

# Let's take care of nature

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



Find out about local litter pickers and how you can help

Recycle or try composting - you can find out more online or at the library



Does your nearest park or nature area have a 'friends of...' group that looks after the area? How can you help them?



Tip: There are great ideas to help us look after birds, creatures, insects and the environment on websites like the RSPB, RSPCA and National Trust



[www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature](http://www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature)

Follow @MindWellLeeds on Twitter  
#ConnectWithNature

MindWell