

## Caring for our planet, caring for ourselves

28<sup>th</sup> May 2026

*“... The principles of sustainability teach us to slow down. The opposite can endanger not only the planet’s finite resources but also our own balance... including that between life and work.”*

Lately, I’ve been noticing how often burnout and sustainability show up in the same conversation.

The people I work with are thoughtful and caring. They want to live responsibly and make the ethical choices that limit their impact on the planet. And yet,

many of them are exhausted, pushing through their own limits, consuming their own resources without stopping.

It makes me wonder if the way we treat ourselves mirrors the way we treat the world around us.

We live in a culture that for many of us demands constant output. Be it from our bodies, our time, our attention, our resources. We collectively demand more growth and more productivity from finite resources.

But neither people nor our planet are designed to work in this way. It’s simply unsustainable.





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I've started to see sustainability as a wellbeing issue and not just as an environmental issue. I think it potentially starts much closer to home in the ways we care for ourselves and our communities.

The principles of sustainability teach us to slow down. The opposite can endanger not only the planet's finite resources but also our own balance... including that between life and work.

Is there something (new) you could commit to doing (or not doing) at work or home to benefit personal wellbeing as well as the planet? Is there anything that might get in the way? And when could you start?