EVERYDAY MEDICINE

Change Your Environment & Change Your Health

A Worksheet to Discover Your Optimal Healing Environment
Inspired by Everyday Medicine Book by Michael J. Blahut III, DO

Introduction

Your environment profoundly impacts your health, as outlined in Everyday Medicine by Michael J. Blahut III, DO. From the quality of light and air to the vibrancy of community and access to fresh foods, where you live or visit can shape your physical, mental, and emotional well-being. This worksheet, inspired by the Everyday Medicine zones of health, is designed to help you reflect on how your current environment supports or hinders your vitality and to explore why a wellness retreat in a place like Costa Rica could spark transformative healing.

Instructions: Take a moment to reflect on each question. Write your answers in the spaces provided, considering how your environment aligns with the principles of light, air, movement, and community outlined in Everyday Medicine. Be honest and open—your responses will guide you toward a healthier environment, whether through daily changes or a transformative retreat experience.

Questions

1. Sunlight and Circadian Rhythm: How much natural sunlight do you get daily? Everyday Medicine highlights that sunlight, especially near the equator, supports vitamin D production, mood, and circadian health. Do you feel energized by morning light, or is your exposure limited by your location or lifestyle? How could more consistent sunlight, like that found in Costa Rica's equatorial climate, benefit you?

2. Fresh Air and Oxygen: How would you describe the air quality where you live? Is it clean and oxygen-rich, or impacted by pollution or EMFs? Everyday Medicine emphasizes that clean air and green spaces, like Costa Rica's lush rainforests, promote respiratory health and relaxation. What changes could you make to breathe cleaner air daily or during a retreat?

3. Nature and Green Spaces: How often do you spend time in nature, surrounded by trees or greenery? Green environments, as noted in Everyday Medicine, reduce stress and enhance immune function. Do you feel calmer in natural settings? How might a retreat in Costa Rica's biodiverse landscapes help you reconnect with nature's healing power?

Copyright Everyday Medicine 2025, Michael J. Blahut III, DO

4. Local Food and Nutrition: What is the quality and availability of fresh, local foods in your area? Everyday Medicine underscores that nutrient-rich, seasonal foods support vitality. Are fresh fruits, vegetables, and whole foods easily accessible year-round? How could a place like Costa Rica, with abundant local produce, inspire healthier eating habits?

5. Community and Connection: How does your community influence your stress levels and sense of belonging? Everyday Medicine suggests that supportive, low-stress communities foster emotional well-being. Do you feel connected where you are, or could a friendly, welcoming community like those in Costa Rica enhance your health?

6. Stress and Lifestyle: How does your current environment contribute to or reduce your stress? Everyday Medicine advocates for lifestyles that align with natural rhythms to reduce stress and promote healing. What aspects of your daily routine could be improved by a slower, more intentional pace, such as that experienced in a Costa Rican wellness retreat?

7. Movement and Environment: Does your environment encourage physical movement, such as walking or outdoor activities? Everyday Medicine's Zone 3 emphasizes that movement in natural settings boosts health. How could a retreat in Costa Rica, with opportunities for hiking, yoga, or beach walks, inspire a more active lifestyle?

8. Healing Potential of Travel: Have you ever traveled to a new environment and felt a shift in your health or energy? Everyday Medicine notes that equatorial regions like Costa Rica offer stable climates and abundant sunlight, ideal for healing. How might a wellness retreat in such a place jumpstart your journey toward vitality?

9. Vision for Your Ideal Environment: Imagine your ideal healing environment. What does it look like—more sunlight, cleaner air, vibrant greenery, or a supportive community? How closely does your current environment match this vision, and what steps (like attending a retreat) could bring you closer to it?

Copyright Everyday Medicine 2025, Michael J. Blahut III, DO

Next Steps

Reflecting on your answers, you may notice areas where your environment could better support your health. Small changes, like spending more time outdoors or reducing screen time, can make a difference. For a deeper transformation, consider joining our upcoming Wellness Retreat in Costa Rica, where you can immerse yourself in the Everyday Medicine zones of health—light, movement, breath, sound, and purpose—in an environment designed for healing. *Costa Rica's equatorial sunlight, lush rainforests, fresh foods, and welcoming communities offer the perfect setting to realign with your body's natural rhythms.*

Interested in the Retreat? Visit Everyday Medicine Retreats page for more details and to reserve your spot. Connect with us on Instagram to stay updated and share your journey toward a healthier environment!

Disclaimer: Always consult a qualified healthcare professional before making significant lifestyle changes, as advised in Everyday Medicine.

Copyright Everyday Medicine 2025, Michael J. Blahut III, DO