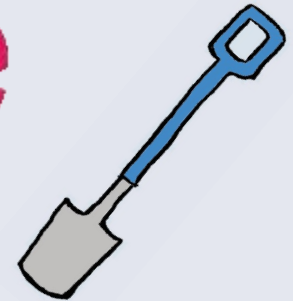
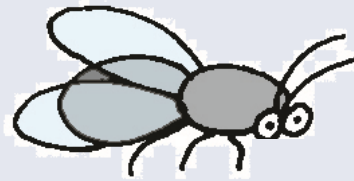


Wellbeing with nature



Welcome



Thank you for signing up for our virtual Wellbeing with Nature session.

During the 40 minutes, we will explore how nature benefits our health and wellbeing, introduce a nature-based mindfulness practice and give back to wildlife by making a bird feeder with things from around your home (please see page 5 for some things to bring to the session).

There is an optional nature walk activity to do before the session, encouraging you to take some time for yourself and use your senses to explore (see page 4).

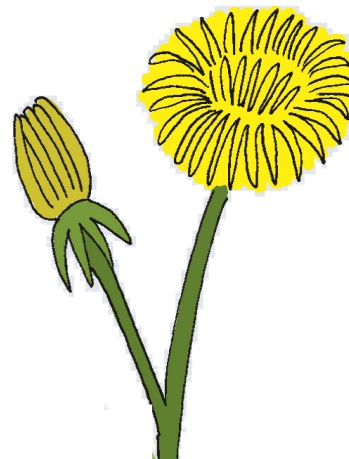
We are really looking forward to welcoming you. If you have any questions, please get in touch.

Rachel Barker

Natural Wellbeing Assistant

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07837 988466

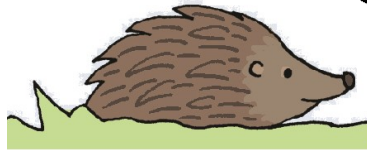




Before

Nature walk

Explore nature and take a few moments to notice what is around you, really connect with your surroundings.



During

Mindfulness

Mindfulness can help us to relax and develop attention to the present moment. We will practice being aware of our thoughts and feelings as they happen moment to moment, without distraction or judgement.



Volunteer

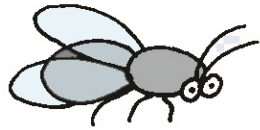
make your own bird feeder

Whatever you have for this we can manage, you just need something the birds find tasty, one thing is fine, some fat to hold it all together and a container. Even a loo roll tube can work!



Bring a hot drink
and join us
Thursday 11 Feb
2.00—2.40pm

Nature walk



Take some time for yourself and use your senses to explore.

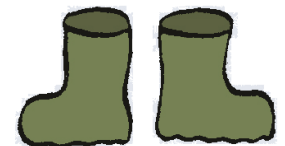
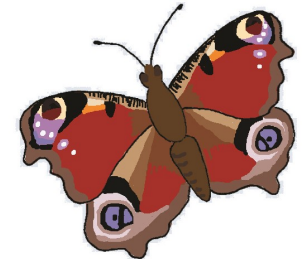
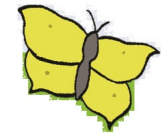
Try to practise being in the moment and really notice what is around you.

Walks can be really useful for thinking time but try to use this walk to really be present.

A large illustration within an orange border. It shows a person with curly hair at the bottom, looking up. Several birds are perched on branches that curve around the text. The text is in a bold, orange font.

Take a nature walk

Enjoy the great outdoors. Take it a little slower maybe and notice what is around you. Use your senses to explore. Smell the flowers, feel the breeze and look a little closer at things.





How to make your own bird feeder

What you need:

- dry ingredients
 - bird seed
 - dried fruit
 - cooked rice
 - breadcrumbs
 - grated cheese
 - chopped nuts

- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot



Use an old yoghurt pot for this, and always recycle after it's been used

- string



- 1 Mix all the dry ingredients together in a bowl



- 2 Add the fat and give it a good mix around



- 3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

- 4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them



Mindfulness walk

1. OBSERVE

As you begin to walk, notice how the body feels. Does it feel heavy or light, stiff or relaxed? Take a few seconds to become aware of your posture and the way you're carrying yourself. Without trying to change the way you're walking, simply observe how it feels.

4. SMELL

Next turn your attention to smells. Some of which may be pleasant while others might be unpleasant. Take a moment to notice different smells coming and going as you walk.

2. NOTICE

Start to notice what you see going on around you. It might be an insect on the ground, a particular plant, people walking past or a bird in the sky.

Notice the colours and shapes, the movement and perhaps the stillness too. There's no need to actually think about what you're seeing - simply see it and acknowledge it.

5. TOUCH

Notice any physical sensations or feelings. Perhaps it's the feeling of warm sunshine, cool rain or a cold breeze. Perhaps it's the sensation of the soles of the feet touching the ground with each step, or the weight of the arms swinging at your side. You might see a leaf you'd like to touch as you pass.

The intention is to simply acknowledge the sensations, without feeling the need to get involved in thinking.

7. COME BACK

Begin walking back to the start point, but gently shift your attention to the sensation of movement in the body. Notice how the weight shifts from the right side to the left side and then back again, usually in quite a steady rhythm.

Use the rhythm of the walking, the physical sensation of the feet touching the ground, as a place you can mentally come back to once

Exercise

3. LISTEN

Then turn your attention to sounds - what can you hear? Without getting caught up in thinking about the objects of sound.

Take a moment to be aware of them, and acknowledge them, as though they are just coming and going.

6. TAKE TIME

Take a few more minutes to continue to walk. Let your senses engage with what's around you - simply notice as things come and go, how one thing is constantly being replaced by the next.