



**BOOST YOUR
WELLBEING
WITH NATURE**

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At first, I was sceptical and wondered how having even small amounts of nature improved mental health in and around the home. When looking deeper, I found that literally thousands of pieces of research illustrate that just a “dose” of nature improved the effects of stress.

While being in lockdown, I have been tending to my pot plants, watching nature documentaries, and gazing out my (thankfully) large window. There is even a myna bird who resides in my backyard that I have named Jupiter. The impact has been positive, but the reading illustrates that the mindful nature I am undertaking has created the most results. My morning routine is now not a rushed cup of coffee and a mad dash to the train but a slow coffee, cooked breakfast, and a watering can with the plants. The slowness of life also means that I notice any changes in their growth and can see any issues before they become large.

The benefits can be instant so try our top tips for engaging with nature:

1. **Get out there!** Find a park that you like, a tree lined street, beach or river that allows you to get close to it.
2. **Find a relaxing and nature-based screen saver and Zoom background**
3. **Walk when you are doing phone-based work**
4. **Water the plants** in and around your house before starting work
5. **Connect** with family and friends in nature
6. **Put some fresh flowers** (from the garden if possible) in every room and notice the difference in how you feel
7. **A break every day in the garden or fresh air**
8. **Fill up the courtyard, balcony, or backyard** with as many plants as you can.

9. **Watch nature documentaries** on nature parks around the world

10. **Take some annual leave** – even if you cannot travel, you need to recharge, and the outdoors is an excellent place for that.

My last tip is to practice radical positivity and think that the best is yet to come. Remember to start small. If you are struggling, please reach out and get support.

Kate McPhee | *Learning and Organisational Development Consultant* | Wurundjeri Land

Reference: The University of Washington has, along with a great deal of research, a Nature and Health program and a Google Notes filled with ideas around engaging with nature the link is [here](#).

For more information or assistance, contact AccessEAP on 1800 818 728.

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