

# Share what nature means to you

How has nature been important to you during the pandemic?

What new areas have you found due to lockdown in your local community?



Find your favourite green space, bench or view and share why you like it

Take pictures of nature on your walk today - share them on social media or send them to friends to give them a wellbeing boost



Tip: You could keep your photos or notes of favourite places and remind yourself to visit them in different seasons



[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)

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