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Greener: the water footprint of my mental stability

1. Pills

I've struggled with anxiety and depression since I was very small, and it only got worse as I began to question my gender identity in high school. I now take two tiny pills daily for the purpose of staying sane, or at least sane-adjacent. The plastic can they come in every month requires about a water bottle's worth of water to make, according to watercalculator.org, or about 16 ounces. Furthermore, the production of chemical medications is a laboratory process that requires water as a solvent at multiple steps, making the amount of water necessary to create my antidepressants much higher. You can view more of the process at these links:

- <https://www.youtube.com/watch?v=BwTeFRcPeJI>
- <https://www.youtube.com/watch?v=attNofZ7AnY>

2. Binder

I am a transgender man. This sentence was not typed for dramatic purposes: being transgender is not a life crisis anymore, at least, not for me. In fact, it's an aspect of my identity I'm rather proud of, being the same type of unique personal detail as nationality or favorite food. But there are a few things I need every day to function as a trans person; for example, I don't feel comfortable leaving my home without a binder, or thin, tight garment that flattens my naturally rather robust chest. My binder is a dingy skin-tone colored hand-me-down made of 50% cotton and 50% spandex. I'd estimate that there's about half a shirt's worth of cotton in it, and a few water bottles worth of synthetic fibers. This can be represented by the equation

$$B(w) = .5s + 2b$$

Where $B(w)$ is binder water footprint, s is shirt footprint, and b is bottle footprint. If one shirt is worth 659 gallons and one bottle about $1/8^{\text{th}}$ gallon, $B(w) = 329.75$ gallons of water expended in total to make my gender-affirming clothing.

3. Fish tank

This favorite object requires far less ridiculous calculations. I have a five gallon fish tank in my room to appreciate when I get overworked. I've also found that having a hobby like fish husbandry is really helpful for maintaining mental health so I don't spend all my free time worrying on my phone. My tank is currently home to a Marimo moss ball called Stringy, Rat Hell the snail, and Guillermo del Gamecube, a common goldfish. It gets cleaned and refilled 50% every month (you don't want to change all the water at once or the fish can be sent into shock). 2.5 gallons of fresh water are put into the tank monthly, plus a little extra for cleaning the landscape elements. Pictured



above are my beloved aquatic friends: Rat Hell is visible clinging to the mouth of the amphora.

Total water spent on my delicate mental state: Almost 400 gallons

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SUSTAINABLE FISH TANKING

A 5 gallon tank can use nearly 100 gallons of water per year through routine refill and maintenance :0

Try growing plants *hydroponically* (aka, in the fish water) to make the most of it!

Reduce your water-use footprint

♡ 🔍 ⚠️

tapewormmax Oh @turninggreenorg why must you remind me how water inefficient my animal husbandry hobbies are :(Luckily for the planet, though, my fish tank also has bamboo and strawberries growing in it right now, making it a hobby and a food source 🍓 #pgc2020

35 SECONDS AGO