

Nottinghamshire Children's Centre Service

Getting back to nature

Spending time in nature has been found to help with our mental health. Even five minutes connecting with nature can give your wellbeing a boost.

Here are a few ideas for you to try:

- **Grow and pick food** – create your own growing space. If you haven't got access to a garden, a window box or a plant pot will do.
- **Bring nature inside** – Buy flowers or potted plants for your home. Arrange a comfortable space to sit with a view of outdoors. Open a window so that you can hear the birds singing.
- **Do activities outdoors** – Take a walk in a green space or follow a woodland trail. Join a local walking group or attend your local park run.
- **Help the environment** – Go on a litter picking walk, volunteer for a conservation project. Build an animal habitat, hedgehog house, bug hotel or create a pond.
- **Connect with animals** – Hang a bird feeder in the garden and if you don't have a garden, use a window feeder and watch the birds that visit. Visit a local farm park or watch out for wildlife when you are out walking.

Do things you find relaxing. If you are anxious about trying something new or going somewhere new, ask someone you trust to go with you.



#MaternalMHMatters



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...giving children
the best start