



grassroots  
young entrepreneurs in eco-health tourism

## Minimising Community & Local Economy Impact Health and Wellbeing

Includes Digital Tools!



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## Contents

### Health & Wellbeing Ideas

- 1 Community Programs & Workshops
- 2 Community Activities and Exercise
- 3 Mindfulness and Nature Connection Workshops
- 4 Mental Health Resource Creation
- 5 Community Garden Wellness Initiatives
- 6 Guided Nature Therapy Walks
- 7 Forest Bathing Sessions (Shinrin-Yoku)
- 8 Digital Tools for Eco-Friendly and Healthy Living

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# Health & Wellbeing Ideas



## Idea 1

### Community Programs & Workshops

Develop programs, workshops, and events promoting community health and well-being while supporting local businesses and sustainable practices. Consider eco-friendly exercise classes, nature-based wellness sessions, or nutrition workshops. For example, host monthly wellness events through Eventbrite, gather participant feedback with SurveyMonkey and engage community members through a Facebook Group to share updates and resources. Create and distribute wellness guides with Canva.

## Idea 2

### Community Activities and Exercise

Encourage personal wellness and mental health through eco-conscious, community-centered health initiatives. Organise outdoor yoga sessions through Eventbrite and Meetup, promote on Instagram, and create relaxation guides with Canva for participants. Design class guides or yoga sequences in Canva to distribute to participants.

## Idea 3

### Mindfulness and Nature Connection Workshops

Host virtual or in-person mindfulness sessions using Zoom and coordinate with participants on WhatsApp. Create nature connection guides on Canva and gather feedback with SurveyMonkey.

## Idea 4

### Mental Health Resource Creation

Develop programs and videos that promote community health and well-being while supporting local businesses and sustainable practices. Use Canva to create mental health resources focused on nature-based wellness. Share videos on YouTube, engage the community through Facebook Groups and use Patreon for support.



# Health & Wellbeing Ideas



## Idea 5

### Community Garden Wellness Initiatives

Organise garden-building events via Meetup and WhatsApp for updates. Use Instagram to document progress and Canva to create gardening guides for participants. List the garden project on Google My Business to attract local participants and manage communication on WhatsApp. Use Canva to create infographics on the health benefits of gardening and share garden updates on Instagram.

## Idea 6

### Guided Nature Therapy Walks

Engage people in outdoor wellness activities that promote physical and mental well-being while encouraging environmental stewardship. Use Eventbrite for registration and Seek by iNaturalist to let participants identify plants, enhancing the nature experience. Create educational materials in Canva with tips on nature therapy benefits and promote them with posts and stories on Instagram.

## Idea 7

### Digital Resources for Eco-Friendly and Healthy Living

You are creating online resources and challenges to educate people on sustainable, eco-friendly practices supporting health and the environment. For example, create an 'Eco-Health Tip Series' where you create weekly eco-health tips in Canva and share them on Instagram or within local Facebook Groups. Run surveys via SurveyMonkey to gather feedback and understand the community's needs, allowing you to tailor content accordingly.

## Idea 8

### Forest Bathing Sessions (Shinrin-Yoku)

Organise forest bathing sessions via Meetup and promote them through local groups. Use Zoom to offer virtual introductory sessions and WhatsApp to coordinate group communications. Canva can help create infographics on the health benefits of forest bathing to distribute.

**Now Let's Apply Some Digital Tools to our Ideas in the Next Section.**

# Health & Wellbeing Tools Make it Easier!



<p><b>The Inner Development Goals (IDG)</b></p>	<p><b>The Inner Development Goals (IDG) Toolkit</b> equips GRASSROOTS youth with the inner skills needed to drive sustainable development. It provides tools and activities to build self-awareness, resilience, collaboration, and purpose-driven leadership. By aligning personal growth with the UN Sustainable Development Goals (SDGs), such as SDG 3: Good Health and Well-being, the toolkit shows how inner transformation fosters healthier communities and broader societal impact. It empowers young entrepreneurs to balance personal growth with meaningful contributions to global challenges. <a href="https://idg.tools/">https://idg.tools/</a></p>
<p><b>TeamUp</b></p>	<p><b>TeamUp</b> is an event scheduling platform that simplifies managing business or community events. It is ideal for GRASSROOTS ideas and supports youth sports clinics, eco-sports events, and community activities like nature hikes. With scheduling, sign-ups, and communication tools, TeamUp ensures smooth coordination. Custom features like attendance tracking and team management make it perfect for eco-friendly events that engage youth, promote sustainability, and support local businesses. <a href="https://www.teamup.com/">https://www.teamup.com/</a></p>
<p><b>Airbnb</b></p>	<p><b>Airbnb</b> enables entrepreneurs to offer unique eco-health accommodations and activities to global audiences. GRASSROOTS entrepreneurs can create or collaborate on wellness retreats, nature walks, and cultural tours highlighting local sustainability and conservation efforts. By providing tailored experiences, they generate income, promote eco-tourism, and support local businesses. The platform's global exposure, easy booking, and customer reviews help attract visitors, stimulate local economies, and raise awareness for community-driven, sustainable initiatives. <a href="http://www.airbnb.ie">www.airbnb.ie</a></p>
<p><b>YouTube</b></p>	<p><b>YouTube</b> empowers GRASSROOTS entrepreneurs to share content promoting eco-health, sustainability, and local culture. By creating video series, tutorials, and behind-the-scenes content, they can engage audiences and highlight eco-friendly businesses. With global reach and monetisation, YouTube helps generate income and build community support through interactive features like comments and shares. Entrepreneurs can drive traffic to local businesses, inspire eco-conscious habits, and amplify their sustainability efforts. <a href="https://www.youtube.com/">https://www.youtube.com/</a></p>

# Health & Wellbeing Tools Make it Easier!



## Patreon

**Patreon** is a subscription platform enabling GRASSROOTS entrepreneurs to generate a steady income through exclusive content like virtual tours, workshops, or conservation updates. Flexible tiers help build loyal communities while supporting long-term eco-tourism projects. By engaging patrons, entrepreneurs can promote local culture, support businesses, and drive community growth, ensuring consistent funding for sustainable initiatives.

<https://www.patreon.com/>



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## Well Done!

Great job exploring these ideas! Now it's time to dive in, investigate the tools, and start putting them into action. Take the next step toward transforming your vision into a reality by making these tools work for you.

» See our **Community & Local Economy Tools** [here](#)

Don't Forget to Connect with Us...



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