

Mental Health Awareness Week

During this pandemic, millions of us have experienced a mental health problem, or seen a loved one struggle.

Mental Health Awareness Week: 10-16 May 2021.
This Mental Health Awareness Week, it's time to step up the fight for mental health.

https://youtu.be/a_LIZgAml-o



#connectwithnature

How might nature play a positive part in improving mental health and wellbeing?

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



Hear about other people's experiences of connecting with nature to benefit their mental health:

- Ruth's story: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/podcasts-blogs-videos/ruth-lifelong-connection>
- Michael's story: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/podcasts-blogs-videos/michael-nature-friends>
- Caroline's story: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/podcasts-blogs-videos/caroline-wild-swimming>

Top tips for connecting with nature

- For many of us though, 'being in nature' may not be as easy as it sounds.
- The good news is, you don't have to climb a mountain to feel the benefit – there are lots of simple ways to bring nature into your everyday.
- [Here](#) are some top tips on how you can build your own connection with nature!

Thriving with Nature guide:

- Access this comprehensive guide [here](#)

“Nature has this calming and enchanting effect. Walking in the woods, smelling the fresh forest air, or sitting on a rock watching the ocean waves and sea birds hunting for fish. Magical.”

NATURE & EMOTIONAL HEALTH

Benefits to our wellbeing



Time in nature

Reduces

Depression
Stress
Anxiety
Rumination

Increases

Meditative feelings
Good mood
Empathy
Attention & focus



USING NATURE AS AN EMOTIONAL SUPPORT SYSTEM



WHILE RESEARCH SHOWS A REDUCTION IN STRESS LEVELS AND AN INCREASE IN RELAXATION, SPENDING TIME IN NATURE HAS ADDITIONAL SOCIAL & HEALTH BENEFITS



ACTIVITY IN GREEN SPACES REDUCES SOCIAL ISOLATION AND INCREASES A SENSE OF BELONGING AND CONNECTION TO PEOPLE AND PLACE

Reflection:

What could you do in nature that may have a positive impact on mental and emotional wellbeing?

