

NAVIGATE YOUR MENTAL HEALTH TRAIL

WEEK ONE - GET INTO NATURE

When we get into nature we find a sense of peace, regain some calm and reduce our stress and anxiety. Green spaces also help us be more active, take time out for us and promotes a sense of gratitude. How will you get into nature this week?



Day 1 - Head on a nature trail – Immerse yourself in nature when you head out for your exercise today. Head to peopleandparks.org/nature-pact/ or follow [@peopleparks](https://twitter.com/peopleparks) or [#naturepact](https://twitter.com/naturepact) for some ideas.



Day 2 - Breathe Deep – find a space outside where you can close your eyes and take 5 deep breaths.
(Make sure to comply with mandatory masks in public)



Day 3 - Scavenger Hunt – Be mindful of your surroundings by taking a closer look. Use one like this, or create your own:

www.ecoexplorers.com.au/downloads/free-australian-scavenger-hunt-print-out/



Day 4 - Take micro photos – Appreciate the details by taking photos of the small wonders on your next walk, in your garden or around your house.

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Day 5 - Eat Fresh – make a meal using a range of fresh fruit and vegetables to nourish your body and mind. Head to eatforhealth.gov.au to find out more.



Day 6 - Get into the garden – there are positive mental health benefits in getting your hands into the soil – plant something new, tend to plants you have, mulch the garden, or simply water the indoor plants!



Day 7 - Care for your environment – you can use your time outdoors to clean up the environment around you. Use gloves and bags to collect rubbish in your neighbourhood, and don't forget to wash your hands. Follow [@trashgather](https://www.facebook.com/trashgather) on Facebook to join a likeminded community.

Once you complete your activities this week make sure to check them off and send us a copy or a pic to go the draw to win a wellbeing prize pack! Complete all 4 weeks to enter the draw!

Email: communications@mhccact.org.au