

**'Nature is not
a place to visit.
It is home.'**

(Gary Snyder)

How can nature benefit our mental health?

Spending time in green space or bringing nature into your everyday life can benefit both our mental and physical wellbeing. Doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can improve our mood, reduce feelings of stress or anger, help us take time out and feel more relaxed.

Our Workshop

Our 'Thriving with Nature' workshop is a one-hour interactive session where we will explore ways to get more involved with nature as well as discuss barriers that might stop us connecting with nature and suggestions and tips to overcome them. E-mail or call us to find out more or to book your workshop.



Thriving with Nature workshop

Mental Health Awareness Week takes place from 10-15 May and this year the theme is 'Nature'. From forests and rivers, to parks and gardens, to window boxes or even house plants, we can find nature wherever we are. Book our 'Thriving with Nature' online workshop to celebrate mental health awareness week in your workplace with your teams and colleagues.

Get in touch : training@mindinharrow.org.uk/ 020 8425 0929