Recharge in nature Top 10 tips for reconnecting with nature



Get up early to watch the sunrise a few minutes peace at the start of the day can set you on the right track.

Walk or run

without headphones,

around you - a lack of

listen to the sounds

distraction helps to

ground you in the

present moment.

Leave your curtains open a bit a night so you wake to daylight this helps with setting a healthy sleep rhythm.

Reclaim your lunchbreak and get outside whatever the weather leave your phone at home. A break outside away from your desk gives you perspective and improve your productivity.

Have your morning coffee outside, see how many birds you can spot - this acts as a form of mindfulness, allowing you to be quiet and still for a moment.

If you live near the sea, a lake or a lido try cold water swimming which is proven to help diminish the fight or flight response but do research it first!

Go out at night and look at the stars it's a great way to calm a busy mind and connect with the world.

Try forest bathing walk slowly through a wood and forest and just 'be', taking in the atmosphere with all your senses.

> Grow your own vegetables, plants or flowers in a garden, balcony or just a pot on a windowsill.

your mental health.

Gardening is proven to benefit

Take every opportunity to watch and be around animals no matter how small. 🚂

> For emotional support call 0800 279 6888

Access online chat, email support, factsheets and other resources at www.lawcare.org.uk







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