

Benefits of spending time outdoors

- It relieves muscle tension and reduces stress
- It improves mood and self-esteem
- It reduces depression and anxiety symptoms
- It puts your mind at ease
- It allows you to be present in the moment and clear your mind
- It can be a form of exercise
- It often leaves one feeling mentally and physically rejuvenated
- It can help you make new connections with people around you

#Your mental health matters

Engaging with nature is a great way to support and sustain your mental health. You can improve your mental health by spending just 20 minutes a day outdoors in nature.

Mental Health & Nature

Activities you can do outdoors to improve your mental health

- Meditate or do yoga
- Take your work out of your room
- Go for a walk or run
- Go cycling
- Take a hike
- Gather your friends and have a picnic in the park
- Go for a swim

Tips on how to begin

- Start small – just five minutes paying attention to nature and smelling fresh air can help
- Do things you find soothing and enjoyable
- Invite a friend to join you for support
- If you can't go outside, bring nature indoors (e.g., use potted plants or photos of your favourite green places)
- Plan ahead – check the weather forecast and dress accordingly