



Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

4 Weeks to Connect with Nature and Improve Your Mental Health

May 5

Find Nature Wherever You Are.

Nature surrounds us. It might be a garden, a local park, a nearby beach or open countryside. This week, focus on noticing nature wherever you are and in whatever way is meaningful for you.

May 12

Connect with Nature Using All of Your Senses.

Taking some quiet time to reflect in natural surroundings using all your senses can boost your mental health. This week, try listening out for birdsong, look for bees and butterflies or notice the movement of the clouds to find a sense of calm and joy.

May 19

Get Out into Nature.

Now that you're developing your sense of nature, this week, try to visit natural places. Explore green spaces like parks, gardens or forests, or blue spaces like the beach, rivers and wetlands. If it feels daunting to get outside, try going with a friend or relative or picking somewhere familiar.

May 26

Bring Nature to You.

Sometimes, it's hard to access natural places because of where you live, how busy you are, how safe you feel, or your health. This week, focus on bringing nature to you. That could mean bringing plants into the house, buying pots of herbs from the supermarket, or growing flowers in your backyard or balcony. Whatever works best for your lifestyle this week, focus on bringing nature into your home life.

Source: [mentalhealth.org](https://www.mentalhealth.org)