



Getting outside and spending time in nature with others can be a wonderful way to connect with yourself and the people around you.



Here are some ideas to get you started:

- **Disconnect to connect:** If possible, switch off your phone to fully immerse yourself in the experience.
- **Share your favourite spot:** Take a friend or colleague to a place you enjoy or have noticed something interesting.
- **Make new connections:** Invite a colleague or someone you don't know well for a walk.
- **Observe the natural world:** While walking, share observations of nature – a beautiful flower, a bird's song, the play of light and shadow.
- **Embrace the elements:** On cold days, share the feeling of the crisp air. On warm days, soak up the sunshine together.
- **Reflect & repeat:** Afterward, take a moment to reflect on how you felt and plan to do it again soon.

Remember:

- **Nature provides the perfect setting for meaningful conversations and a sense of connection.**
- **Enjoy the simple pleasures of being outdoors and appreciating the natural world.**

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



Loth.greenhealth@nhs.scot

    [@nhslothcharity](https://www.instagram.com/nhslothcharity)

Registered Scottish Charity No. SC007342

 NHS Lothian
Charity |  Green
Health

 WorkWell

 NHS
Lothian