



Us Plus

Mental Health and Wellbeing Bulletin 19

Hello everyone,

I hope you found the 'Joyful June' calendar I attached in the last bulletin useful. Finding your own personal joy can be a challenge but it is important to actively seek the positives in life. Today's bulletin is focusing on how the natural world can support positive mental health.

The Us Plus Bulletin will now be shared once a week on a Wednesday – you can consider it a useful resource for Wellbeing Wednesday and a check in on your mental health in the middle of each week!

Mrs Taylor.

A really great way of looking after your mental and physical health is to enjoy your natural surroundings. This can be referred to as biophilia.

Biophilia (meaning love of nature) focuses on human's innate attraction to nature and natural processes. ... With high rates of migration to urban settings in the developed world and soaring rates in developing countries – **Biophilia** is of ever increasing **importance** to our health and well-being in the built environment.

Here is an opportunity to get more involved with the natural world – you are not too late to sign up...

Go wild with Cornwall Wildlife Trust!


30 Days Wild is a fun, feel-good challenge run by The Wildlife Trusts every June. Back for its sixth year, it brings people closer to nature where they live, taking small actions that can, collectively, have a big impact!

From little things such as watching a bee from your window or feeding the birds, to giving up single-use plastics for a month or digging a pond in your garden: every Random Act of Wildness counts.

Click on the link below to access your free resources:

<https://action.wildlifetrusts.org/page/57739/petition/1>

Here's a quiz to help you consider how in touch with nature you are...



How connected to nature are YOU?
Here's a quick quiz to see how connected you are with your natural environment. Phones down... no cheating!

- In what phase is the moon now? (If you don't know the official phase names, what is the shape of the visible moon and is it getting bigger or smaller?)
- What time is sunrise today (within 20 minutes)?
- What time is sunset today (within 20 minutes)?
- Identify 6 plants that are within 50 yards of where you spend the majority of your day. If you can't name them, describe them and their location.

How many did you get right?
3 or 4 right—well done! You are in tune with the natural world around you.
2—weak, but not hopeless!
0 or 1—hmm. Maybe you need to get outside once in awhile and look around.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

ktaylor@penrice.org.uk

