

Five Ways to Wellbeing in Nature (outdoors)

Spending time outside helps to feel good and function well.



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.



Learn

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

- Take photos or draw pictures of things you like, to research later.
- Watch the stars. Use a stargazing website, app or book to help you recognise different stars
- Look at one of these websites and learn about something new:
www.surreywildlifetrust.org (wildlife and activities)
www.rhs.org.uk (All types of gardening)



Be Active

Exercising outside and in a natural setting is great for 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.



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.
- Set yourself a challenge - spot all the colours of the rainbow or have a scavenger hunt.



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.
- Go on a litter picking walk to help the local environment.