Nature and Wellbeing

Spending time in nature is great for our wellbeing! Identify what you have around you (parks, beaches, woodlands), and set a goal of visiting one a week...to begin with.

Even a 10-minute walk around your local neighbourhood can give your mental health a real boost.

When heading out for a nature walk, try to find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Make a list of all the animals, birds and insects you see when out in nature. This is also a great activity to do with kids!

If you're a fair-weather explorer and it's teeming with rain, open your window and take ten deep breaths in and out.

Lockdown has made some of us anxious about getting out and about, but even sitting in your garden and listening to the birds can help us to reconnect with nature.

Find a buddy to come with you if heading outside and into nature feels daunting.

Bring nature into your home with house plants and herbs, or tune in to websites with footage from wildlife webcams.

Get outside for a walk, run, or cycle. Even better if you can exercise without music, as you'll be able to absorb the sounds of nature.

If you can't get outside and want to feel closer to nature, try expressing yourself creatively by painting a landscape, or writing about the natural world.

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