

## The Natural Ways to Well-Being: Why Nature?

Research has shown that spending time in nature is great for mental and physical health.

Spending time in nature:

- Makes us feel happier
- Restores us
- Reduces stress
- Improves concentration and life satisfaction

## Natural Ways to Well-Being:

### Give

Nature provides everything we need to survive and thrive. Give back by recycling, walk/bike to work, or pick up litter.

### Keep Learning

There's always something new to learn and discover when you interact with nature. Treasure hunt in your yard or a park, go bug hunting, or find constellations in the night sky.

## Natural Ways to Well-Being:

### Take Notice

Take some time to be mindful of the natural environment and what's happening around you. Go on a color walk – notice all the different colors you see, smell a flower, or watch a sunrise or sunset.

## Natural Ways to Well-Being:

### Connect

Connecting with nature is great for you! Go barefoot and feel the grass/sand beneath your feet, bird watch, or cloud gaze – what shapes can you see?

### Be Active

Getting outside and exercising is good for your overall health and wellbeing. Go on a family walk after dinner, play Frisbee or catch, or use the stairs instead of the elevator.

## Mental Health Awareness Week May 7-13, 2018.

Take care of your mental health and practice **The Five Natural Ways to Well-Being**. [www.mhaw.nz/](http://www.mhaw.nz/)

For more information about available programs and services in your area, please contact:

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

