

Mental Health Awareness week

10 – 16 May



The theme for Mental Health Awareness Week 2021 is Nature.

Connecting with nature is known to be effective in improving and maintaining good mental health. We are very lucky to have many beautiful green spaces in our local area. We want to celebrate these areas and encourage you to take some time this week to find a way to connect with nature in your local environment.



NATURE & EMOTIONAL HEALTH

Benefits to our wellbeing



Time in nature

Reduces

Depression
Stress
Anxiety
Rumination

Increases

Meditative feelings
Good mood
Empathy
Attention & focus

USING NATURE AS AN EMOTIONAL SUPPORT SYSTEM



WHILE RESEARCH SHOWS A REDUCTION IN STRESS LEVELS AND AN INCREASE IN RELAXATION, SPENDING TIME IN NATURE HAS ADDITIONAL SOCIAL & HEALTH BENEFITS



ACTIVITY IN GREEN SPACES REDUCES SOCIAL ISOLATION AND INCREASES A SENSE OF BELONGING AND CONNECTION TO PEOPLE AND PLACE

A 90 minute walk in nature...

reduces negative self talk

10 minutes in a green space...

increases meditative responses in the brain

Looking at natural scenery...

Triggers areas of the brain associated with empathy & love

WWW.WILDINTHECITY.ORG.UK
@wildinthecity1

This week in school children will be taking part in different activities which are connected to nature. You can support Mental Health Awareness week at home by talking with your child about outdoor spaces they enjoy.

Some ideas to try:

- Grow something together. Indoor or outdoor plants.
- Take photos of your favourite outdoor spaces.
- Notice the small details, flowers, birds, different colours and textures.
- Make birdfeeders together.
- Create pictures using shells, pebbles, leaves and flowers.

<https://www.warblr.co.uk> an app which identifies birds from their song.

[Mental Health Awareness Week resources | Mental Health Foundation](#)

[Outdoor health and wellbeing activities & games : Mentally Healthy Schools](#)



Five ways to wellbeing

Join the discussion on how you're connecting with nature by using the hashtags #ConnectWithNature #MentalHealthAwarenessWeek