

Tip sheet

Connecting with nature

Connecting with nature offers numerous mental health benefits, from reducing stress to improving mood.



According to a [2018 survey](#) by the Mental Health Foundation of New Zealand, 95% of Kiwis surveyed said that spending time in nature made them feel good, which lines up nicely with the foundation's **Five Ways to Wellbeing** model.

Connect

Be active

Take notice

Keep learning

Give

Getting out into nature strengthens our wellbeing through these ways in particular:

Connect: Experiencing nature with someone close to you is a great way to bond and share in some healing time.

Be active: Physical activity boosts our overall wellbeing and supports a positive mindset.

Take notice: Getting away from the hustle and bustle of normal life lets us slow down and more profoundly experience the world, our thoughts and the movements of our body. This can have a meditative effect and benefit our creativity and concentration.

Keep learning: Exploring a new park, beach or hillside lets us discover more about where we live and the ecosystem that sustains us.

Give: While we're out in nature, picking up any litter we may find gives back to the community and keeps our shared spaces clean, providing us with a further sense of pride and connectedness.

For urban dwellers

Visit local parks

Spend time in city parks or green spaces during lunch breaks or after work.

Create a green space at home

Add indoor plants to your living or working area to bring a touch of nature inside.

Explore rooftop gardens

Seek out rooftop gardens or community gardens in your area for a quick nature escape.

For rural residents

Take nature walks

Enjoy the natural surroundings by walking or hiking trails near your home.

Start a garden

Engage in gardening to connect with nature and enjoy the therapeutic benefits of tending to plants.

Observe wildlife

Spend time observing birds, animals and insects in their natural habitat.

For all living situations

Exercise outdoors

Combine physical activity with nature by jogging, cycling, or practicing yoga outside.

Take work breaks outside

Step outside during work breaks for fresh air and a change of scenery.

Plan weekend nature trips

Schedule regular visits to nature reserves, beaches or mountains to immerse yourself in nature.



Contact

0508 664 981
assistance@vitae.co.nz
www.vitae.co.nz