

Nobel Peace Prize winner and canonized saint Mother Teresa once said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." It is hard to imagine that such an exceptional and well-renowned activist as Mother Teresa would admit that she could not change the world, at least not alone. Each and every one of us has a part to play in conserving energy and creating a cleaner and safer environment for the future generations we leave behind. We cannot all be Mother Teresas, but we all can make ripples in the same waters she may cast her stone into. Some ways that one person can make a difference in energy conservation is by switching to LED lights and becoming more aware of what kind of appliances take up the most energy in your home.

LED lights are a safe and easy way to reduce your intake of electricity. There are also many more benefits to using LED lights that aren't directly concerning your state of environmental awareness, such as how they are extremely reliable, efficient, have a long lasting life compared to other types of lightbulbs, and radiate low levels of heat which can prevent such incidents as lightbulb burns. LED lights, especially colorful ones, can be extremely pleasant in certain areas, especially those in which there is the most room to light up. Consider what LED lights can do for your interior design, including such spaces as bedrooms, mancaves, and other traditionally dim places in your home. Doing something as simple as buying a different kind of lightbulb that comes with plenty of other perks should be on the top of any energy conscious person's to-do list.

An important part of becoming an energy conserver is being mindful of what type of and how many appliances you are using in your home. Try to not use appliances that take up more electricity than is needed by checking labels on their boxes before purchasing. Oftentimes, there is a more energy efficient product than the one you have been using. Additionally, think about what appliances you absolutely need to have plugged in at all times. Certain devices can be connected if need be, such as aquariums and WIFI connections, but perhaps think about what types of devices do not need to be connected unless they are being used, such as toasters, phones chargers, and hair dryers. Unplug these devices when they are not in use and you won't believe the amount of energy you will be conserving for the greater good, as well as from your electrical bills.

The interesting thing about ripples is that someone, somewhere, must start them in order for them to be created. This may seem hard at first, to make sacrifices and dare to be different, but once a ripple has started, there is no stopping it from spreading. Doing one small thing, such as using LED lights and recognizing the appliances you use that take up the most energy, can make a huge difference for ourselves, our futures, and our community. Start a ripple effect today.