



Even with busy schedules, incorporating small moments of nature into your day can make a real difference.



Step Outside During Breaks: Even a 5–10 minute walk in the fresh air during your lunch break or between tasks can help clear your head and reduce stress.

Take a “Commute” Walk: If you’re working from home, start or end your day with a short walk outdoors. This can help you transition between work and personal time and get some fresh air.

Explore Your Local Area: Use resources like the Go Jauntly app (available for download on iOS and Android) to discover local walking routes, green spaces, and hidden gems near your workplace or home. It’s a fantastic way to find new places to explore and get your heart rate up.

Join Organised Activities: Join a local walking group or keep an eye out for any upcoming green health initiatives or activities happening on your site. By taking small steps to connect with nature, you can boost your wellbeing and enhance your overall health.

Find out more by scanning the QR code or visiting greenhealth.nhslothiancharity.org



Loth.greenhealth@nhs.scot

    [@nhslothiancharity](https://www.nhslothiancharity.org)

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The logo for WorkWell, featuring the word "WorkWell" in a blue, handwritten-style font, with a red heart shape above the "W".

