

# 20 Nature Activities

to help your mental health wellbeing



## How does nature help wellbeing?

We are intrinsically linked to the natural world - we are nature. When we understand our place on this planet we start to recognise connections all around us. From seedlings to insects, the ocean & the grass beneath our feet. We are part of the big beautiful planet that we live on & recognising the the impact we make, can bring us closer to understanding our true self. It doesn't have to take a lot of time, just small activities & steps to greater understanding will be fun, enlightening & can all help with many

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### HERBAL TEA

Grow herbs to make specific herbal teas that you love. Try Chamomile for a calm.

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### SOW SEEDS

Focus, attention to detail & nurturing seedlings is a great way to relax.

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### FLOWERS FOR YOU

Treat yourself to cut flowers, for you from you, in a vase where you can enjoy them.

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### PRESS FLOWERS

Collecting & pressing flowers allows you time to focus in on the details to admire.

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### FLOWER CROWN

Make your own flower crown with foraged materials & dance in the garden.

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### SMOOTHIE

Start the day strong with fresh fruit & vegetables in a smoothie.

mental health issues. You'll find some moments of focus, reflection, understanding, satisfaction - all will help towards your positive wellbeing as you immerse yourself in the natural world.

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## Hug a Tree

Trees are essential for life on this planet

Why not thank a tree by giving it a big hug! At the same time, you will be grounding yourself & bringing your body into balance. Breathe deeply & feel your body relax, your mind feel at ease & as you connect with the natural world, know that everything is going to be fine. You've got this.



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## Flower Doodles

Let your mind wander

Doodling can help to ease frustration & doodle away pressures of the outside world. You may doodle straight lines or boxes or whatever you feel like, but flowers of course will leave a pretty pattern on the paper to make you smile.

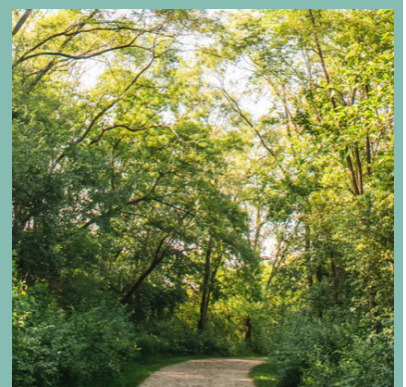


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## GARDEN VISIT WITHOUT CHECKING YOUR PHONE

Most of us feel like we've lost something without checking our mobile phones frequently. The pressure to be on top of what's going on in the digital world can sometimes take over 'real' life & we can get lost in what is happening on social media.

Take some time to go for a walk to the local park or find a new garden to visit but put your phone down. No photos, no checking emails - just you getting lost in the trees, admiring the flowers & listening to bird song without any outside pressure.



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## ENJOY A FULL PLANT BASED MEAL

Plants feed our mind & body, full of good nutrition, vitamins & minerals. When you fuel your body with healthy food, you will know you are doing the best you can for your health. More plants in your diet can help with happiness & focus plus anxiety & depression. Enrich your body with a full plant based dish of goodness.



Recent research has shown that an increased frequency of gardening does show health benefits and the more you garden the more benefits there are! Safely absorb some vitamin d, get gentle or vigorous exercise, focus, relax, decrease your chances of common illnesses and grow food for a healthy plant based diet. When you put your hands in the soil, you will come into contact with beneficial bacteria that has a similar effect to antidepressants, as you literally feel life between your fingers. Just looking at flowers can make you feel happy & as you earth yourself, feel free.

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### OBSERVE

Do nothing but sit & watch. Plants, birds, cloud formations. Breathe deeply.

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### COLLAGE

Make a collage with materials collected from your garden & put it up in your home.

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### READ

Get the garden book you always wanted, sit back & learn about the world of plants.

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### WALKING

Go for a walk, get your endorphins flowing by spotting as much nature as you can.

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### UP AT DAWN

Be up super early to immerse yourself in sunrise & the stunning dawn chorus.

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### WILDFLOWERS

Enjoy a sensory feast when you sow wildflowers. Marvel at the biodiversity.



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## Gratitude Meditation

Show gratitude for the natural world

Meditation helps to balance the body & mind, bring peace, clarity, focus & motivation. When you show gratitude, you can reframe your thoughts. Show gratitude for anything around you that you are grateful for. It could be the trees, a lake, the freshly harvested vegetables, the life in the soil feeding your plants. Perhaps you are grateful for the day you've spent in the garden or walking in the park. Close your eyes, breathe deeply & practice meditation every day.



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## Propagate Plants

Free plants

There's nothing more fabulous than a free plant! But if you have propagated that free plant, all the better. Propagation means a few moments of focus & a lot of nurturing. When you nurture your propagated plants, think about how each cutting needs a little something different to the next. Liken this to your own life & recognise that what you need to thrive will be different to another person. As each cutting grows be proud that you are creating new plants & recognise that this process is contributing to your positive mental health wellbeing.



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### ACHIEVEMENT JAR

Grab a jar, pen & paper. Write down something that is particularly worrying or bothering you. Then for everything negative thought, write down two positive things that you achieved. Now every time you have a negative thought, take out an achievement note to remind you just how far you have come.

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### STRETCH

Morning & evening enjoy a great big stretch outside. Feeling the air on your cheeks, the breeze through your fingers & the fragrance of the morning dewy grass can get your day off to a great start. On warmer days try stretching with bare feet so you can ground your whole being for great wellbeing..