



## GREEN THERAPIES

### TOP TIPS

Green therapy or Eco-Therapy, is known to be beneficial for your physical and mental health. Being in the great outdoors surrounded by nature, or even just sitting in your garden can make you feel good. Green therapy can help us by:

- ❖ Reducing stress, anxiety and depression
- ❖ Improving our fitness and general health
- ❖ Increasing our confidence, self-esteem and sense of achievement
- ❖ Help us feel relaxed and calm
- ❖ Improving our social contact

### Here are some TOP TIPS to help you connect with nature

- Go for a walk – even if it's raining, a walk can help us feel better!
- Spend time in your garden or the local park and notice what's going on around you. Can you spot different birds or insects like butterflies, bumble bees or ladybirds?
- Plant some flowers in your garden or in pots. Use different flowers that bloom all year round
- Make a windowsill herb box – parsley, chives and basil are easy to grow and delicious to use in your cooking
- Plant some vegetables in big containers if you don't have space in your garden
- Bird Watching – adding a bird box, table or bird bath to your garden will encourage birds to visit. The RSPB have lots of online activities you can do from your own home
- Join a conservation group as a volunteer – a great way to learn new skills and make new friends
- Outdoor gym – some towns have outdoor gyms which can be a great way to keep fit
- Garden Art – get creative and make some interesting features for your garden. Green men, fairy doors, mobiles, painted plant pots, bunting

