Environment



This domain focuses on our ability to enjoy the natural environment, and our practices to support, and appreciate, the natural world.

We rely on nature to support local livelihoods, as well as enrich our physical and spiritual wellbeing.



Think about ...

How much does the natural environment contribute to your wellbeing? How do you experience the beautiful landscapes of our province?



This is one of eight resources inspired by the 8 domain framework created by the Canadian Index of Wellbeing. To learn more visit: https://uwaterloo.ca/canadian-index-wellbeing/