

Useful contacts

Wild About Bath is a local, free to join group that seeks to encourage people in the Bath area to appreciate nature, conserve local wildlife and in doing so, to build and strengthen community ties.

<https://wildaboutbath.org/>

Your Park Bristol and Bath enables everybody to benefit from green spaces as they are vital to our health, wellbeing and quality of life. The independent charity empowers communities through inclusive, nature-rich and engaging park activities.

<https://yourpark.org.uk/>

Thrive uses gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.

<https://www.thrive.org.uk/>

References:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/getting-started/>
<https://transitionbath.org/>

If you have any queries, please contact:

The Pain Clinic

Zone F, Department F18
RNHRD and Brownsword Therapies
Centre - Royal United Hospitals Bath

If you need advice during out-of-hours, please contact your GP or NHS111.
For Emergency please dial 999.

The RUH, where you matter

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656 or email ruh-tr.psct@nhs.net.

Date of publication: August 2025

Ref: RUH ANA037

© Royal United Hospitals Bath NHS Foundation Trust

How nature can
benefit my
health

Patient Information Leaflet



How can nature benefit my health?

Spending time in green spaces or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can:

- improve your mood
- reduce feelings of stress or anger help you take time out and feel more relaxed
- help you meet new people
- reduce loneliness.
- help you be more active

What nature ideas could I try?

Grow or pick food

- Create a growing space. If you don't have access to a garden, you could plant salad leaves or herbs in a window box or plant pot.
- Go fruit picking. Look for local farms or orchards that let you pick fruit to buy.

Bring nature indoors

- Arrange a comfortable space to sit. For example, by a window where you can look out over a view of trees or sky.
- Grow plants or flowers on windowsills.

Do activities outdoors

- Take a walk in green spaces.
- Get creative. Draw or paint animals or nature scenes or let them inspire a poem or song lyrics.
- Join a local walking or rambling group.

Take notice of nature

- Find things you can see, hear, taste, smell or touch. For example, grass under your feet or the feeling of wind & sunlight.
- Set challenges. For example, you could try to notice three things in nature each day.

Connect with animals

- Visit a local community or city farm.
- Watch out for wildlife. If you don't live near open countryside, try visiting a local park to look for squirrels, fish, insects, ducks and other birds.

Help the environment

- Go on a litter picking walk.
- Encourage bee-friendly plants.

How can I get started?

When we are feeling low or unwell, it can be hard to find the energy to go outside or try new things. Even if we know something might make us feel better, it can still be difficult to find the motivation to get started.

- **Start small.** Even small amounts of time in nature can boost our mood. Try spending five minutes paying attention to nature. You can do this outdoors or in your home.
- **Do what works for you.** Try different nature activities to find things you enjoy and that you can fit into your daily life. Try not to worry if something does not work for you.

- **Work with your highs & lows.** Think about which times of day you feel most energised, and when you find things harder. For example, if medication side effects make you tired in the mornings, plan your activities for later in the day.
- **Try not to judge your feelings.** When we worry about our thoughts and feelings, it can be harder to take notice of our surroundings. Try to focus on what you can see, hear, smell, touch or feel. And try not to worry if you don't feel better straight away.

Preparing to spend time in nature

- **Plan ahead.** Check the weather forecast and think about things you might need. This could include warm or waterproof clothing, sun protection, a water bottle or a map.
- **Fit nature into your routine.** Spend time in nature doing things that you already do. For example, you could make a phone call while going for a walk in nature. You could study, work or exercise outdoors rather than indoors.
- **Think about timing.** If you live in a busy area, you may want to go out when it's quieter. Or you may feel safer going out when there are more people around.

