenges, discomfort, and the many speeds of life.
- Conveniences have become so common that they’ve become invisible. Slowly changing our brains, our emotions, pulling the life out of us until we are just empty flesh covered skeletons.
- Convenience makes our lives more difficult.

Down With Convenience

But what can you do?

- ▶ Introduce some friction into your habits. Make them more “inconvenient” or what some might consider “inconvenient” to gain depth, meaning, knowledge, and purpose.
- ▶ Reduce the need for single use ‘anything’ by replacing them with durable, reusable, compostable, non-toxic, and recyclable options!
- ▶ Choose quality and patience over immediacy and quantity.
- ▶ Repair items that have worn out a bit instead of just tossing them away! Don’t know how to repair something? Drop by your local library and learn how!
- ▶ Reduce your food buying and eating habits. Buy only what you can eat instead of buying too much and tossing the food when it rots, along with its plastic packaging, in the trash for the landfill.

- ▶ Take the stairs instead of the elevator or escalators.
- ▶ Walk or bike to places instead of driving. And when walking, don't have your phone turned on or walk while looking at your phone. There is a whole world that you are missing!
- ▶ Use cash for in-person purchases whenever possible instead of a credit card to reduce impulse buying, make purchases tangible, use your brain more, and promote better finances.
- ▶ Delete your amazon account. Along with any accounts that are "just a click" to order anything. Make it harder to impulse purchase something online. Put a time delay on all your online purchases – 12, 24, or more– to make sure you really need that item.
- ▶ Be conscious, mindful, in the present, and intentional about your decisions and what you do.
- ▶ Go analog instead of digital. Example: go to a library, get a library card, walk through thousands of books, check out a book, read that real book instead of instantly downloading a book on a screen with one click.
- ▶ Want to order take-out food? Delete all the apps and go to the restaurant! Bring your own to-go container with you as well so you can take your left-overs with you.
- ▶ Instead of ordering out, cook at home! And I don't mean get ingredients delivered. Go to the store, look around, buy what you need –that's in containers that you can reuse and recycle, obviously. Then take it home and make something to eat. I know, wild idea! But once you drop all this tech, you will definitely have some time! Plus it's healthier, you'll develop a skill, and you can batch cook for an entire week or more!
- ▶ Purposefully go out of your way to positively interact with people in-person, in every setting you are in. You can do as little as say "Hello!" or "Good morning".
- ▶ Limit all tech time, especially your phone.
- ▶ Turn off and block all data on your phone. Make it a "Real Phone"!
- ▶ Cancel any streaming service you haven't used in a month. Better yet, cancel them all and go rent a DVD (that's a movie on a plastic [yikes!] disc) at your local library!

- ▶ Have tech free spaces and times where you live and work.
- ▶ If you get bored, resist the need to use any tech device and just simply exist. Let your mind wander.
- ▶ Stop reading this digital book, go outside, interact with the world!

But Wait...

There are conveniences that can help. What these are, depends on the situation. Thus, not all conveniences are outright killers. Example: indoor plumbing, having a cell phone when you're lost, information access. It's all how you use the convenience that makes it positive.

SURVIVE YOURSELF

Depending on how far you are addicted to convenience, it might be really hard to recover. But you most certainly can! Start with small things, things that are easy wins, but positive in the direction of reducing conveniences and promoting a healthier, happier life! Then expand-out as you move along. (Easier said than done!)

SURVIVE OTHERS

Some people will not give a damn about how conveniences are destroying their lives. Present the facts, but don't get sucked into their orbit trying to save an ego powered contradiction generator.

ecoTIPS

- * Technology is a tool, it's not the problem. How we have been educated, trained, and promoted to use and abuse it is the problem. Use it to be a better time fairing tenant on this rock we call Earth. But don't let it replace your, or others, humanity.
- * We can be blind to the conveniences we are in. It could seem like it's helping, and that we need it. The opposite very well may be true. Be mindful of what you are doing and how you are living.
- * Learn to think critically (critical thinking) and take back your mind.

DITCH SINGLE USE

Buy. Open. Dispose. Repeat.

How much of your life is single use, marketed as single use, packaged as single use, or is in some way viewed as a single use item?

- Highly processed food wrapping
- Condoms
- Plasticware
- Fast food wrappers and packing
- Medical equipment
- Medication
- Clothes and other fabrics
- Fruits and vegetables
- Candy
- Junk Food
- Frozen Food
- Shipping materials
- Individual beverage cups and bottles
- Junk Mail
- Plastic gloves
- And on and on it goes...

Remove The Single Use

Ditching single use whenever possible is totally doable. Remember the BYO mentality; “Bring Your Own!” Be prepared. Be a badass carbon bodied space oddity. Be an example.

- ▶ If you come across something that is single use, refuse it. Refuse it. Refuse it. It will take a shift in thinking, but it will become a habit to refuse.
- ▶ If you use a lot of single use items, reduce them one piece at a time with reusable options. Or, just remove them entirely from your life.

- ▶ If you have to buy something in a single use package, make sure you can reuse the packaging for something. Get creative!
- ▶ If you have to buy something in a single use package, make sure you can recycle, or better yet, compost the package at it's end of reusability.
- ▶ Be mindful of your life; observe, take notes, and see where all the single use waste is coming from.
- ▶ Start with single, simple wins if need be. Then work your way up to the bigger single use challenges that seem daunting.
- ▶ Take a to-go container with you at all times. Both for food and drink. Not necessary to buy a to-go container to start, or at all. You could easily reuse something you already have. Example: a pair of aluminum pie pans and some binder clips is your to-go container.
- ▶ Always bring you own bags with you wherever you go. Be cautious if they are made from plastic/recycled plastic, as they will shed micro and nano plastics. Choose heavy duty well made fabrics, like hemp, whenever possible.
- ▶ Refuse all “free swag”, unless you will actually use it all. Almost all free stuff is single use junk, plastic, made cheaply and will not last. It will just add to the endless trash that’s all around us.

Hidden Single Use

There is a lot of hidden single use that you might not consider single use, or notice as single use, all around you; stickers, business cards, pens, gift cards, etc. Keep a sustainable eye out in the wild for these and refuse whenever possible.

Medical Exception +

Individually wrapped items in certain situations are totally necessary; medical scenarios, when fornicating, items to be put in orifices, certain food scenarios etc. These types of items need to be clean, sanitized, and ready for use. But the packaging of these items does not have to be plastic and trashed. The packaging could be reusable, compostable, and recyclable. Look for this packaging.

SURVIVE YOURSELF

You are probably eyebrow deep in single use waste as you read this. And I bet your trash is full of such items. This is unfortunately very typical of us gravity prone primates. But don't freak out and abandon all hope. Take it all one step, one item, one packaging at a time. Figure out how to remove it from your life. Or how you can replace it, or reduce your use of it. Ween yourself off it. Then onto the next item.

SURVIVE OTHERS

Once you start to refuse single-use in real time, some fake faced zombies might give you strange looks. Especially when they are offering you free stuff. If they ask why, just be honest. Then refuse, and carry on with your bad self.

ecoTIPS

- * Refuse. Refuse! REFUSE! The most effective way to reduce single use waste output and precious resources, is to refuse these things in the first place. It's a never-ending battle. Once you get the hang of refusing, you'll be able to respectfully refuse a whole mess of things. And if truly successful, one day you will look back at yourself and cringe at the spaced out meat monster using all that single use crap you once were.

REUSE THE SH*T OUT OF EVERYTHING

Reuse Everything, Except That Love Glove

Almost everything can be reused in some way. Be it in the same way, or in a completely different way. If you can't think of an idea for something you have, do an internet search. Someone out there can provide you with some inspiration to reuse what you got.

A Bowl Is A Cup, And A Cup Is A Bowl

Objects can have simultaneous uses. Very rarely is something only good for one single thing.

Diverge Your Thoughts

Exercise your brain to think more divergently. Take an object, any object. Place it in front of you. Write down everything you think that object could be used for. Do not hold anything back, all ideas are good ideas in this scenario. A peanut used as a tiny American football? A plastic boxed wine bladder/bag used as an emergency floatation device? Beer bottle caps used as currency in an apocalyptic scenario? Yes!

- ▶ Reuse reduces waste.
- ▶ Reuse promotes creativity.
- ▶ Reuse reduces our egregious single use dependency.
- ▶ Reduces the use and abuse of raw natural resources.
- ▶ Reuse reduces energy consumption.
- ▶ Reuse reduces the financial burdens of buying new.
- ▶ Reuse supports a swath of individuals, businesses, and non-profits in a variety of ways bolstering local business and communities.

SURVIVE YOURSELF

You are most likely stuck in a mindset of buy, use, toss. This is typical. Especially of Americans where big corp promotes a throw away culture for their power and profit. Look at what you have, what

you use, and what you toss, and see how you can (reduce it first) reuse it. If you can't think of an idea, look up ideas online to see what other people have done.

If you can't reuse something for whatever reason, don't just toss it away! Somewhere someone out there is looking for the stuff you have. Give them away. Post your items for free online. Meet some other humunoids along the way.

SURVIVE OTHERS

Not everyone will give a damn about reuse. They will continue to toss things away without any thought or care. Some might actually try and argue that it's pointless to reuse, they don't believe in it, or give some other excuse. Tough situations these are. Stay calm, and do what you do; reuse, and promote reusing the shit out of things! Some may come to understand, some may not.

ecoTIPS

- * If something is broke, don't assume it's trash and toss it away! Again, someone somewhere out there in the world wants that broke item you have to fix and use it, you just gotta find that person. Post it for free online.
- * If giving something away, don't let it sit outside in the elements like a vapid chowderhead! Especially wooden furniture. Keep it inside, and wait for people to come and get it. Sitting it outside, and putting a "FREE" sign on it, especially when it's a water absorbing material like wood, is purpose defeating; it will ruin the object and then it will be much less likely to be reused.
- * If you hit the limit to what an item can be reused for, and it's no longer reusable in any aspect, functionally, or creatively, be sure as your last resort to properly recycle it.

EAT IN, OUT, AND TAKE OUT

To Eat, Or Not To Eat

Instead of relying on take-out, fast food, and restaurants for your daily nutrition –food & drink– use them as a “treat” that happens once in a while. Not everyday. This includes all those to-go coffees, doughnuts, bagels, snacks, beer, and the like. It will make the food, the people around you, your total experience far more memorable when you eat out/take-out far less often.

- Eating out creates lots of food waste directly, and indirectly.
- Plastic / styrofoam containers are the norm here. These will never break down but only break apart adding to the endless amounts of trash we don't have to produce.
- Wasted food, and throw away packaging adds up really quick financially.
- Eating out and take-out produce perpetual amounts of single use material waste; wrappers, cups, plates, bags.
- Unhealthy & low-quality junk ingredients in the food you are eating is typical of take out and fast food.
- Eating out and take out is a Killer Convenience.
- Environmental destruction from poor ingredient sourcing; deforestation, ecosystem annihilation, lax or no regulations, is rampant across the entire food and agriculture system.

Make It, Then Take It

You can make almost anything you want at home using the best ingredients, at a lower financial cost, with less package waste.

- ▶ Lower cost of meals, thus your budget, by making things at home.
- ▶ Bulk buying saves time, money, and materials for items that you eat a lot of.
- ▶ You can acquire better quality, better sourced ingredients for less if you make it yourself as you will be the person who buys them.

- ▶ You can learn how to batch cook. Cook one day, and then have meals for a whole week or longer. Great time saver.
- ▶ You can freeze meals (in the proper, and safest containers) so that you can have meals and pre-paired foods for much longer than the short term.
- ▶ Learning how to preserve foods –drying, canning, fermenting, pickling– will drastically extend the life of your foods.
- ▶ There is enough resources out there in the world that you can find for free (a local public library, the internet) all that you will need to learn practically how to cook almost anything, using almost any method that has ever existed in human history. All free!

Food Is An Experience

Going to the store, picking out real ingredients yourself, reading the labels, unpacking everything, putting it all together, is an experience that brings you closer to what you are putting into your body. Plus you can cook with other people! Which can create and strengthen bonds between people of all walks of life.

See The Eats

If you do choose to go out to eat, sit down have an experience instead of just shoving food in your pie hole, not all restaurants are created equal. There is good and bad food, good and bad ingredients, establishments who care, and others who just want your money.

- ▶ Check out the restaurant online. See what types of food they have. How they source their ingredients. Transparency.
- ▶ Check out photos that have been posted by patrons, not the restaurant itself, to see what the foods look like, and how they are presented; plastic and trashy vs real utensils and wares.
- ▶ Do you see actual plates instead of paper plates?
- ▶ Do you see actual silverware instead of plasticware?
- ▶ Do you see actual cups and not plastic cups?
- ▶ Do you see the food sitting on wax paper instead of the plate?
- ▶ Do you see paper napkins instead of reusable & washable cloth?

- ▶ Do you see single use containers? Styrofoam? What some would call “disposable” plastic coated paperware, but is in fact not disposable at all?
- ▶ Patron the establishments that offer real plates, silverware, drinkware, reusable napkins and the like. It might be more money, and more effort, but these things matter.

SURVIVE YOURSELF

Fast food, take-out, it all tastes good and is so easy to get; you can literally drive your lazy butt around a building and POOF... they present you with french fries!! You’ll want that hit over and over again. So you go back for more. Stop this by cooking for yourself. Find out what foods you like, and how you can get them the most sustainable ways possible. Even if you stumble in your culinary adventure, the food you make will taste way better if you made it from scratch. Even if it’s just simple stuff. Why? Because you made it.

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- * Pizza is not a vegetable.
- * You don’t need any special tools, high end cookware, or insane ingredients to make good, healthy food.
- * Even if you’ve done your research, and patron establishments that do not offer any “disposable” items or plasticware, there is still the indirect waste that the restaurants create from their supplies; boxes, plastic wrap, plastic containers, gloves, and so on. Be aware of this. It’s possible for them, the establishment, to be more sustainable in this scenario as well, but it’s very, veery rare.

HOW TO COMPOST THE MOST

Composting Is Easy

Brutally, all you need is dirt, and somewhere to put it. That's it. However, if you don't know what you are doing, you'll do more harm than good.

Your Trash Wreaks

By composting, you remove organic materials from your trash. Which reduces the amount of trash you create, and the smells in the trash. Which results in less materials going to a landfill; about 22% (+/-) of all trash in a landfill is food (shove that in your pie hole).

With the compost you have made with the scrap foods you did not toss into the trash, you can then use that in future plantings, scatter it in your yard or garden, or give it away. It's just good dirt.

It's all a positive ripple effect once you start to compost.

Greens VS Browns

There are generally two different items that are put into compost; greens (organic, vegetables, food scraps, grass, living things), and browns (carbons, leaves, twigs, paper, dead and dried things). The right combination depends on the method of composting you are doing, and what you plan to do with the compost. But in general, you always want more browns / carbons.

No Single Way To Compost

There are numerous ways to compost. It just depends on your situation.

- ▶ **Layered Compost:** the passive, basic method. A great intro to composting. This also can be done in conjunction with a garden where you just keep adding layers –very much mimicking the natural process of life.

- ▶ Vermicomposting (worms): this method uses worms to aid in the composting. The worms also produce poop, also known as castings. This stuff is awesome to use in future plantings. This method is an upgrade from the layered intro method as they need a stable environment to live compared to hot composting (for real) where the pile is turned. Sometimes worms find their way into your pile, and sometimes you will add them.
- ▶ Layered Compost In A Pit: this method should be exactly how it sounds; dig a hole, layer your scraps as you would in a pile between layers of browns and other dirt. Then when it's fully composted, dig it up and use it, cover it up, or plant things in it. This method will attract all sorts of life into it as it's part of the ground and not just sitting on top of it.
- ▶ Tumbler, Drum, Rotating Compost Bin: this is a step up from the layered intro composting method for smaller amounts before you get into hot composting (for real). This method also helps in keeping out pests, if that is an issue for you.
- ▶ Hot Compost: this method is used by subjectively hot, soulless, superficial meat sticks.
- ▶ Hot Compost (for real): this method is labor intensive as it's fueled by turning the whole pile every few days, moisture, heat (130°-160° approx), air, and time controlled. This method reduces home composting times from months and years, to days and weeks.
- ▶ Commercial Composting: similar to hot composting (for real), but on a much larger, more controlled, industrial scale. This method can also take items typically not compostable in a home compost like oils.
- ▶ Bokashi: this method is used in a sealed bucket or canister where microbes have been added to the mixture. This method can be done indoors, and can break down meat. Once this method has broken things down, it will create a "tea". This tea will then need to be added to something outdoors; existing compost, a garden bed, etc.

A Beginners Compost

The simplest way to compost is to put your scraps in a pile (a bucket, a hole, a plant pot, or layered in a garden, etc), cover it up, and leave it. This is also the longest way to compost.

- ▶ Start out only composting fruits and vegetables.
 - ▶ Anything that is certified “Home Compostable”.
 - ▶ Color free, color ink free, coating free papers; white copy paper with black lettering, brown paper bags and kraft paper.
 - ▶ If you are not sure, don’t compost it. Find out from the source if it is compostable.
 - ▶ Your compost will attract bugs. This is good as it’s an ecosystem. But it might be a good idea to put your compost further away from your house. Depending on what type of compost you are using, and what you are putting into it, you probably don’t want those bugs drifting into your home.
 - ▶ Depending on what you plan to do with your compost –just leave it and use it as a source for your scraps, or actually use it for your planting– you’ll want a good mixture of green (organic) to brown (carbon) mix in your layers.
- Remove all labels from all pieces of fruits and vegetables; example would be that sticker on bananas, as it’s made from plastic,.
 - Meat and bones are compostable, but this will attract vermin. And the bones will take a long, long time. There is a special process that can be used for pre-composting meat called Bokashi.
 - Plastic, plastic coated paper, plastic anything is not compostable.

Composting Inside

If you are in a concrete jungle, and have no access to a space outside, there are methods to compost indoors. These methods will eventually need to be added to an outside compost. But to have an accessible space to collect these items in your home, and not toss them in the trash, is a win. Just be sure that you are following all of the guidelines of the desired process.

Composting indoors can (will) result in bugs. And in extremely rare cases, the compost could explode if not maintained properly; being too dry, compacted, too hot, sealed in a bucket and forgotten. A safe way to “pre-compost” indoors would be to freeze your scraps. Then add them to an outside compost. You can also use the Bokashi method indoors. Again, be sure to follow all rules and guidelines to avoid blowing up your apartment.

SURVIVE YOURSELF

If you are new to composting, don't ever assume that you can compost something. Always be 100% sure, even if you have to hold on to the item and do a bit of research to confirm. Even if things seem similar, don't assume. Take the thinking that nothing is compostable, then prove things are compostable through inquiry and research.

Don't ever get lazy or cut corners when putting things in the compost. Doing this could contaminate the entire compost that you are working with and defeat the whole purpose of composting.

SURVIVE OTHERS

If you ever work with compost, and other people are putting things into your compost, make sure they know exactly what they can put in. Otherwise, they will “wish” compost, or just be flat out lazy and think it will be sorted out, then you will get plastics and trash in your compost. This will defeat the whole purpose of composting, and really piss you off.

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* Never, ever, ever assume something is compostable. Always be sure you know, for sure, that what you have can go into your compost. Even if the item says “compostable”, it very well might not be if it has no certification, and you don't have enough knowledge to make that call. And vice versa; an item could say it's not home compostable, but it actually is. This reverse scenario is

more for items that are only certified by an organization that does commercial composting, but doesn't have the certification process to say it's home compostable. If you are not sure, contact the company directly that made the items/packaging and confirm.

- * Never, ever, under any circumstances compost plastic, plastic derived, bio plastics, or anything of the sort. Even in a commercial composting setting. These are still plastics in some form. Avoid buying and using these items as it's generally a form of greenwashing.
- * Freezing items before putting them in compost breaks down cell walls, and as a result, speeds up the composting process once added to the compost. Freezing items that will be added to compost also stops rot and any smells from escaping into your home.
- * In extremely rare instances in poorly maintained and forgotten about compost piles –too dry, compacted, no moisture, no turning, no life, sealed in a bucket and forgotten, gigantic piles- the compost itself can catch fire, or in even more rare situations, explode. Use caution and follow all guidelines. If you maintain it somewhat regularly, you're all good.
- * The smaller the pieces are of whatever you are putting into your compost, the faster they will break down.

HOW TO CLOTHE YOURSELF

If We Could All Just Be Naked

You think that is a bad idea? If everyone was naked all the time, then being naked all the time wouldn't matter. But, we are not. So, we typically must wear clothes. Which presents us with problems.

Function Over Fashion

Whenever you are buying any sort of item to put on your person, think 'function over fashion'. If you lead with fashion, then you are more likely to buy items that are not durable, will not last long, were made in bad conditions, and are just generally unsustainable.

The Cost Of Caring

More than likely if you want high quality, long lasting, repairable, more sustainable wearable materials of any kind, it will cost you more. This hasn't always been the case. There are many, many, many factors at play that make clothes unsustainable.

- The rise of cheap synthetic (plastic/petroleum based) materials. These are not natural, and will not break down, but only break apart into smaller, and smaller micro and nano pieces of plastic.
- The fast fashion model destroys everything it touches: high volumes and over production where items not being sold result in wasted materials, and clothing that ends up in landfills; poorly made materials where they are sold for dirt cheap prices and do not last more than a couple wearings before falling apart; promotes a wasteful mindset around clothing and culture.
- Cheap synthetic materials, low brow designs, poor production and construction methods, lack of or misleading information, are purposeful instituted by bottom shelf clothing manufacturers to promote single or few use (before the clothing falls apart) garments, at very low prices, so that the items lack any sort of durability, leading to the clothing falling apart, being disposed of

and not repaired, and promoting the customer to buy more of the same items once they do fall apart.

- Fast fashion fueled by companies (that are run by scum sucking puss bags) that rely and exploit low wage, and unprotected labor (that means fellow humans) all over the world (even in what we psycho babbling buttheads call “1st world” countries) but mostly in developing or countries that have autocratic rule. All to minimize costs and increase their profits and power.
- Absurdly low prices that encourage us clothed animals to think of our attire as “disposable” rather than things that are durable and long lasting, all for the purpose of promoting the “wear it once” sickness so that we buy lots of items, just to wear them a single time, discard soon after, then buy more of the same stuff.
- The promotion of clothes collecting which encourages overconsumption of things that we do not need, that should actually be used, all to be bought and ogled over.
- Grotesque lack of transparency where it makes tracing items to find out their environmental, social, political, and over all impacts incredibly complex and challenging, which makes it difficult to hold people (who run the companies) accountable so that foot-forward regulations can be instituted and sustainability improved.
- The all around production of fast fashion that creates massive amounts of waste, toxic greenhouse gases, water pollution, and uses immense amounts of water for our zombie like culture that has been trained to only seek novelty.
- The difficulty in accessing (growing, acquiring, making, selling, buying) items with more sustainable materials and processes, pushes these options out of reach for most people due to their typically higher cost.
- Recycling of fabrics is possible, but it’s not at all accessible, affordable, or being investigated enough to make a real dent in the life cycle of our wearables. At least right now.
- Regulations, policies, and action at government levels across the world on all facets of the clothing chain so that companies (run by fellow skeletons in meat suits) are held to account is laughable.

Care About Your Wares

You can own more sustainable wares! First, it's a mindset shift; do you need this or want it, do you already have something that works for the purpose of the item you are looking at, can it be repaired, will you wear it a lot, etc. Then it's being mindful and taking action.

- ▶ Shop second hand wherever possible. You can do this both in person and online.
- ▶ Take it slow. When buying something, mull on the item a bit to make sure that you will wear it a lot and that you are not making a compulsive purchase. If in-person, walk around and look at other things. If online, leave it in your cart and walk away or do something else. Then after you've had a fresh mind, make sure that you actually need the item and will wear it.
- ▶ If you only need something for a single event, and never plan on wearing it again, look into borrowing something from people you know. Or rent something from a small local businesses who rent clothing out for this exact purpose. Most likely not underwear, thought. That is if you were seeking to rent underwear.
- ▶ Learn how to sew and repair clothes. Even basic repairs are easy to do. No machine needed. This could dramatically increase the lifespan of your garments. And the more repairs you do, the better you will get at it, and the more complex repairs you'll be able to tackle.
- ▶ DIY your clothes. Once you have learned how to sew, you can move into making your own clothes out of worn out materials, and making clothes fit through many forms of adjustments that previously didn't fit at all.
- ▶ Whenever you have to buy an article of clothing, be sure that you focus on quality and not quantity. When you buy something, you don't want to, nor should you have to, go out and buy that same item soon after because it was junk, and part of 'fast fashion'.

- ▶ Avoid synthetic materials whenever possible. Focus on the most natural materials that work in the situation; organic hemp, linen, cotton, and wool.
- ▶ Avoid virgin materials whenever possible and seek out recycled content. This is a more sustainable choice in all cases, no matter if it is synthetic or natural as it reduces the negative impacts in all aspects of the production process.
- ▶ Research, research, research. Make sure the company you are buying your items from is transparent in all facets, that their transparency checks out, they have top tier certifications for the materials, fabrics, process, and labor being used.
- ▶ Care for your garments as the manufacture has instructed; wash in cold water, dry clean only, do not use certain ingredients in a laundry detergent, and so on. This will increase the garment lifespan.
- ▶ If you have a piece of clothing that has become so worn, even after extensive repairs, that it's unwearable, use it as material to repair other items, make other items, or use in other useful and creative ways.
- ▶ While proper recycling is rare for clothes/garments/textiles right now (it does exist) be sure that if you have no other options, that you dispose of your materials correctly.

Quashing Synthetic Washing

When you wash synthetic items, they will shed micro and nano pieces of plastic. It's inevitable. If you must wash synthetic materials –leggings, polyester, nylon, recycled plastic bags, etc.– be sure to use a wash bag that is specifically designed to reduce shedding of these small pieces of plastic. Because if you do not use something like this, and you do wash synthetics, all those micro and nano pieces of plastics coming off your clothes will be sucked down the drain and into the water system. Eventually making their way back to nature, animals, fresh water, and you via contamination.

Quality is King

Buying higher quality clothing up front might seem like it's costing you more when it's sometimes 2, 3, or 4 times what you would pay normally. But when you buy a well made garment with quality sourced materials, it will not only save you money, but will ultimately end up being more sustainable in the long run as less materials, energy, and resources are used to produce them. They will last longer, are typically repairable, and have better end of life destinations as the result of the materials used to make them in the first place.

SURVIVE YOURSELF

Clothes are cool. It's fun to accessorize with lots of options. But hold your shit together! Remember to only buy what you need, what you will wear repeatedly, and items that can be matched, re-matched, adjusted, worn differently, and remade for as many possible looks as you want to have. Avoid the urge to collect!

SURVIVE OTHERS

Avoid sales, discounts, free shipping, perks, points, memberships, or any other kind of gimmick from companies trying to get you to buy more of things you do not need. If you only need one item, buy that one item. But only in person as you should never buy a single item online and have it shipped to you –unless it's the only way– because it's totally unsustainable to ship a single item. Only buy what you need when you need it.

DO YOUR RESEARCH

Class Is Always In Session

Looking something up, searching for something, finding new info out, getting the facts... this is all a part of research. We all do some form of research on a daily basis. We just don't typically call it that. Some of us just do a hell of a lot more of it than others.

Face Palming Face Value

It's very easy and convenient to take a company's, a person's, a leader's word on something. It's possible that the info they are putting out is correct. Unfortunately, as a consumer, this is part of the reason why we have gotten into the mess we are in; we didn't confirm the facts. Again, we did not confirm the FACTS. Not to be confused with a belief of what we want to hear.

You Gotta Have A Process

There are unlimited ways to research everything –clothes, schools, politicians, news stories, food to eat, places to go, companies to work for, etc.

- ▶ Always find as many sources as possible. Be this multiple companies, news outlets, journalists, manufacturers, provable and tested science backed reviews, websites, papers, independent non-paid or non-sponsored reviews, similar products, and on and on.
- ▶ Always collect as much info as possible, from as many different aspects as you can, on as much of whatever it is that you are researching.
- ▶ Avoid ever use a single source for anything. Even if that source consistently has a superb track record of proven facts and correct information. You consistently must dig. Because if you do not, you will get hoodwinked.

- ▶ Compare all of the data that you have collected. When doing this process, look for facts (facts!) that are constantly repeated by sources that have no connection whatsoever.
- ▶ Always keep in mind that you are not trying to prove what you believe, or what you want to be true, to be true, through this process. What you are seeking is the facts. Cold, hard, simple, proven, and repeatable.
- ▶ Once you have collected all the info, compared it, sorted through it, then you can make the most sustainable conclusion possible for the situation you are in.

Repeat. Repeat. Repeat.

Whenever you have to engage with this same topic again –product, person, company, idea, etc.- start the research process over from square one, but using the existing info you have as a base. Things are always changing. New information is always being discovered. More sustainable options are always popping up. As a result of repeating the process, and doing more and more research, you will get better at digging for info, and the process will become more refined.

SURVIVE YOURSELF

You will naturally want to look for information, sources, opinions, news, people, companies, products, politicians, leaders, and the like that confirm what you want to be true, and disregard anything that says otherwise to be false. This a horrendous mistake by us overconfident anxiety riddled oxygen thieves. Your goal is NOT to confirm what you already know or want you want to be true. But to find what actually are the facts. Even if that totally debunks everything you know.

SURVIVE OTHERS

There are loads of reasons why someone does not do any real research, but just confirms facts. Everyone falls into this trap at some point if we notice it or not. If you encounter someone who has not done any research, but is just using info and sources that confirm what they already believe, ask questions. Honestly ask questions. Be curious about how they got the info they are expressing, where they got it, etc. If they are saying something that you did not know, say that. And ask them to explain it to you. The goal here is to understand them, and not try and change what they are thinking. And if all else fails, respectfully excuse yourself from the situation.

ecoTIPS

- * Research can be insanely time consuming. Thus, if you do not have a lot of time, do it in small chunks. Small steps. A bit here, a bit there. Doing it this way, in small increments, will break the task down to manageable parts and greatly reduce burnout.

MORE TO COME...

Keep Kickin' Ass

Until then.

SUSTAINABLE MYTH BUSTIN'

- **A home microwave gives off radiation poisoning**

A microwave cooks your food using non-ionic radiation. This type of radiation changes things using energy. In this form, heat. It cooks your food from the inside out. It is not the same as ionic radiation.

Ionic radiation is the type of radiation that you receive when you get “radiation” during cancer treatments, or during X-Rays. This type of radiation changes molecules.

Radiation is all around us; radios, the sun's rays, tech, your cell phones, your microwave, x-rays, etc. They are all different.

If you are freaking out, and wanna ditch your microwave due to radiation poisoning, this would be a baseless reason. There is no scientific evidence or proof that a microwave causes harm to us junk food stuffed skin bags.

Your only known chance of harm from a microwave is burns; have skin-to-machine contact where the vents are as it's running, being locked inside and being cooked from the inside out (!!!), or by a broken microwave that leaks heat and your body is right up against the machine.

Now, what trashy foods you nuke in there... a whole other topic!

- **I do not believe in recycling, so I don't do it.**

Recycling isn't a belief; it works, or it does not. It's tangible, physically provable, and backed by decades of operation, and advancement. There isn't anything about recycling materials that fall under the umbrella of “belief”. We are not talking about the tooth fairy.

Recycling, while it may not exist where you are, and people may disregard “how to” recycle, the process works. And is sustainable.

- **I don't believe in climate change.**

The climate of Earth changes naturally over time. Long, long periods of time.

However, us primordial mouth breathing knuckle draggers have caused “human fueled climate change”; changes to Earth through our actions, in what typically happens over tens of thousands, hundreds of thousands, and even longer (or never!) periods of time, which are now, right now, occurring over years and months(!).

These changes that we fools have made to Earth are resulting in catastrophic damages in all aspects in all corners of our world. Of which we do not yet understand the expanse of the damage, as we are currently doing the damage.

There is nothing about human fueled climate change, and that we are damaging the world we live in, that is a belief. It's been known as a fact as early as the 1850s. Yes, the “18”50s.

A non-belief in human fueled climate change may originate from a combination of many false origins and suppressive sources:

- Political gain or holding onto power
- Pushed as a partisan Issue for control
- Business & financial success resulting in wealth and power
- Deregulation resulting in financial gain
- Fossil fuel companies
- Conspiracy Theories
- Convinced by a false belief that one will not be affected
- Overwhelmed at the sheer scale of the problem and tuning out
- Misinterpretation of, or purposefully distorting information
- Nearsightedness, thinking only of the now, and not long term

In short, if someone holds a false belief about human fueled climate change, it's almost always rooted in the search for "more", or to hold onto power and money.

— DEBRIEFING —

You've reached the end of this guide. But your more sustainable adventure has just begun!

Hopefully by now you have picked up a few bits and pieces of info that will help you live a more sustainable life. And not only to survive your fellow jelly brained jalopies, but yourself as well!

There are endless amounts of books, articles, papers, videos, and info for all aspects, of every bit of this guide and far, far beyond to deepen your knowledge to never stop digging and learning about how to be more sustainable.

You will meet resistance to living a more sustainable life from everywhere on this blue ball we call home. It is a gargantuan uphill battle. However, positive change is always happening. And it's all possible.

But It all starts somewhere. So why not now? Why not with you?

Go forth and kick sustainable ass you self-propelled cup of stardust!

Got questions? Comments? Think there is something that we got totally wrong here? Want us to add something in a future update? Drop us a line and let us know what you are thinking:
<https://www.zieros.life/contact>