



Mental Health Awareness Week 10-16 May 2021

at Royal Brompton
and Harefield hospitals

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects.

It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections
- provide peer support

From Mind: tinyurl.com/MindNature

Research shows that spending time in nature can help with mental health problems including anxiety and depression.

People who spend two hours a week in nature tend to report better health and well-being*, but as little as 10 minutes in a natural setting can benefit your mental health†.

‘There is something to be wondered at in all of Nature’
Aristotle

The Mental Health Foundation invite you to do three things this Week:

Experience nature: take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!

Share nature: Take a photo, video or sound recording and share the connections you’ve made during the week, to inspire others. Join the discussion on how you’re connecting with nature by using the hashtags **#ConnectWithNature #MentalHealthAwarenessWeek**

Talk about nature: use our tips, school packs, research and policy guides to discuss in your family, school, workplace and community how you can help encourage people to find new ways to connect with nature in your local environment.

From the Mental Health Foundation: <https://tinyurl.com/MHAWNature>

* White et al, 2019

† Meredith et al, 2020

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Find out more about nature and mental health



Nature and Mental Health:
tinyurl.com/MindNature



Mental Health Awareness Week
tinyurl.com/MHAWMind



Mental Health
Foundation

Thriving with Nature:
tinyurl.com/MHFNature



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