

# Get involved in Nature!

## Mental Health Awareness week (10-16 May 2021)

Spending time in nature makes us feel healthier, happier and more optimistic. Over the past year, getting out in nature has been essential for many people's mental health and wellbeing.

The five ways to wellbeing described below, are a set of evidence-based actions which help to improve our mental health and wellbeing. Join us across the week, by building some of these activities into your day and share your experiences (and photos!) on social media using #fivewayswestberks #MHAWwestberks

### Connect

Build new connections in your life, and use nature to connect with friends, family, colleagues or neighbours. Think of these as the cornerstones of your life and nurture them. (e.g. sharing cuttings/plants, go for a walk with a friend, share a picnic in a park)



### Be active

Exercise makes us feel good. But you don't need to be a fitness fanatic to boost your wellness. Explore nature and move in a way that works for you (e.g. cycling, running, gardening, a walk in a local park or along a canal. Explore your nearest nature reserve)



### Keep learning

Learning something new keeps us engaged. Use nature to learn something new or try something different (e.g. learn about different plants or learn how to grow vegetables). Nature might also inspire creativity (e.g. draw, paint or take photos of wildlife or landscapes)



### Give to others

Giving encapsulates many things, from giving a gift or donation, giving thanks or giving your time through volunteering. Use nature to give support to others and care for the environment (e.g. community allotments, sending flowers, local litter picks).



### Take notice

Becoming more aware of the world around us helps us see the unusual and notice simple pleasures. Use nature to reflect and be aware of what you can hear, smell, touch and see (e.g. listen to birdsong and look out for the changes in nature, such as new buds on trees)



For more information:

<https://info.westberks.gov.uk/fivewaystowellbeing>



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