

# Get Outdoors

The holiday season can be busy and stressful, so it's important to take some time for yourself. Getting outside and exercising can be a great way to unwind; connecting with nature is also good for your overall health and wellbeing. These are simple ways you can connect with nature:

*Take a family walk after dinner and let family members take turns to choose where to go.*

*Go barefoot and feel the grass or sand beneath your feet.*

*Go somewhere you've always been meaning to visit in your local area.*

*Find a nature photo online and make it your computer background; a study found that people's mental energy bounced back even when they just looked at pictures of nature.*

*Organise a class/work/family picnic in your local park.*

*Create a green space in your school, office or home with indoor plants.*

*Go for a bush walk with your camera and photograph until your heart's content while taking the time to really notice what you are photographing.*

Visit [www.mhaw.nz](http://www.mhaw.nz) for more ideas!

