

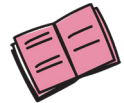
Get inspired by nature

Nature can encourage creativity, such as taking photos, painting and drawing, writing poetry, even decorating a cake



If you do creative activities, look for inspiration from creatures, plants, skies or places

Look for nature-themed ideas online or in the arts or hobbies section of your local library. How could artists, writers or crafters inspire you?



Share your nature creative work online or with friends and family



Tip: If you're not feeling creative, look at famous paintings inspired by nature



www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature

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