

Green Health Week

14th - 22nd May



REDUCES THE RISK OF:

Heart attack and stroke	20-30%
Diabetes	30-40%
Hip fractures	36-68%
Bowel cancer	30%
Breast cancer	20%
Depression/dementia	30%

Be active



BE ACTIVE:

AIM FOR 30 MINUTES OF WALKING, JOGGING, STRETCHING OR GARDENING OUTSIDE FOR 5 DAYS A WEEK FOR BETTER MENTAL AND PHYSICAL WELLBEING. YOU DON'T HAVE TO GO FAR, SPENDING TIME OUTSIDE IN YOUR GARDEN, LOCAL PARK, THE HOSPITAL GROUNDS OR WARD COURTYARDS WILL GIVE YOU THE BENEFIT OF FRESH AIR AND VITAMIN D FROM THE SUN!

Keep learning



KEEP LEARNING:

- LEARN A NEW SKILL (LIKE GARDENING OR HOW TO BE MORE ECO-FRIENDLY) OR LEARN MORE ABOUT SOMETHING IN NATURE THAT INTERESTS YOU
- THERE ARE FREE APPS THAT YOU CAN DOWNLOAD ON YOUR PHONE SUCH AS PICTURETHIS WHICH CAN IDENTIFY PLANTS AND FLOWERS FROM A PHOTO AND PICTUREBIRD WHICH CAN IDENTIFY BIRDS BY PICTURE OR THE SOUND OF THE BIRD'S CALL

Take notice



TAKE NOTICE:

- TRY GOING FOR A WALK AND NOT NAMING WHAT YOU SEE, INSTEAD EXPLORE PLANTS, FLOWERS, TREES AND ANIMALS AS IF YOU HAVE NEVER SEEN THEM BEFORE. STOP AND LOOK CLOSELY, PAY ATTENTION TO COLOURS, TEXTURE AND MOVEMENT
- KEEP A JOURNAL TO WRITE ABOUT THE THINGS YOU SEE WHILE OUTSIDE OR TAKE PICTURES OF ANYTHING YOU SEE THAT YOU LIKE

CONNECT:

- FIND A 'SIT-SPOT' SOMEWHERE IN NATURE CLOSE TO WHERE YOU LIVE AND VISIT IT REGULARLY TO SIT QUIETLY IN NATURE AND NOTICE YOUR SURROUNDINGS
- SPEND TIME OUTSIDE USING YOUR FIVE SENSES TO EXPERIENCE NATURE
- SIT STILL AND WATCH FOR MOVEMENT, IT COULD BE ANIMALS, BIRDS, THE CLOUDS IN THE SKY OR THE WIND IN THE LEAVES ON THE TREES OR GRASS
- SIMPLY SIT AND READ OR WATCH THE WORLD GO BY UNDER A TREE

Connect



GIVE:

Give



PRACTICE BEING GRATEFUL TO THE EARTH BY GIVING BACK TO NATURE...

- TACKLE CLIMATE CHANGE BY PLANTING A TREE OR WILDFLOWERS THAT ATTRACT BEES SUCH AS OXEYE DASIES OR RED CAMPIONS. FOR A FEE, 'TREES FOR LIFE' CAN PLANT A TREE ON YOUR BEHALF IN THEIR WOODS;
- TAKE CARE OF THE ENVIRONMENT AND LOCAL ANIMALS BY CLEANING UP LITTER IN YOUR AREA AND DISPOSE OF (RECYCLE IF YOU CAN!)

ACTIVITIES SUCH AS THESE, KNOWN AS "REWILDING", HAVE BEEN SHOWN TO BE GOOD FOR OUR PHYSICAL AND MENTAL HEALTH AS WELL AS THE HEALTH OF PLANET AND ENVIRONMENT!

GREENSPACE PROJECT NEW CRAIGS HOSPITAL

VISIT WWW.THINKHEALTHTHINKNATURE.SCOT/GREENHEALTHWEEK/ OR WWW.FACEBOOK.COM/THINKHEALTHTHINKNATURE FOR MORE ACTIVITY IDEAS FOR GREEN HEALTH!