



Connecting with Nature

Factsheet

Connecting with Nature



Exposure to nature, or even viewing scenes of nature, reduces anger, fear, and stress and boosts pleasant feelings. It not only makes us feel better emotionally, it contributes to our physical wellbeing as well.

Get the feel-good factor from Mother Nature.

- Feel psychologically restored and happier
- Recover from illness quicker
- Improve concentration and memory
- Encourage weight loss
- Lower heart rate
- Reduce stress
- Reduce blood pressure
- Strengthen the immune system
- Improve sleep quality

Compromise at home



Use a compass

Looking at a compass several times a day gives you awareness of the place you're in, the steps you're taking, and the connection to the sun and the moon.

Start your daily walk with going north and see where you end up. Get lost and find your way back on intuition.



Meditate outside

Calm your thoughts and emotions with outdoor mediation. Meditating outside can positively enhance your receptivity, presence, and connection to the world.



Relax on the grass

Lie on your back on the grass, close your eyes and feel where your body touches the earth. Just follow your breath for a while.



Take a silent walk

Open all your senses and hear, see, smell, taste, and feel. You'll be surprised at how much you notice that you didn't before.



Be in the dark

Our eyesight is the most dominant sense we have. So if that sense can't be very active, we deepen the experience of our other senses. Go for a walk at night to feel the power of nature.

The power of nature encourages a sense of connection both to self and to others.

Connecting with Nature

Staying in is the new going out

Stay upbeat and keep active during these uncertain times with lots of outdoor home activities. Help pass the time in a productive and purposeful way by getting outside and enjoying the fresh air.

Gardening if you have a garden

Self-isolating can be a challenge, but gardening can help turn the situation into a positive and benefit our physical and mental wellbeing.

- Sow some seeds and relieve stress by watching them grow and bloom
- Lift your spirits and plant a container with a seasonal display
- Buy some bird feeders and hang them where you sit regularly and watch the birds
- Get a book or download an app to identify which birds are visiting
- Provide a nesting area for solitary bees, with a bee hotel

Gardening if you don't have a garden

You can still be green-fingered and grow many plants indoors if you don't have a garden.

- Bring a touch of the outdoors in and a wow factor to your home, with an array of wonderful houseplants. Studies show that as well as lifting our spirits, they clean the air in our homes, too.
- Fill windowsills with houseplants that will thrive in the right space, from shady corners to direct sunlight.
- Create a bottle garden and have a mini oasis.
- If you have a balcony, create your own mini garden of Eden, including fruit, flowers and herbs.

If you're not able to get out to your local garden centre, there are lots of online plant retailers and specialists that can deliver direct to your home.



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Staying in is the new going out



Sleep under the stars

If you have access to a garden and are bored of being stuck inside, plan a night of sleeping under canvas. One of the many great things about camping at home, if it rains at least you can go inside. A tent could also be used as a chill out area or a workspace for home schooling.



Cook outside

Enjoy the full experience of camping and cook a meal outside. If you're fortunate enough to have a BBQ and the weather is favourable, this is a great opportunity to use it.



Plan games

Enjoy valuable time and organise some family games together. Turn your lawn into a twister board or use rocks to play Tic-Tac-Toe. If you have a projector, use a sheet to screen an outdoor movie and get cosy with blankets and a hot chocolate.

Humans are hard-wired to love – and need – exposure to the natural world.



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group

