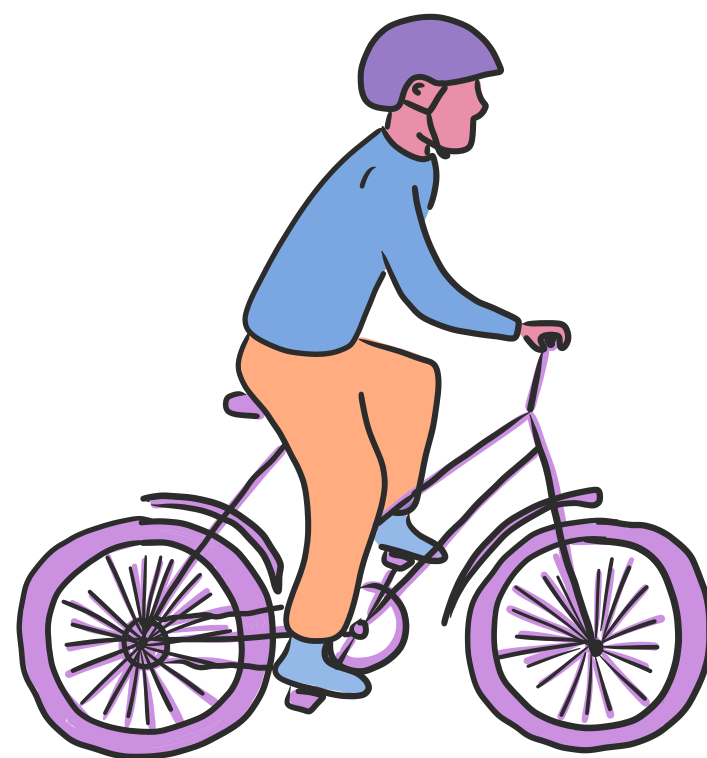


# MindWell Connect with Nature Planner

## Monday

Get moving in the great outdoors

Spend time in nature today; it's great for your wellbeing



Take a stroll in a park or get away from your desk and explore your local area

## Tuesday

Connect with nature; connect with others



It's good to enjoy nature with other people

Find out about local exercise or walking groups that explore green areas and give one a try

## Wednesday

Be mindful in a green space

Taking notice of nature can help you feel calmer

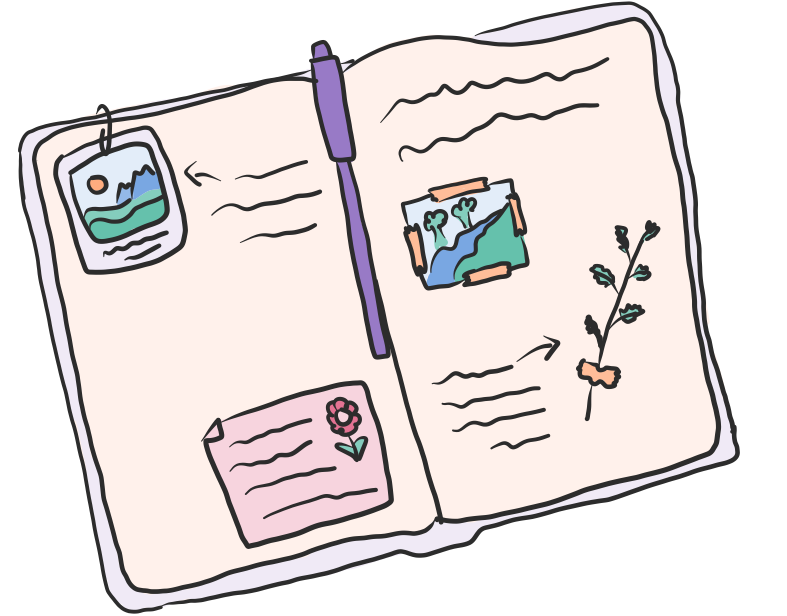


Take time to smell the flowers, listen to the birds or see the trees today. How does it make you feel?

## Thursday

Share what nature means to you

How has nature been important to you during the pandemic?

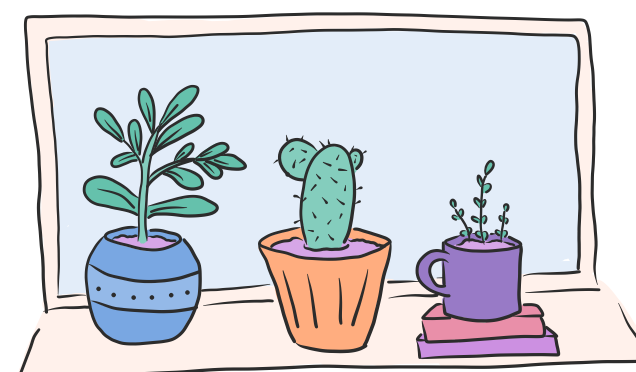


Find your favourite green space, bench or view and share why you like it on social media or tell a friend

## Friday

Bring the outdoors, indoors

Why not celebrate nature from your own home - no garden required!



Did you know you can grow a plant from food waste, such as fruit or vegetable seeds, stones or trimmings? Search online or ask at the library for ideas

## Saturday

Get inspired by nature



Nature can encourage creativity, such as taking photos, painting, drawing or writing

Take a photo of your favourite flowers, draw a tree or write some words inspired by a local park - share your creative work with others

## Sunday

Let's take care of nature

There are lots of ways we can give nature a hand and help ourselves feel good too

Join a litter picking group, your local park's 'friends of ..' group or try composting



**Mental Health Awareness Week  
10 to 16 May 2021**

MindWell - the mental health website for people in Leeds

Follow @MindWellLeeds on Twitter  
#ConnectWithNature

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