

# MENTAL HEALTH AWARENESS WEEK 10 - 16TH MAY



The theme of this year's Mental Health Awareness Week is  
**NATURE.**

Over the past year nature has provided a much needed head space for many of us. Here are some simple ways to embrace nature this Mental Health Awareness Week.

## Monday

### Sensory Walk

Walking is about more than getting from A to B. Nature engages all of our senses if we give it a chance. Get out for a walk today and see what you can hear, smell, touch and maybe even taste!



## Tuesday

### Activity Tracker Art



Pop on those running shoes, set your activity tracker, and see if you can draw a nature inspired picture. Share your pictures with us on twitter!

## Wednesday

### The Quiet Bench



Get yourself outside for a walk in nature. If you see a bench along the way, stop, sit and listen. Just for a few minutes. What do you hear?

## Thursday

### Get Gardening!

Gardening has proven benefits for our mental and physical health. Today, get out and plant some seeds, get your hands dirty and see what you can grow.



## Friday

### Say Hi!

Physical distancing has meant social isolation for many this year. Go for a walk and say

**Hi!**

whenever you pass someone. You might be the only person they have spoken to all day....

## Saturday

### The Big Walk!

Get your walking shoes on, pack a picnic and go for a BIG walk! Whether with friends or solo, walking is great for your physical and mental health. Share the picture of the best tree you see on your journey.



## Sunday

### Shinrin-Yoku

The Japanese art of forest bathing. Leave your phone at home along with any goals and expectations. Allow yourself to wander aimlessly, stop and smell the flowers and bathe in the calm of the forest.



Share your journey with @Tree\_of