

Connect with Nature and Improve Your Mental Health

Connecting with nature is one of the most incredible things you can do for your physical and mental health. However, May is the perfect time of year to get back outside and explore new physical activities.



Four Ways to Improve Your Mental Health in Nature



1. Find Nature Wherever You Are.

Nature surrounds us. Explore the beach, a local park or an open countryside.

2. Connect with Nature Using All of Your Senses.

Try listening out for birdsong or watching the clouds move.



3. Ride a Bike Outdoors.

Bike riding is a physical activity that helps to prevent and relieve stress, anxiety and depression.

4. Bring Nature to You.

Try bringing plants into the house, buying pots of herbs from the supermarket, or growing flowers in your backyard or balcony.

