

# SIMPLE WAYS TO IMPROVE MENTAL WELL-BEING WITH NATURE



## COMMUNITY PROGRAMS



- Tree planting programs
- Community gardening
- Food-growing activities
- Outdoor group fitness activities (eg., yoga, cycling, etc.)

## GREEN EXERCISE

- Engaging in physical activity (eg., walking or running) in a natural environment or green space to reduce feelings of stress and depression, and to increase self-esteem, mood and wellbeing



## OUTDOOR MEDITATION

- Walking or similar tasks (eg., sitting in nature) involving meditative elements such as complete silence, non-judgemental reflection, listening to a guided meditation, and engaging in breathing exercises



## ECOTHERAPY

- Sessions involving outdoor activities (eg., guided meditation, yoga, gardening, etc.) combined with therapeutic interventions led by mental health practitioners

