

10 reasons why getting out in nature is good for your mental well-being

Connect with Nature

- 1) Being in nature improves our general mood
- 2) Walking in nature reduces feelings of stress or anger
- 3) Being in a 'green space' can help regulate anxiety or anxious feelings
- 4) It helps us take time out and feel more relaxed
- 5) A good walk can improve our confidence and self-esteem
- 6) A daily walk helps us be more active and physically fit
- 7) Getting out in nature 'grounds' us and we connect to something bigger, it helps us to put things in perspective.
- 8) Increasing oxygen to your brain boosts your energy, overall vitality and sharpens your focus.
- 9) Exposure to sunlight and vitamin D helps combat symptoms of Season Affective Disorder (SAD). It helps keep your serotonin levels up. This helps raise your energy and keeps your mood calm and positive.
- 10) When you're out walking in nature, your body releases endorphins that interact with the opiate receptors of the brain. This can reduce the perception of pain and increase a sense of wellbeing.

Be kind to your mind



CARING



TALKING



LISTENING



RELAXING



LEARNING