

# Nature Connection

## The Evidence



## 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 we want to support your wellbeing. That's why we're encouraging you to connect with nature.

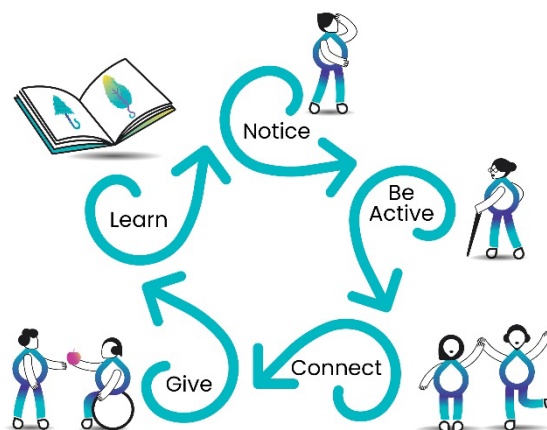
### Why Nature?

Research shows that spending time in nature can have a significant positive impact on your mental and physical health. It can help to:

- **Reduce stress and anxiety:** Nature's calming presence can lower cortisol levels and promote relaxation.
- **Improve mood:** Sunlight boosts vitamin D, which is linked to improved mood and reduced symptoms of depression.
- **Boost your immune system:** Spending time outdoors can increase the production of natural killer cells, which help fight infection.

- **Increase focus and concentration:** Nature can help clear your mind and improve cognitive function.
- **Promote better sleep:** Exposure to natural light helps regulate your circadian rhythm, leading to more restful sleep.

Find solutions in nature that have a positive impact on your health and wellbeing. Use the five ways to wellbeing framework to find what works for you:



Scan the QR code  
to find out more:

