

**S t a n d i n g T o g e t h e r T o
I m p r o v e t h e E m o t i o n a l
H e a l t h & C o m m u n i t y
C o n n e c t i o n s o f O l d e r
P e o p l e**

Jolie Goodman,

Programmes Manager for
Empowerment & Later Life



Mental Health
Foundation



Mental Health Awareness Week

10-16 May 2021

NATURE

#ConnectWithNature

#MentalHealthAwarenessWeek



Mental Health Foundation

- Our **vision** is for a world with good mental health for all
- Our **mission** is to help people understand, protect, and sustain their mental health
- **Prevention** is our priority, across the lifecycle.

Good housing for people in
later life is more than bricks &
mortar



Improving Quality of Life



Standing Together Cymru



Using Creativity

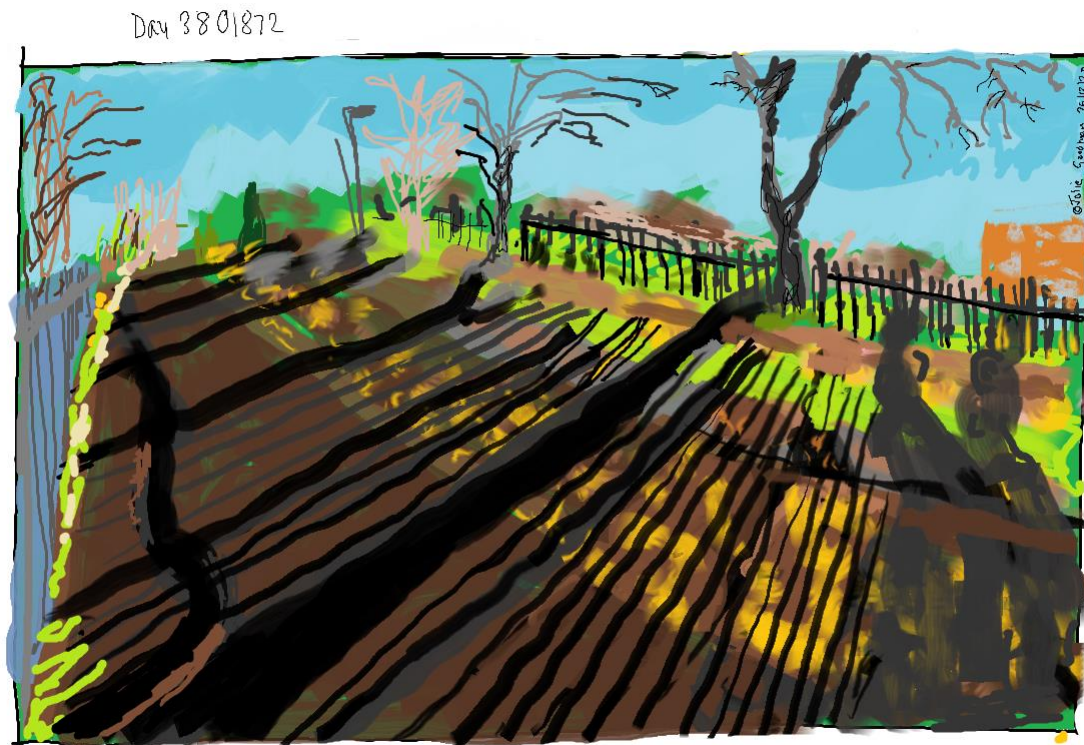


Picture This

Confidence Community Connection



The Importance of Nature, for me:



Foundation

Half of UK adults

who had experienced stress because of the pandemic said visiting green spaces, such as parks, helped them cope.





Mental Health
Awareness Week
2021

More than one in ten

ten adults found it fairly or very
difficult to access nature when
they wanted to





Our top tips on connecting with nature to improve your mental health



- 1) Find nature wherever you are** - even in cities where nature can be harder to find, there's things community gardens or courtyards to discover and explore. Look out for the unexpected – an urban fox on your way out for the early shift, changes in the weather or birdsong outside your window.
- 2) Connect with nature using all of your senses** - whether you're relaxing in the garden or on your way to work, try listening out for birdsong, look for bees and butterflies, or notice the movement of the clouds.
- 3) Get out into nature** - if you can, try to spend time visiting natural places - green spaces like parks, gardens or forests – or blue spaces like the beach, rivers and wetlands.
- 4) Bring nature to you** - if you have a garden, allotment or balcony, think about how you can make the most of it. Grow flowers, plants or vegetables, get a bird feeder and take in the sights and sounds around you.
- 5) Exercise in nature** - if you're physically able to exercise, try to do it outside – whether it's a run, cycle or a short walk. Walking or running outdoors in nature may help to prevent or reduce feelings of anger, tiredness and sadness.
- 6) Combine nature with productivity** - this could involve taking part in creative activities outside, like dance, music, or art. All of these things can help reduce stress and improve your mood. You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals.
- 7) Protect nature** - nature is truly amazing – do what you can to look after nature in your actions and choices. This can be as simple as recycling, to walking instead of driving, or even joining community conservation or clean-up groups.



Ruth's Story:



Where to find us

www.mentalhealth.org.uk

Twitter: [@mentalhealth](https://twitter.com/mentalhealth)

Facebook: [@mentalhealthfoundation](https://www.facebook.com/mentalhealthfoundation)

Instagram: [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

LinkedIn: [@mental-health-foundation](https://www.linkedin.com/company/mental-health-foundation)

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

<https://taga.givepenny.com/>