

# Nature and Mental health



## Nature improves your health

Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity and improved concentration, so get your colleagues outside and help them feel healthier.



## Nature makes happier workers

Green your office by creating an outside area and encouraging lunchtime walks. There is a 10% reduction in work absence if employees are able to look at a green space rather than a wall.



## Green offices boost productivity

Adding plants and photos of wildlife (or even playing birdsong!) can help your colleagues at work. Employees are 15% more productive when workplaces have even a few houseplants.



## Nature makes you more active

Map out local walking routes in wild places for people to enjoy at lunchtime. People with easy access to nature are three times as likely to be active as those without access.



## Green exercise can save the NHS money

Ecotherapy could reduce antidepressant prescription costs, so encourage walking meetings and exercise in your workplace. Mind has shown that green exercise benefits health and wellbeing



## Green neighbourhoods cut depression

Natural features near houses reduce mental illness. Work with neighbours to create wildflower borders and bird feeding stations.