

Grounded in Nature

- Nature is all around us, but we often don't stop to notice it!



What ways could you more actively engage with nature?

- This can be as simple as paying more attention on your way to school or work - can you hear any birds? see any trees?
- Connecting with nature is good for your physical and mental health. Try out the grounding techniques below in your favourite green space.



Take a nature walk



- One of the easiest ways to connect to nature!
- Find a park or a green space near you and take a walk.
- Focus on being present and taking in your surroundings, rather than thinking about your to-do list!
- Research has found taking a walk can calm the parts of your brain prone to repetitive negative thoughts.
- If you can't get outside, listening to nature sounds can have a similar effect, lowering blood pressure and stress hormones.

