

Nature
Session1



Nature Session 1

- Appreciating nature and its impact on self
- Walking and communing with nature
- Taking an interest in the seasons
- Finding joy in the common-places
- 'Soft' fascination
- Green places and impact on health and wellbeing
- Variety and change





There are many positive views of nature in maintaining good health and well being.

Being out in the open

Seeing new and interesting objects, views flora and fauna

A calm pace, space and place for reflection

A way of keeping an eye on the cycles and the seasons

Feeling better

S-curve and personal development
Spring/autumn
Winter/summer



Useful links

<https://www.mckinsey.com/business-functions/organization/our-insights/shaping-individual-development-along-the-s-curve>