



HEALTH RESOURCES

Healthy living is good for you and the planet!

1 [MetLife-Specific Resources on Health and Wellness](#)

2 [Learn About Refined Sugar](#)

3 [Environmental Health Resources](#)

4 [International Federation of Environmental Health](#)

5 [Non-Toxic Cleaning Recipes](#)



Bonus: Explore MetLife's Health Benefit Providers

[Aetna](#) | [UnitedHealthcare](#)



HEALTH DISCUSSION QUESTIONS

Break Big Issues into Bite-Sized Pieces

HOLD DISCUSSIONS TO SUCCEED TOGETHER IN THE ECOCHALLENGE

Discussion questions can be a great way to engage and motivate your EcoChallenge teammates. Discussing your challenges and successes throughout the challenge can help your team bond, and can help you develop solutions to continue your EcoChallenge far beyond this two week challenge.

As facilitator, your role is to stimulate and moderate the discussion. You do not need to be an expert or the most knowledgeable person about the topic. The primary goal is for everyone to participate and to learn from themselves and each other. Draw out quiet participants by creating an opportunity for each person to contribute. Don't let one or two people dominate the discussion. Thank them for their opinions and then ask another person to share.

Be an active listener. You need to hear and understand what people say if you are to guide the discussion effectively. Model this for others. Invite participants to focus on personal reflections — values, feelings, and experiences. The discussion is not for judging others' responses. Consensus is not a goal. Celebrate the diversity of perspectives and life experiences!

FACILITATING A DISCUSSION

Below is a sample of discussion questions you can try with your family, friends, or coworkers, or reflect on during your EcoChallenge. These questions were developed as part of NWEI's Discussion Course. To learn more, visit nwei.org/discussion-course-books.

1

What does health look like for you and your loved ones?

2

To what extent do you believe environmental factors contribute to health problems?

3

How does the health of your community impact your personal health?

4

How could you incorporate healthier habits into your current routine?

