

# Nature & Green Spaces for Wellbeing



Nature has many benefits for our mental and physical wellbeing.

Lifts  
Mood

Reduces  
Stress

Aids  
Relaxation

Improves  
Health

Improves  
Sociability

Improves  
Self-esteem

## WALKING



Woods and forests are wonderful places to connect with nature. Take note of your surroundings. Walk mindfully, focussing on the here and now. Look at how the light enters through the trees; touch the bark and feel its texture; observe the wildlife; look at the different colours and textures around you. Listen to the wind rustling through the trees, birds singing. Become aware of your breath as you breathe the forest air; smell woodland flowers.

## GARDENS & PARKS



Take time to enjoy your garden, if you have one. Sow seeds and watch plants grow. Arrange to meet a friend for a walk and a picnic in a nearby park or garden. Enjoy everything from beautiful floral displays, to daisies and dandelions in the grass. Keep an eye open for animals - there are often squirrels; spot different types of birds; watch butterflies. Try taking your shoes off to connect with the earth; feel the ground under your feet, wiggle your toes in the soft grass.

## SUNSHINE & FRESH AIR



Sunshine and fresh air are good for mind and body. Feel the warmth of the sun and notice how this makes you feel. Keep your home aired by opening the windows. Focus on your breath, and feel yourself relaxing.

## BRING OUTDOORS IN



Those unable to leave home, can still find ways to enjoy nature. Grow a plant in a garden or a window box. Open the windows, let light and fresh air in. Treat yourself to some flowers. Put pictures and photographs of nature on the walls.

You can find lots of activities and more ways to enjoy nature here:  
Bath Mind's Wellbeing Activities