

YOUR NATURAL PATHWAY TO RECOVERY & HEALTH

EVERYDAY CONTACT

MAKE NATURE A PART OF YOUR DAILY ROUTINE

REGULAR CONTACT

VISIT LOCAL GREEN SPACES AS YOU GAIN CONFIDENCE. JOIN A LOCAL GROUP OR ACTIVITY

STEP OUT

THERE IS NO NEED TO GO FAR. JUST FIVE MINUTES OF FRESH AIR IS KNOWN TO BENEFIT HEALTH

BRING THE OUTDOORS IN

ENGAGE WITH NATURE FROM WITHIN YOUR HOME OR WARD

NATURE HEALTH BENEFITS

FEEL FITTER, SLEEP BETTER
IMPROVE YOUR CIRCULATION
AVOID STRESS, RELAX MORE,
REDUCE CRAVINGS
& MAKE NEW FRIENDS

LOOK OUT ONTO NATURE

VIEW OR LISTEN TO NATURE TO AID RECOVERY



For further information, resources and activities please visit
www.thinkhealththinknature.scot