

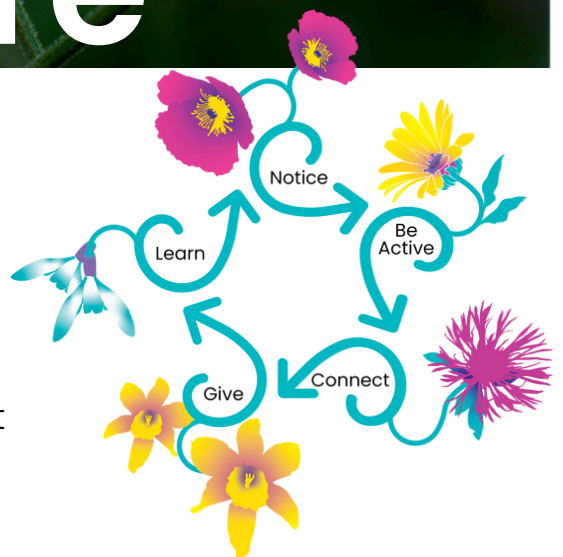


Connect with nature

Feeling stressed? Overwhelmed? You're not alone.

Working in the NHS is incredibly rewarding, but it can also be incredibly demanding. We understand the pressures you face every day, and want to support your wellbeing. That's why we're encouraging you to connect with nature and use our natural health service to boost your wellbeing.

Scan the QR code for ideas and activities and downloadable resources that you can dip into at a time and place that suits you.



Find out more

Scan the
QR code

