

Wellbeing Tip of the Week

Connecting with Nature



Now that the weather is improving and restrictions are easing, we can start to find ways to reconnect with nature. It was reported that going for walks was one of our top coping strategies during lockdown, and 45% of people felt that being in green spaces was vital for their mental health.

Use your senses - Take some time to reflect in natural surroundings using all of your senses. When you're outside; listen out for birdsong, look for butterflies, smell the grass, or notice the movement of the clouds.

Bring nature to you - Sometimes it's hard to access natural places because of where you live. Bringing new plants in the house is a great way to have something natural to see, touch and smell – pots of herbs from the supermarket are a good start. This can also be a fun learning activity to do with the whole family. If planting isn't for you, you can read stories or watch TV about nature to try to connect and help you reflect.

Combine Nature with Creativity - Try combining creativity with your natural environment e.g. taking part in creative activities outside, like dance, music, or art. You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals.

Try to notice how you feel after being in nature. If you feel a lift in your mood, maybe this is something you could try doing everyday!