

CAMHS

Child & Adolescent Mental Health Service

SUMMER NATURE CHALLENGE

Go into nature every day over summer
50 DAYS OF NATURE • 50 STEPS TOWARDS WELLBEING

Benefits of NATURE for Mental Health & Wellbeing



REDUCES STRESS

Spending time in nature lowers stress levels and promotes relaxation.



IMPROVES MOOD

Nature boosts feelings of happiness and helps reduce anxiety and depression.



ENHANCES FOCUS

Time outdoors improves concentration and mental clarity.



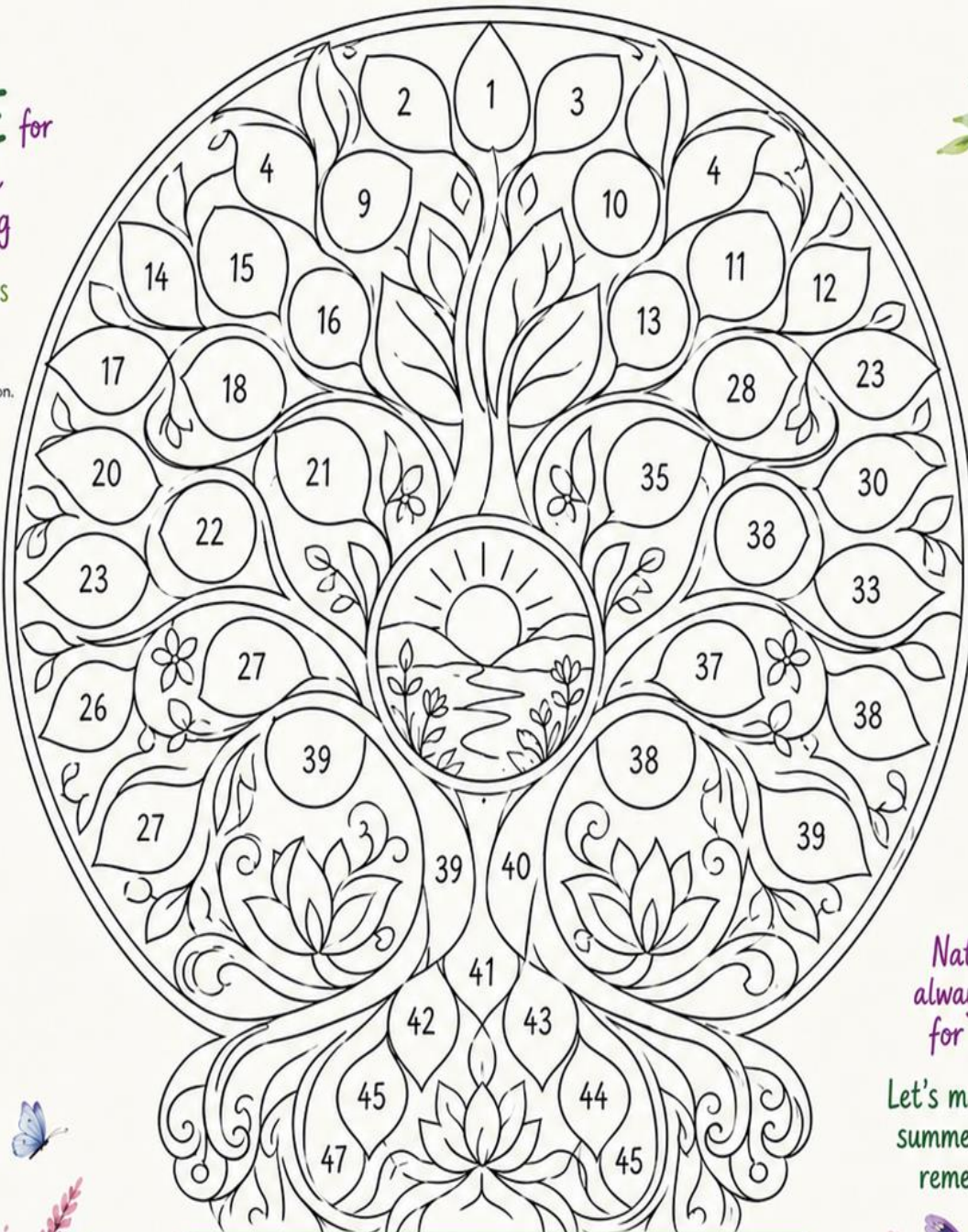
BUILDS RESILIENCE

Connecting with nature helps us feel stronger and better able to cope with challenges.



SUPPORTS CONNECTION

Nature helps us feel more connected to ourselves, others and the world around us.



HOW TO JOIN THE CHALLENGE

- Spend time in nature every day.
- It could be a walk, sit in the garden, a park, the beach or simply noticing trees, flowers or the sky.
- Use this mandala to colour in one number each day.
- Watch your tree grow as you grow your wellbeing!

Nature is
always here
for you.

Let's make this
summer one to
remember!

Complete the challenge over the 50 days of the summer holidays and hand in at either **The Bridge** or **Bermuda House** to be entered into a raffle to win a nature prize.

BREATHE DEEP • NOTICE • CONNECT • FEEL GOOD