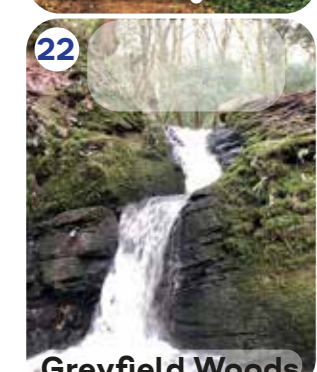
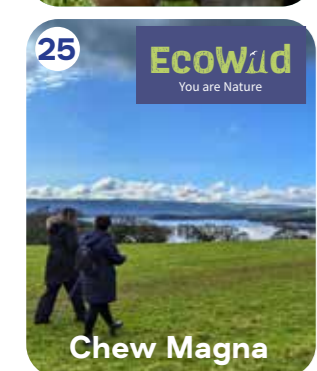




Greenlinks provides an opportunity to stay in touch with nature, meeting on our allotments. For further information/to self-refer visit www.bathmind.org.uk/what-we-do/share/greenlinks



Take a mindful moment in nature to support your wellbeing

Think of 3 things that you are grateful for every day.

Write a letter, compose a poem or verse.

Stay in the moment. Look around and appreciate what you see.

Appreciate others. Think about someone who has been kind to you.

Imagine you have roots like a tree, helping to keep you strong.

Focus on your breath for a few minutes of calm.

Listen to the sounds of nature.

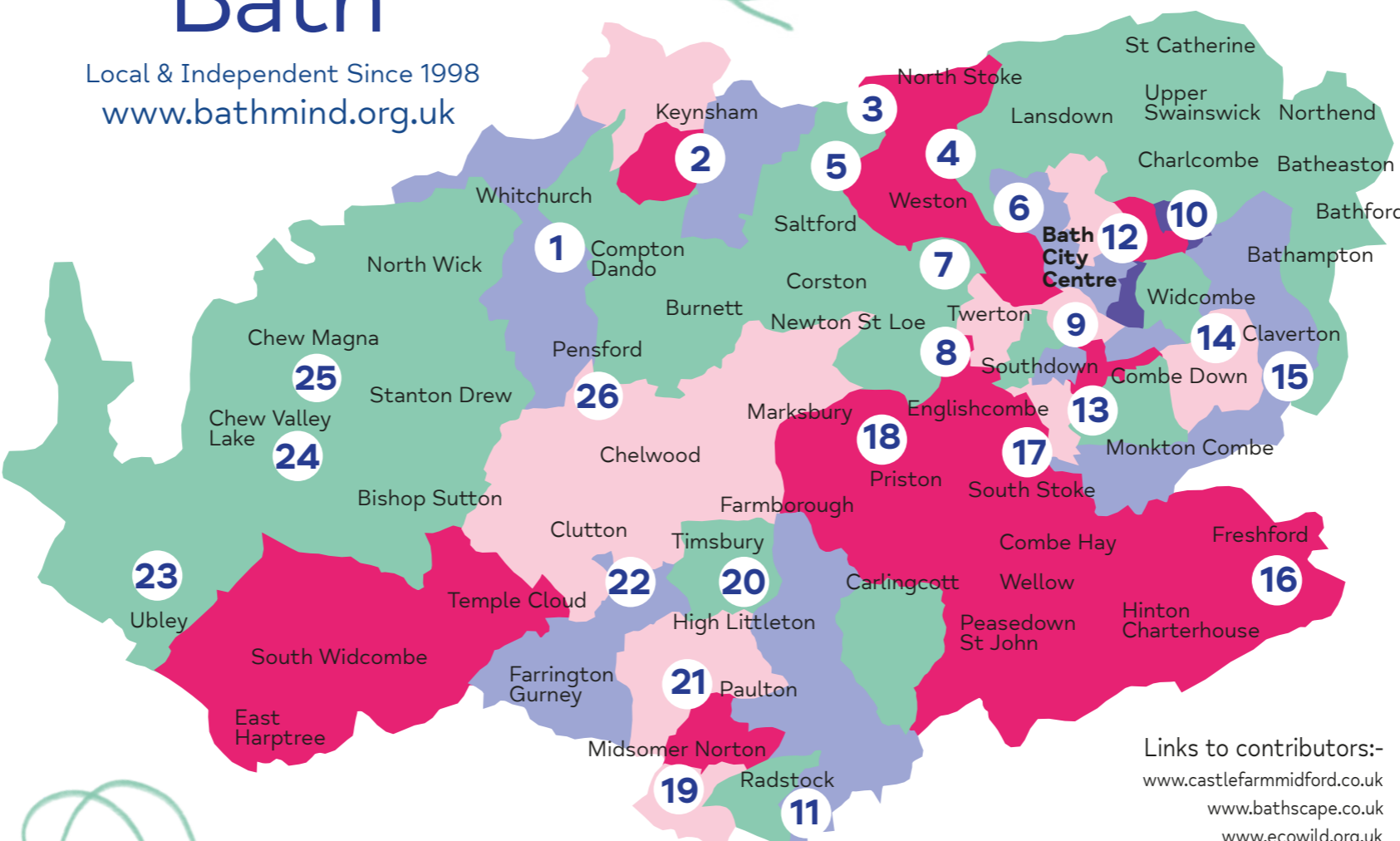
Find a quiet place to read without distraction.

Doodle, sketch, paint or draw. Focus on this alone.

For information and resources to help support your mental health and wellbeing, visit www.bathmind.org.uk/advice-and-support/wellbeing-activities/



Local & Independent Since 1998
www.bathmind.org.uk



Our members panel recommend this website for planning walks in nature:
www.alltrails.com

Spend time in nature
Mental Health Awareness Week
10-16th May 2021

Links to contributors:-
www.castlefarmmidford.co.uk
www.bathscape.co.uk
www.ecowild.org.uk
www.thenationaltrust.org.uk
<https://anglingtrust.net/>
www.jasondorleybrown.com
<https://bathriverline.co.uk>
www.bathnes.gov.uk/sydneygardens

