

# 5 Ways to Wellbeing in Nature (outdoors)

*Spending time OUTSIDE helps to make us feel better and can act as a mental reset when we need a break. Being aware of nature whilst we're outside is even better for us.*



## Connect

**Connecting with others, gives us the opportunity to share good times together.**

- Join an outdoors club eg sports, gardening.
- Take a walk with a friend - talk and listen.
- Smile and say 'hello' to someone you meet on your walk.



## Keep Learning

**Be curious, the natural world is a very big one.**

**Look at one of these websites and learn about something new:**

- [www.surreywildlifetrust.org](http://www.surreywildlifetrust.org) (Wildlife and activities)
- [www.rhs.org.uk](http://www.rhs.org.uk) (All types of gardening )
- [www.rspb.org.uk](http://www.rspb.org.uk) (Birds and wildlife)



## Be Active

**Exercising outside and in a natural setting is great for our wellbeing and gives our brains a boost of 'feel-good' vibes.**

- Head to your local park, to enjoy some space.
- Do some gardening, it's great for fitness and muscle strength.
- Try some outdoor yoga for stretching and relaxation.



## Take Notice

**Some people call taking notice 'Mindfulness'.**

- Take a mindful walk - slow down, take a few breaths and see how it calms your mind, then use all your senses to really notice.
  - Take photos of things you like or things to research later. Look up close and get curious.
- Set yourself a challenge - search for fractals , or spot all the colours of the rainbow



## Give

**When we give to others, it releases a hormone called Oxytocin and gives us a feeling of happiness**

- Give some of your time to help in a garden.
- Share your ideas about wellbeing in nature.
- Compliment a neighbour about their garden.