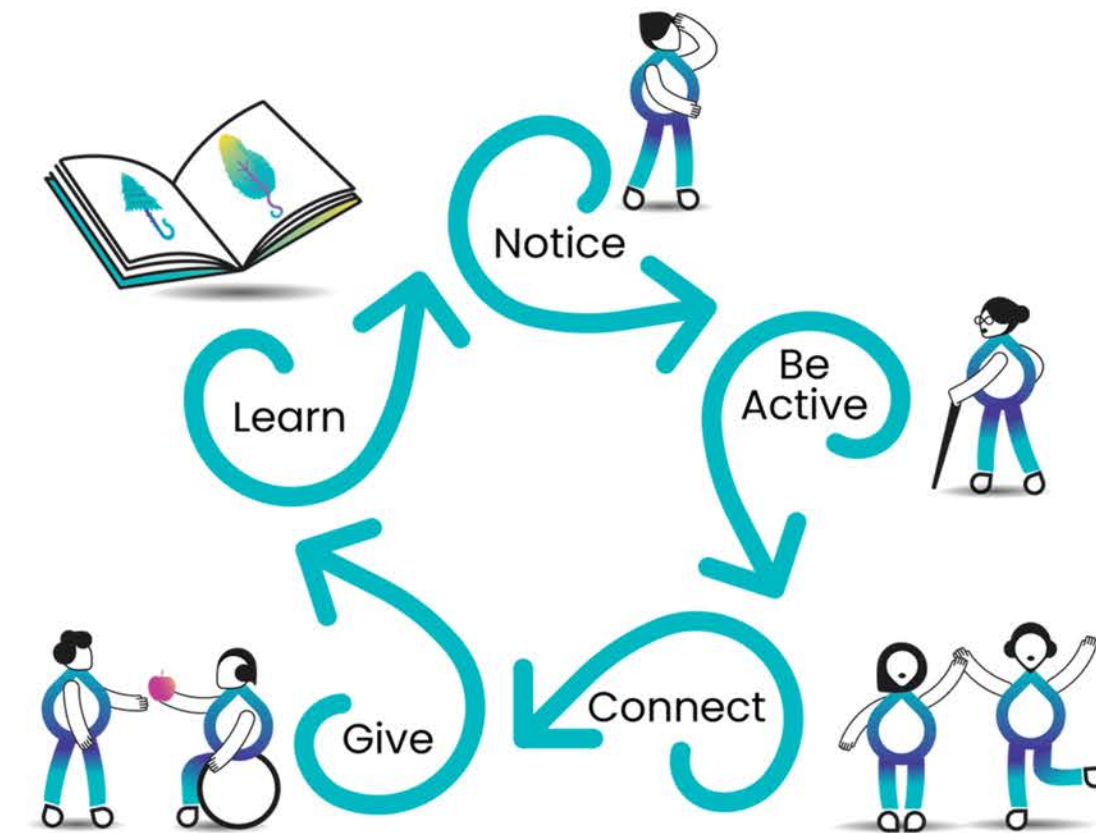


Connect with nature



The Five Ways to Wellbeing



Working together to support staff wellbeing across NHS Lothian

Connect with nature



The Five Ways to Wellbeing:



Notice

Notice how the natural world changes with the seasons. Get outside and engage your senses – listen to the birds, watch the squirrels, smell the blossoms, and touch a tree's bark.

Connect with nature



The Five Ways to Wellbeing:



Be Active

Even if you're busy, a quick walk in the fresh air can make a big difference. Working from home? Try a "commute" with a short walk. Find places nearby to explore and get your heart rate up.

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The Five Ways to Wellbeing:



Connect

Think about how the changing seasons make you feel. Share your nature walks with a friend, chat about the natural world, or remember happy times spent outdoors.

Connect with nature



The Five Ways to Wellbeing:



Give

Give back to nature! Feed the birds, plant some seeds, grow herbs, or help a local wildlife spot. Think about how you can reduce your impact – use a reusable cup, reduce food waste. When you nurture nature, it nurtures you too.

Connect with nature



The Five Ways to Wellbeing:



Learn

Learn about nature skills, local wildlife, or even just how these activities make you feel. What did you enjoy most? What do you want to keep doing?

Find out more



- Visit: greenhealth.nshlothiancharity.org/connect-with-nature
- Contact your Work Well lead to find out more about staff wellbeing activities on your site
- Contact NHS Lothian Charity's Green Health team to find out more about Green Health activities or enhancements for your patients.

Harnessing the Power of our Natural Health Service



Working together to support staff wellbeing across NHS Lothian