



Nature offers us a way of feeling connected, both to other people and as part of the wider natural world. Use all your senses to connect with nature and celebrate nature with other people.

connect

Be aware of the world around you, noticing nature and how it makes you feel is the key to developing a closer relationship with nature – which is good for you and provides something to talk to others about.



Give

Do something for nature; feed the birds, volunteer for a local green project, recycle, grow a tree, plant some wild flowers.

Take time to walk in nature when you can, and be aware of the nature that is always around you. Research shows that activity in natural environments also brings greater benefits than exercise elsewhere.



Be active

Learn

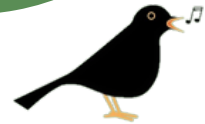


Rediscover a childlike wonder for nature, we are part of the wider natural world and nature is important for human health.

www.getoutdoorslanarkshire.com



5 ways to wellbeing
in nature



Green Health Week

Get Outdoors
Lanarkshire

Building these 5 actions into your life can help your wellbeing - doing them with nature makes them even better!

Touch the bark of a tree

Listen to the birds

Take time to smell the flowers

Look for shapes amongst the clouds

Get involved in some nature conservation

Drink some herbal tea

Be active

Connect

Keep learning

Read about nature

Pick up some litter



Take a walk in a greenspace

Spot different colours in nature

Take notice

Sit and watch the birds



Spot how many plants you see as you walk down the street

Give



Grow some plants and share them with a neighbour

Watch nature programmes

Look up the names of butterflies

Feed the birds

Volunteer in a local community garden

