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РАЗУМНОЕ ПОТРЕБЛЕНИЕ

Аннотация. В статье рассматривается неустойчивое потребление мировых ресурсов и возникающие в связи с этим проблемы. Также описываются пути улучшения сложившейся ситуации в рамках устойчивого потребления.

Ключевые слова: сокращение, глобальное потепление, водные ресурсы, устойчивое потребление, планета.

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Abstract. The article examines the unsustainable consumption of the world's resources and the problems arising from it. It also describes ways to improve this situation within the sustainable consumption.

Keywords: reduce, global warming, water resource, sustainable consumption, planet.

SUSTAINABLE CONSUMPTION

Recently, the issues of global warming, overpopulation of the planet, excessive pollution and the imminent shortage of various kinds of resources are more popular and urgent than ever. Because of the negligent attitude of people to nature and consumption, the environment around the world is getting worse every year more and more. The consequences because of this attitude include such events as:

1. climate change in many countries.

2. the melting of glaciers

3. Pollution of the oceans

4. The death of many rare and non-rare animal species

5. Shortage of fresh water resources

6. Enormous amount of garbage

Unfortunately, many people do not understand the gravity of the situation and do not think about what the future has in store for them if they do not take immediate action to remedy the situation. Only in recent years have some of the inhabitants of the planet begun to worry about the fate of the planet, as it began to affect their daily lives. The number of forest fires, tornadoes, tsunamis, and volcanic eruptions has greatly increased in these 10 years compared to the previous decade.

But despite the disappointing statistics of environmentalists, we have seen an increase in public awareness. The emergence of a large number of organizations for the protection and preservation of the original form of nature is increasing every year. Some of the most popular are:

- World Wildlife Fund;

- Greenpeace;

- International; Green Cross;

- BirdLife International;

- Bellona.

Also, many organizations that are created by ordinary people began to appear. For example: help for homeless animals, activities to collect and share garbage, various environmental movements and many others.

So, how can we change the situation and make it better, if we are ordinary people? I believe it is worthwhile to bring Sustainable Consumption into our lives. What is this and what actions should be taken?

**Sustainable consumption as using goods and services produced with a reduced impact on the natural resources and fewer pollutants, or as purchasing, consuming and disposing of products in a sustainable manner.**

This way of living will help our planet become cleaner and better. Even if everyone becomes a little more conscious of the world's natural resources, it will lead to a partial cleansing of the planet, and in the future, it will help reduce the number of global disasters. What can we do to make our consumption more conscious? Here are a few examples of how we can help the planet in our daily routine.

1. Try to use less water. It's worth taking a quick shower or taking a bath. Also, don't just leave the water running and always turn it off. That way, we will conserve the amount of fresh water.

2. Sort your trash. Sorting garbage will help recycle it in special plants and use its energy as heating or lighting.

3. Take an active part in organizations that fight for nature and animal rights. For example, many homeless animal shelters need all kinds of help, both monetary and in the form of food for the animals.

Use machinery that does not put a lot of waste in the air. There are now greener alternatives to cars and electronics that emit less toxic fumes into the air.

5. Reuse many household items. We can reuse the same bag, cotton washcloths, jars, plastic and so on several times. Thus, we reduce the amount of waste and prevent the creation of more such products.

In conclusion I would like to say that if everyone thinks even a little bit about the ecological state of the planet at the moment and starts making small steps towards Mindful Consumption, then our world will return our gratitude. The air will become cleaner, global warming will stop, and forests will be filled with new animals and plants. It is worth remembering that all people live on one planet, and if this problem doesn't affect you now, you shouldn't be selfish and close your eyes to it. One day it may affect on you too.