



Building a sustainable world: Planet well-being

A better world starts with the best you.



Your health, safety and well-being are important to us. The benefits and programs we provide are designed to give you the tools and resources you need to stay healthy in all areas of life. This summary provides an overview of the planet-related well-being benefits and resources offered to all employees globally. Explore these benefits to discover the value these plans and programs bring to your life.

Helpful benefits and well-being resources

[WellBeingAtAECOM.com](https://www.wellbeingataecom.com)

Explore **planet well-being resources** including apps, books and articles to help you live sustainably, connect with nature and help us all protect Earth for the next generation.

- **[25 Ways to Reduce Your Carbon Footprint](#)**
- **[Are You Environmentally Conscious?](#)**
- **[Enrich Your Life by Connecting with Nature](#)**
- **[Ideas for Planet Well-Being Activities](#)**

[Start with goals](#)

Setting specific well-being goals is a critical first step to sticking to new routines and establishing healthy habits, like how to help protect the planet and connect with nature on a regular basis. Sign into [WellBeingatAECOM.com](https://www.wellbeingataecom.com) to create an action plan and track your efforts to go green today!

[Blueprint for a better world](#)

Our Blueprint for a Better World corporate responsibility platform is an extension of our purpose. We each have a positive and tangible impact on the communities we serve, and together, we are building a better world.

[Sustainable Legacies training](#)

Delivering a better world is our foundational purpose, and it is the driver behind Sustainable Legacies, our strategy for reaching bold environmental, social, and governance (ESG) objectives that make a positive impact on our company, our communities and our planet.

Quick facts about planet well-being



Going green is good for your mental health.

Fear of living in a world that's being damaged causes anxiety, and by making greener lifestyle choices — your stress levels are directly impacted.¹



Connecting with nature makes you...

smarter, stronger, happier, healthier and more productive.³



Physical activity in a green space can improve cognitive control, short and long-term memory and overall brain function.⁴



Science shows doing good and being socially responsible

directly links to improved happiness and is often used as a measure of a worthwhile life.⁵

It's a win-win: many people see big economic benefits from going green. Save money and the earth!²



Country-specific resources

You may have access to additional resources and benefits in your country. Explore [WellbeingAtAECOM.com/resources/planet/](https://www.wellbeingataecom.com/resources/planet/) to learn more.

1. In News Weekly
 2. [GreenCoast.org](https://www.greencoast.org)
 3. National Park Service
 4. National Park Service
 5. TED: Chip Conley: Measuring What Makes Life Worthwhile