

National Quiet Day 11 Sept 2019

How nature helps our wellbeing

- We know that spending quiet time in nature is really good for our wellbeing – and can be helpful with managing mental health issues such as anxiety and depression, as found in a 2016 report by Natural England.
<https://www.gov.uk/government/news/connecting-with-nature-offers-a-new-approach-to-mental-health-care>
- What The Wildlife Trusts say: “More and more people are living their lives indoors. We do not get to spend enough time in nature because often, there is nowhere nearby that is easily accessible. Those that have the least access to nature also have the worst levels of physical health and mental wellbeing. Seeing birds near our homes, walking through green spaces filled with wild flowers, and along rivers that are clean and clear reduces stress, fatigue, anxiety and depression... The Wildlife Trusts offer a different way of living. One which leads to happier, healthier lives and thriving wildlife.” <https://www.wildlifetrusts.org/nature-health-and-wild-wellbeing>



How Wildlife Trusts help

- Our local Wildlife Trust nature reserves offer the perfect place to connect with nature and find some quiet headspace: <https://www.wildlifetrusts.org/nature-reserves>
- As well as protecting peaceful nature reserves, there are also dedicated projects run by Wildlife Trusts to help people enjoy the benefits of nature and wildlife, including:
Dorset Wildlife Trust's [Greengage Project](#)
Hampshire and Isle of Wight Wildlife Trust's [My Wild Neighbourhood](#) and [Woodland Therapy](#) projects
Gloucestershire Wildlife Trust's [Wild for Nature programme](#)

How people can help

- Membership provides vital income to help Wildlife Trusts manage nature reserves which are important and special places for both wildlife and people.
- Visit and enjoy their local nature reserves and tell others about them!

Five ways to wellbeing

1. **Be active** Go outside for a walk or explore your nearest nature reserve
2. **Connect** with the people around you, share your wildlife experiences
3. **Give** Do something to help your local place and the people that live there
4. **Take notice** of the everyday wildness on your doorstep
5. **Learn** Try something new outside

Other resources

Literature reviews for The Wildlife Trusts by the University of Essex, 2015-17

- [Wellbeing benefits from natural environments rich in wildlife](#)
- [The direct and indirect contribution made by The Wildlife Trusts to the health and wellbeing of local people](#)

