



Happy Spring and Women's History Month!

Read on to learn about resources to help Ukraine, land acknowledgement statements, slow living, and upcoming events!

Resources for Ukraine

Chapman has **compiled faculty-vetted resources** for community members to learn more about the conflict and donate to the people of Ukraine.



Learning about Land Acknowledgement Statements

We invite you to learn about Indigenous land acknowledgement. This is a statement that shows respect, recognition, and honors the Indigenous Peoples of the land on which we work and live today. Acknowledgement is a simple way of inspiring others to take action to support Indigenous communities as well as resist the erasure of Indigenous history. For tips on how to create land acknowledgement statements and to learn about how to support Indigenous communities this year, visit the [Native Governance Center](#).

WHY IS INDIGENOUS LAND ACKNOWLEDGMENT IMPORTANT?

"It is important to understand the longstanding history that has brought you to reside on the land, and to seek to understand your place within that history. Land acknowledgements do not exist in a past tense, or historical context: colonialism is a current ongoing process, and we need to build our mindfulness of our present participation."

– [Northwestern University](#)

Slow Living + New Blog Post

The concept of slow living encourages active reflection to slow down in the everyday hustle by buying time through intentional planning and conscious decisions. This movement promotes thinking about what it means to sustain oneself by reflecting on consumption and its effects on the environment, as well as taking sustainable approaches towards improving mental health and overall wellness, establishing daily routines, and avoiding burnout. To learn more on how to implement slow living and sustainable habits, check out our latest [blog post](#).



Earth Month Events!

- A Fireside Chat with Intersectional Environmentalist Leah Thomas
- Intersectional Environmentalist Book Club
- Spring Wellness Festival
- Celebrating Earth Day with the Wellness Project and the Fish Interfaith Center
- Orange Home Grown Artisanal Soap Demonstration
- "Sustainability at the Happiest Place on Earth" with Lotus Thai '17

Stay tuned for more upcoming Earth Month events!

Green Panther's Article Picks:

- Ukraine is in an environmental crisis too
- The first step to preparing for surging climate migration? Defining it.

Know a fellow Chapman student/faculty/staff interested in sustainability and the environment? Forward this e-mail and have them subscribe [here](#)! Also, make sure to follow us on Instagram [@sustainchapman!](#)

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