



Discussion Topic:

10-11<sup>th</sup> May

Mental Health Awareness Week

Mental Health  
Awareness Week  
10-16 May 2021

NATURE





## 7 Top tips for connecting nature to improve mental health

- Find nature wherever you are
- Connect with nature using all of your senses.
- Get out into nature
- Bring nature to you
- Exercise in nature
- Combine nature with creativity
- Protect nature



# Thriving With Nature

A GUIDE FOR EVERYONE



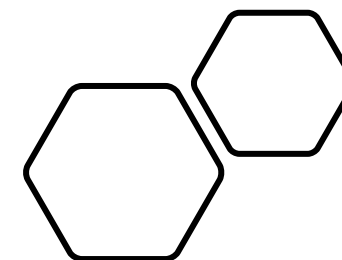
MAKING THE MOST OF THE UK'S NATURAL SPACES  
FOR OUR MENTAL HEALTH AND WELLBEING



FOR  
YOUR  
WORLD



Mental Health  
Foundation



[www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf](http://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf)

**Key message:** focusing on getting people to visit natural and sometimes remote spaces, to focusing on how people can tune in and connect with “everyday” nature close to home through simple activities. We can develop a new relationship with the natural world by noticing nature, and that doing so has been found to bring benefits in mental health.

Nature has played a critical role in our mental health during the pandemic

Quality counts. Connecting with nature is critical

People with good nature connectedness tend to be happier

Green and serene. We benefit from “high quality” nature spaces