



## Take Home Messages

1. **U.S. Healthcare Statistics:** The Environment and Public Health  
(Source: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0157014>)
  - a. 10% of Greenhouse Gas emissions are attributed to the healthcare system
  - b. 9% of Respiratory Disease, 12% of Acid Rain and 10% of Smog are from healthcare sector pollution
  - c. Estimated to reduce 470,000 DALY, which is equivalent to 44,000 to 95,000 deaths per year with a cost of \$17 billion-\$29 billion per year
  
2. **4 Pillars of Sustainability:** How can I apply this framework on an individual level? How can these areas facilitate one another? Where might they conflict?
  - a. Maximize Positive Health Outcomes
  - b. Promote Intelligent Business Practices
  - c. Foster Social Equity and Healthy Communities
  - d. Cultivate Healthy Environments and Ecosystems
  
3. **#21DayChallenge:** What can I do for the next 21 days to benefit my well-being and the culture of the DPT program with regards to sustainability?  
Examples:
  - random acts of kindness after 4 hours of physiology lecture
  - creative ways to help the environment
  - connecting with nature
  - fun ways to incorporate exercise in your routine

**My #21DayChallenge Goal:** \_\_\_\_\_

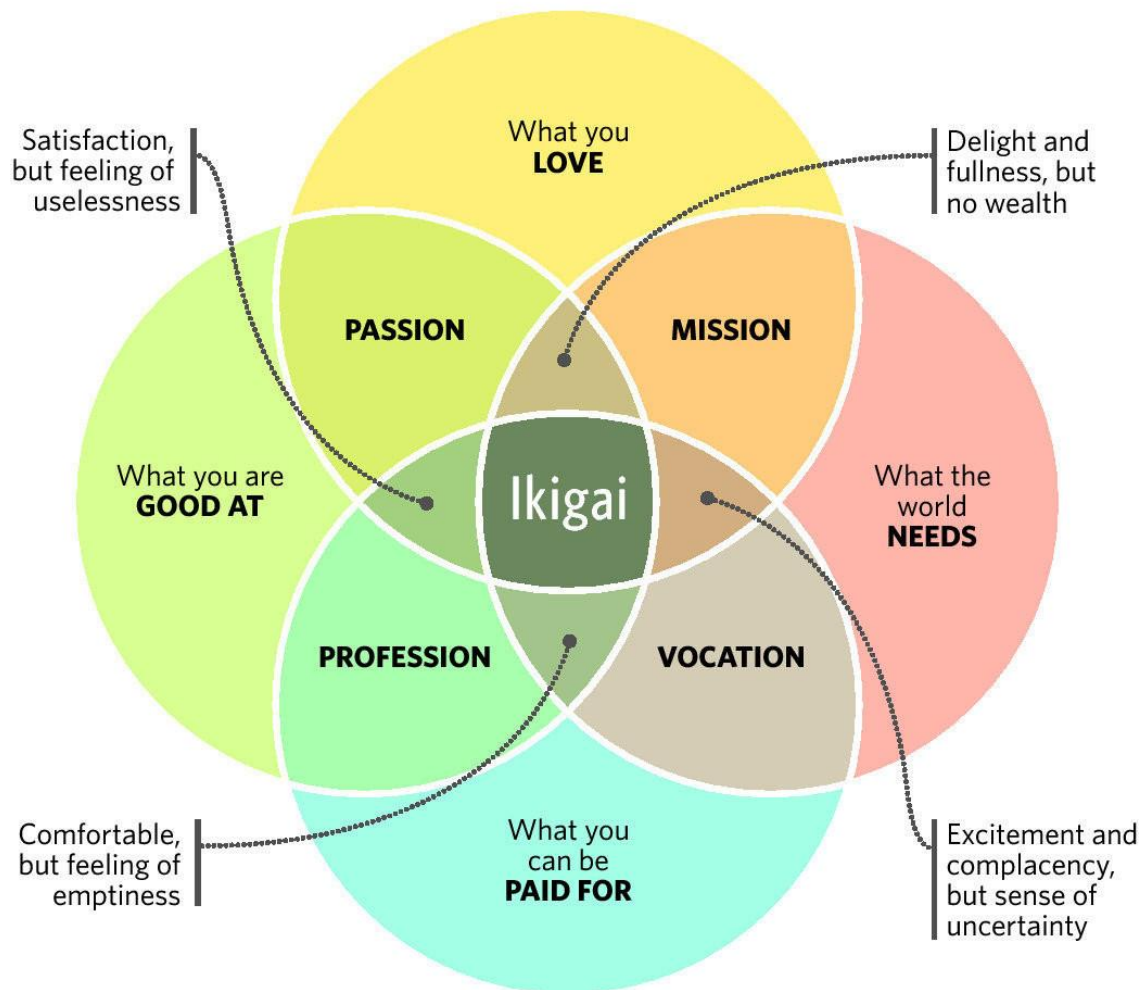
*"In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." –Martin Luther King, Jr.*



## Ikigai Diagram

# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC

## Resources

Below are some great books to help you design the career that you want to have.

*The Monk and the Riddle: The Art of Creating a Life While Making a Living* by Randy Komisar

*What Color is Your Parachute: A Practical Manual for Job Hunters and Career Changers* by Richard N. Bolles