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ECO LIFESTYLE FOR INDIVIDUAL ENVIRONMENTAL RESPONSIBILITY

We are all inhabitants of one planet of the earth and each of us is responsible for the health of our planet, and each person must accustom himself to personal responsibility for the state of the environment, the dissemination of ecological knowledge, as well as the education of caring for the environment and the rational

use of natural resources. The priority task of the society is to minimize the ecological load on the environment by establishing in the society the consciousness of the values of ecoculture and changing the trajectory of the technological process towards ecologically oriented development.

Nowadays, the ecological situation of our planet is critical and over time it gets worse and worse. After humanity entered a new era of scientific and technological revolution, which increased the anthropogenic impact on nature. This influence is contradictory. It intertwines positive and negative phenomena. On the one hand, the improvement of technology and growth of production contribute to a fuller satisfaction of human needs, rational use of natural resources, increase food production. On the other hand, the natural environment is polluted, forests are destroyed, soil erosion intensifies, acid rains fall, the ozone layer of the earth decreases, human health deteriorates, and so on.

Tons of plastic create huge islands in the oceans of plastic for so much that it is everywhere in the food water in living beings every year in the human body gets 120 thousand microparticles of plastic and even if everyone on earth starts recycling, it's worth remembering that recycling is just a way to reduce the harmful effects of plastic on the environment. When recycled, plastic deteriorates, so the best way to deal with it is not only to reduce the consumption of goods in such packaging, but to completely abandon it. One of the most popular solutions of the problem is implementation of "zero waste" management system, which is guided by the rules of the five Rs: refuse, reduce, reuse, recycle, rot.

One of the most important rules of eco lifestyle is to give up plastic bags, e.g. replacing them with reusable environmentally friendly bags. And also, in this point it is possible to attribute all disposable and plastic ware of a fork of a spoon cups of a box having replaced them with reusable ware from glass and a stainless steel. By gradually giving up disposable things, you will understand what other disposable and non-ecological items of your everyday life can be replaced.

Almost all household chemicals can be replaced with more environmen-tally friendly ones such as baking soda, salt, apple cider vinegar and lemon juice. Generally accepted that it is necessary to save water as water resources of the earth are not limitless. A number of Central Asian and African countries are already facing water shortages. One of the easiest ways to save water is to install an aerator on the water tap, do not turn on the water with a full jet and other easy actions. Eco activists give advice not buy water in plastic containers, but to filter and drink from the tap; this way will reduce the amount of plastic waste and protect the human being from the toxic elements contained in plastic containers.

It is also necessary to save electricity because for the production of electricity using not only renewable energy sources but burning coal and others. Saving

electricity at home means to monitor each appliance to it did not work in vain, to unplug all appliances from the outlet, to use less electrical appliances and so on.

Eco-style life includes not only preserving our ecology, but also improving the personal life. One of the most important things in our life is nutrition, since “we are what we eat”. Eco-style nutrition means complete change the diet to so-called eco products (organic food). Eco-products are products that must be 95% natural ingredients with a natural shelf life. Various pesticides, antibiotics and chemical additives are not used for the production. Also, the eco style includes active physical activity.

A considerable role in unfavorable environmental changes play people who do not follow the basic rules of eco lifestyle. To make a significant contribution to improving the ecology of our planet should take just a few steps: give up unnecessary, reduce consumption, reuse what already exists to recycle unnecessary, and to compost organic waste.

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