5 moments of wild reflection

Every year 11.7m working days are lost due to stress, depression and anxiety. Here are a few ideas to improve mental and physical wellbeing.

1. **Spend time outside**
   Spending as little as 15 minutes outside in nature can reduce blood pressure, reduce stress hormones, enhance creativity and boost performance.

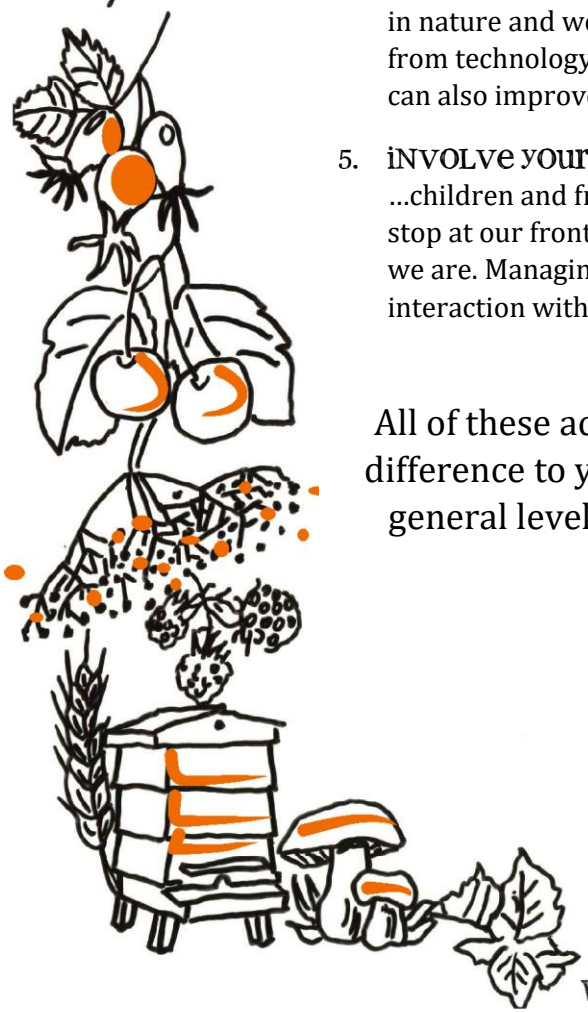
2. **Breathe in fresh air**
   Get lots of Vitamin **G** (greenery)! Studies show that less pollution means fewer allergies and conditions such as asthma, and increased immunity to allergens such as dust or pollen.

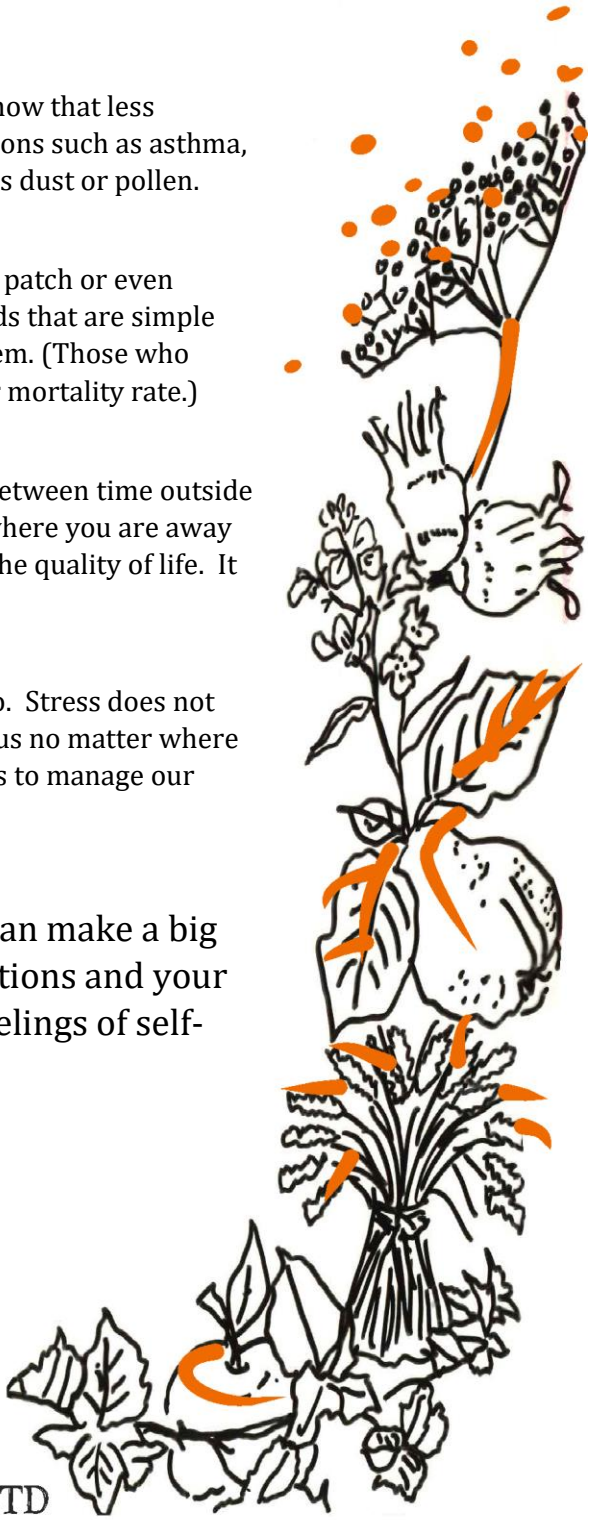
3. **Enjoy an organic diet**
   Fresh eggs, milk from a farm, your own veg patch or even foraging, provide organic, nutrient rich foods that are simple for the body and good for the immune system. (Those who spend time in the garden have a 12% lower mortality rate.)

4. **A simpler life**
   Try to simplify life by achieving a balance between time outside in nature and work. Try to set time aside where you are away from technology. This can vastly improve the quality of life. It can also improve your productivity.

5. **Involve your family…**
   …children and friends in these practices too. Stress does not stop at our front door and we carry it with us no matter where we are. Managing our own stress enables us to manage our interaction with others more positively.

All of these activities are free and can make a big difference to your health, your emotions and your general levels of happiness and feelings of self-worth.





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