



What Can YOU Do?

Get Involved, Make a Difference.

Make some NOISE!

Friday, May 29 2020

Newsletter #121

Dear Readers,

Welcome to the issue #121 of our What Can You Do Weekly Newsletter!

Editors' comment



Take a break from the news.



Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO

Take care of your body.



Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO



Make time to unwind.

Use a few minutes of your day to do something you enjoy.

Source: WHO



Source: WHO

Connect with others.

Talk to people you trust about your concerns and how you're feeling.

The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO



Stay safe, keep well!

WCYDO Editors

Alan Ross, John Stuchbery, Tatiana Reusche

COVID-19 News Feed

- U.S. Coronavirus deaths pass 100 000. Read [more](#).
- Coronavirus: test and trace system will start on Thursday. Find our [more](#).
- Coronavirus will reshape our cities - we just don't know how yet. Read [here](#).
- Coronavirus lockdowns led to record 17% emissions drop. Find out more via the [link](#).

[H\]a Y'cb'mci f\UbXg'Xi f\]b\['@W_Xck b3ss](#)

- Check out our [“revised / updated website”](#).
- Try out the En-ROADS’ [“Climate Simulation Model”](#)
 - Take a [“Virtual Travel Experience”](#)

Have a question, or would like to suggest an idea for our newsfeed?

Please **send us an email**: [a ch.YFYUfh.4k\UWVbnci Xc'YUfh.s](mailto:ach.YFYUfh.4k\UWVbnci Xc'YUfh.s)

[: \]bX'i g'cb'Hk \]hYfz: UWVcc_ž@\]b_YX\]bžD\]bhYfYghUbX' ðghU\[fUa .s](mailto:]bX'i g'cb'Hk]hYfz: UWVcc_ž@]b_YX]bžD]bhYfYghUbX' ðghU[fUa .s)



[: \]bX'ci ha cfY UVci h'hY'K 7MBc'5DD.s](mailto:]bX'ci ha cfY UVci h'hY'K 7MBc'5DD.s)



Project Everyone: An Inspiring Companion in the work towards the Global Goals

“As we enter another month of lockdown, the Sustainable Goals can feel distant and quiet as the World focuses on the more immediate global situation at hand. However, it’s a good opportunity to look at other organisations that are working towards the same goals as us in order to sustain our motivation. One that really caught my attention was “Project Everyone”, this is an organisation whose mission is to bring about real change by 2030 in respect of the United Nations’ 17 Sustainable Development Goals (SDGs)....”

Follow the link to read more:

<https://whatcanyoudo.earth/tellus-blog/project-everyone-an-inspiring-companion-in-the-work-towards-the-global-goals/>

HOT TOPICS



- Snow is turning green in Antarctica - and climate change will make it worse. Read more via the [link](#).
- Global report: “disaster” looms for millions of children as WHO warns of second peak. Read more [here](#).
- Corals turn bright neon in last - ditch effort to survive. Find out more via the [link](#).
- Global warming now pushing heat into territory humans cannot tolerate. Learn more [here](#).
- Climate crisis brings India’s worst locust invasion in decades. Read more via the [link](#).
- Plastic bottle made from plants degrades in just one year. Find out more [here](#).
- Young climate activists call for EU to radically reform farming sector. Read [here](#).
- Why some spots on the planet are heating up faster than others. Find out via the [link](#).
- 12 ways to reimagine streets for exercise, deliveries, transportation, and more in a post-pandemic world, according to experts. Learn more [here](#).

Mother Earth Blog

SDG # 3 - Health and Well-being



The facts

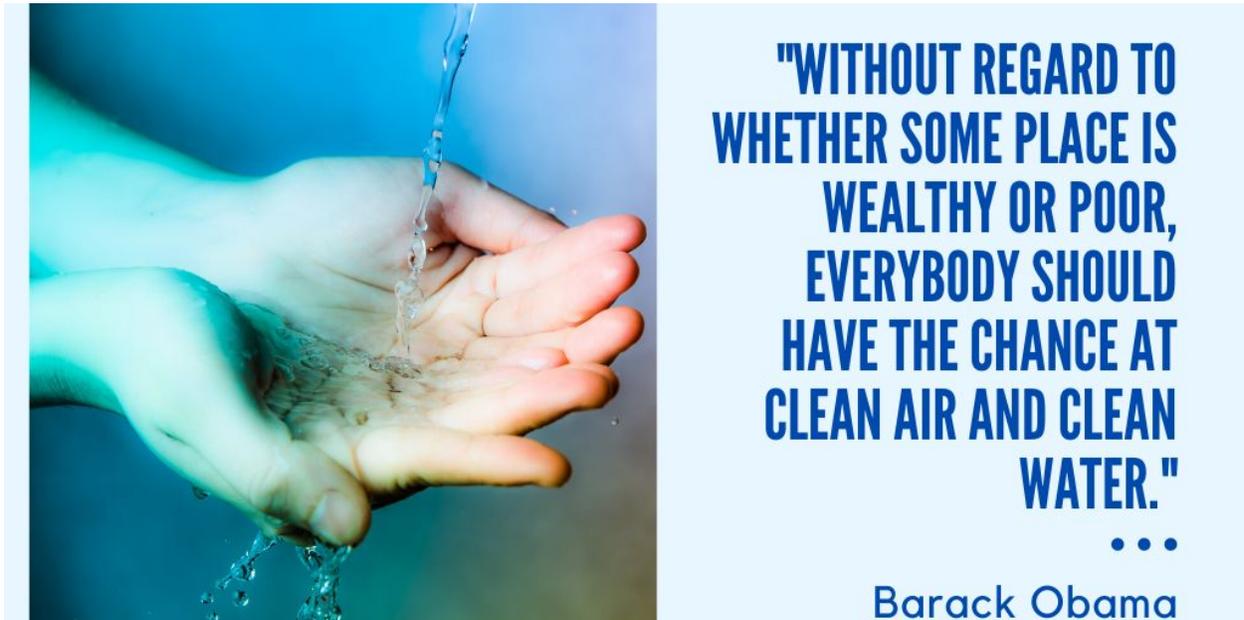
- Children born into poverty are twice as likely to die before they are 5
- Child born to an educated mother 50% more likely to survive to reach 5 years
- 22 million people with HIV have no access lifesaving medicines

Find out more about SDG #3 and other SDGs via the link:

<https://whatcanyoudo.earth/mother-earths-blog/health-and-well-being/>

Quote of the week

(Please share with friends, family and work colleagues and encourage them to join our community and help create a safer, fairer world for all)



Follow the [link](#) to read previous issues of WHAT CAN YOU DO Newsletters

J]g]hK 7 MBc'k YVg]hY. \hdg.##k \UHWbnci Xc"YUfh #s

7cbtJWii gj]U'k YVg]hY 'Zcfa_.ss

7cdmf][\h &\$\$HaMf M'Jn| žn'č"MaÀ{Xž5`F][\hg'FyYfj YXs