



Research shows that just 5 minutes outdoors in nature is good for your health and well being.

Take time to do something simple every day.

Here's a few ideas

- Encourage nature into your garden - Install a bird feeder, nest box, bird bath & help look after them.
- Care for an outside space – Do some gentle tasks e.g. dead heading flowers in a hanging basket, picking flowers for a vase, sorting seeds, planting up containers, hand watering with small bottles.
- Grow plants that are well known and see the changes through the season.... Check and care for them daily/ weekly e.g. runner beans, , tomatoes, pumpkin or sun flower, sweet peas.....
- Put benches in sunny, sheltered places to create warmer sitting spots. This way you can extend time spent outdoors into the cooler months.
- Indoors - Bring something natural into the room to connect with nature – a seasonal plant, flowers from the garden in a mini vase, a picture of a favourite place.
- What can you see from your chair or bed? – can you improve the view indoors and outdoors - provide a nature focal point.

Seize the moment Spontaneous things to do.....

- Take a circular stroll with 1 – 5 things to visit/talk about each time
- Sitting - what can you hear/see?
- Look for bees on the flowers (each day)
- Feel the wind/sun on your face. Look at the shapes of clouds
- Smell lavender or pinch herbs every time you pass
- Watch the rain from a doorway....
- Read the paper, look at a magazine from a comfy, sheltered seat
- Have a drink or snack outside, or look out at the view from indoors



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