

able  
futures

# Nature and mental health challenge



Go for a walk  
and notice  
new things



Watch the birds  
and listen to  
them sing



Exercise outside.  
Do you enjoy  
swimming,  
jogging, hiking  
or yoga?



Give your time to  
help the  
environment



Grow something  
in the garden  
or indoors



Get creative.  
Are painting,  
photography or  
writing for you?



Eat a meal outside



Bring nature indoors

How many of these  
activities could become  
your mental health habit?