

ABSTRACT

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Title: An Exploratory Study Examining The Compounding Crises in Connecticut: COVID-19 Implications on Sustainable Lifestyles

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The COVID-19 virus has had substantial detrimental impacts on the global environment, economy, and society. Consequently, the pandemic - and the resulting mitigation efforts to control it - has influenced multiple fabrics of everyday life including food consumption, energy usage, and transport dynamics. Despite the widespread impacts of the pandemic and subsequent lockdowns and quarantine measures, very few studies have explored in detail the repercussions that COVID-19 has had on sustainable lifestyles. This exploratory study therefore addresses a need to understand the regional impacts of COVID-19 on sustainable lifestyles in the state of Connecticut and the disparities that have arisen between diverse socio-economic segments of the population. This thesis' aims are two-fold. Firstly, this study outlines the ways in which the pandemic has shaped sustainable practices. Secondly, a methodological approach for gathering first-hand accounts of the disruptive changes to everyday lifestyles and sustainability in New Haven County is presented.