




Virtual Assembly

17 May 2021

Mental Health & Nature

- During the long months of the pandemic, many of us turned to **nature**.
- Websites with **webcams of wildlife** saw **hits increase** by over **2,000%**.
- Wider studies also found that during lockdown, people not only **spent more time in nature** but were **noticing** it more.





Even small contacts with nature can reduce feelings of social isolation and be effective in protecting our mental health.



FROST
SCIENCE

presents

THE HIDDEN BENEFITS OF
NATURE

**Nature is the
great untapped
resource for a
mentally healthy
future.**



THREE WAYS TO APPRECIATE NATURE

■ Experience nature:

Take time to recognise and grow your connection with nature during the week. Notice and celebrate nature in your daily life. You might be surprised by what you notice!



- **Combine nature with creativity:** increase your sense of connection by writing, photographing, drawing or painting pictures of the landscape, plants or animals.



- **Protect nature:** Nature is truly amazing – do what you can to look after nature - in your actions and choices. This can be as simple as recycling, to walking instead of driving, or even joining community conservation or clean-up groups.



DANIEL'S STORY



Yeah, with my friends, I usually come out.

TRY TO SPEND MORE TIME IN NATURE THIS WEEK
& SEE HOW IT MAKES YOU FEEL!





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