



# CONNECT WITH NATURE

5 ways to boost your mental health through nature



## 1. GET ACTIVE OUTSIDE



Seek out green spaces whenever you can and go for a walk, jog or run or take your other preferred form of exercise, from yoga to HIIT training, outdoors. It doesn't matter how big or small your space is, as long as you have greenery and natural light, you will experience benefits. Water has a calming effect so you could also jog beside rivers, streams, canals or the sea.

## 2. SEEK OUT THAT PINK SKY



Take a moment at the end of each day to sit back and watch the sunset and notice the beautiful colours and changing light. You could also set your alarm early to experience the sunrise - if you can manage it! This can really help you to feel connected to and appreciative of the natural world around you.

## 3. FLEX YOUR GREEN FINGERS



If you have a garden - or even a balcony - you could always try a spot of gardening. You might like to try growing your own fruit, vegetables or herbs for extra satisfaction and those in restricted urban spaces might want to look into securing an allotment space or get involved in a local conservation project.

## 4. BE QUIET IN GREEN SPACES



Getting active outdoors has myriad benefits, but taking the time to be calm, quiet and reflective in nature can also really boost your mood. Try meditating, practising mindfulness or even just reading outdoors; appreciate the sights, sounds and smells around you and focus on stillness.

## 5. BRING NATURE INDOORS



We don't all have access to a garden or nearby green space, but we can all benefit from bringing some greenery into our homes. Houseplants have been shown to boost mood, reduce fatigue, lower stress and anxiety, improve focus and air quality.