

Top Tips.

Nature – 5 steps to mental wellbeing

Vista M Kelly "Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together."

Keep Learning

Source some nature themed poetry and read it with residents. Find out about the author and some interesting facts. For example, John Keats 'To Autumn.'

Connect

In small groups encourage residents to tell stories about their lives outdoors. A trip to the beach? An exotic holiday? A forest adventure? Or a simple story about being in their garden?

Be Active

Source some house plants and replant them in pots that residents can personalise. The plants can then go in their rooms.

Or

Offer residents a hand massage by the window looking out to the garden.

Give to Others

Buy some flowers and separate them individually. Tie a ribbon around each flower and make a bow.

Attach a card with a positive message, or write something kind. Hand out to residents in the home.

Be Mindful

Why not take something from the garden and ask residents to describe what they see? For example, with a flower you could focus on the different colours, textures and shapes. Residents could draw what they see or write it down.

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Play some nature themed sounds, for example birds singing, the sounds of the ocean or forest. Encourage residents to do breathing exercises while listening to the music. This could be simply breathing in for 2, holding for 2 and exhaling for 2.