

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.

1



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

2



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.

3

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.

4



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!

6



Walk or run without headphones, listen to the sounds around you – a lack of distraction helps to ground you in the present moment.

5

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

7



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

8



9

Grow your own vegetables, plants or flowers in a garden, balcony or just a pot on a windowsill. Gardening is proven to benefit your mental health.



10

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



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