

Winter wellbeing

Spending time in nature is great for your mental wellbeing! Taking in the sights and sounds of the season in your garden or local green space is a great way to start. Moving your mind away from day to day life and focusing on exploring the natural world, breathing deeply and taking a moment to rest and reset.



Star gazing



Watch the sunrise or sunset



Cloud spotting



Go for a walk at dusk

Why not try one of these activities on your own, or with friends and family. Sitting, focusing and immersing yourself in your chosen outdoor space. What can you see? What can you hear? Take a deep breath, relax and tune in to your senses.

Land Trust top tips!

Take a picnic of treats and a hot flask (hot chocolate and marshmallows recommended), wrap up warm with cosy socks and don't forget your favourite blanket to snuggle under the stars with!

