

The Gainesville Zero Waste News

Discover the Tranquility of Recycling

In a world where many aspects seem beyond our control, such as global conflicts, economic instability or intense weather events, it's easy to become overwhelmed.

However, some degree of certainty and **serenity can be found in simple actions such as recycling**. Not because it enables you to change others but because it empowers you to make choices in your own life that feel fulfilling and allow you to regain a sense of control. Here are some moments of tranquility you can experience:



- Consider the plastic water bottle in your hand; it holds the potential to become something entirely new. It doesn't mark the end of the road for this material; rather, it signifies the opportunity to conserve, reuse, and reshape our precious resources into something with a substantial amount of life left.
- As you toss that aluminum can into the blue recycle bin, take a moment to exhale a sigh of relief. You've breathed new life into it, paving the way for creating another aluminum can.
- When you flatten a cardboard box and place it in your orange recycle bin, you've opened the door for the birth of a new cereal box, a roll of paper towels, or a stack of printer paper.
- As you recycle that glass bottle in your blue bin, know that it may one day serve a new purpose as another glass container or perhaps be transformed into home insulation to keep you warm at night.

The next time the external world appears uncontrollable, find your serenity by focusing on what you can influence: your choices regarding what you place in your recycle bins.

For more moments of mindfulness, gently proceed to gainesvillefl.gov/Recycle.

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