



NOTICE THE SIGNS: 10th-16th MAY MENTAL HEALTH AWARENESS

NATURE AND THE ENVIRONMENT

We see Mental Health Awareness Week taking place between 10th-16th May and this year's theme is: 'Nature and the environment'.

During the long months of the pandemic, millions of us turned to nature. The Mental Health Foundation's research showed going for walks outside was one of our top ways of coping and had been vital for our mental wellbeing.

Websites which showed footage from webcams of wildlife saw hits increase by over 2000%. Wider studies also found that during lockdowns, people not only spent more time in nature but were noticing it more.



Ways to connect with nature

- o Go for a walk
- o Stargaze
- o Grow a plant
- o Watch a sunset
- o Eat your lunch outside



How nature affects our mental wellbeing

- 1 Nature can reduce feelings of isolation, protect our mental health and prevent distress.
- 2 Nature increases our creativity, empathy, and sense of wonder.
- 3 45% of people found green spaces to be vital for their mental health during lockdown.
- 4 It is not just being in nature but how we open ourselves up and interact with nature that counts

**Wherever you go,
no matter what the
weather, always bring
your own sunshine.**