

Wellbeing

How nature helps our wellbeing

- We know that spending quiet time in nature is great for our wellbeing and can help with mental health issues such as anxiety and depression.
- During the challenges of 2020, we have had more time and need to connect with the natural world and value our local wildlife, including:
 - Outdoors in our gardens, local parks and nature reserves
 - Indoors observing wildlife such as garden birds from our window
- The mental health charity Mind advises interacting with nature as a way to boost mental health:
 - improving mood
 - reducing feelings of stress or anger
 - helping people take time out and feel more relaxed
 - improving physical health by being more active
 - improving confidence and self-esteem

Read more: <https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

- The Wildlife Trusts: “The natural world is the foundation of our health, wellbeing and prosperity. Evidence shows that a thriving, wildlife-rich environment benefits both physical and mental health. People with nature on their doorstep are more active, mentally resilient and have better all-round health.”
[Click here for ways to get involved to](#) help the Wildlife Trusts and your wellbeing, including volunteering, projects and nature reserves.
- Watch Wildlife Trust ambassador Dr Amir Khan’s Natural Ways to Wellbeing <https://youtu.be/g-MXNzv0Uz0>



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](#)
Wiltshire Wildlife Trust's [Wellbeing Programme](#)
- Watch [Natural Ways to Wellbeing](#) – a short video made by The Wildlife Trusts with Dr Amir Khan
- More info here: <https://www.wildlifetrusts.org/nature-health-and-wild-wellbeing>

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](#)
- <https://www.gov.uk/government/news/connecting-with-nature-offers-a-new-approach-to-mental-health-care>