



STAY CONNECTED ART TO HEART

ArtCore

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ETHICAL SOCIAL ENTERPRISE

Top 5 Tips!

The Power of Nature

“A walk in nature, walks the soul back home.” - Mary Davis

A walk in nature refreshes the soul and awakes the senses. Research shows that those who look upon green living things everyday have an increased sense of wellbeing. With this in mind, how can we incorporate the outdoors into our everyday to get the benefit?

1. Plant a Garden

Whether you have a flat, a terraced house or an estate, there's ways to plant a garden to suit your space. For smaller spaces think about pot plants and hanging baskets. Check out this website for small space designs:

<https://www.goodhousekeeping.com/home/gardening/advice/g495/small-garden-ideas/>

2. Spend a Weekend Unplugged

We are never more than a few metres away from technology so why not make a conscious effort to leave your phone at home, get out a paper map and scrub up on your map reading skills! Explore local walks within 30min of your house and see the space where you live in a new light. Take note of what scents and plants are growing in each season and see the changing landscape.

3. Hit the Trails

Dust off a bicycle and polish those walking boots. There are some special trails that are designed to show you the best views and variety of flora and fauna. For those who are lucky to live near Derbyshire there are 100s of well-trodden trails to follow! Check out this website for some inspiration:

https://www.tripadvisor.co.uk/Attractions-g186248-Activities-c61-t87-Derbyshire_England.html

4. Grab Your Camera

You don't need to be a pro to take good photos. Our phones all have cameras built in and nature is ever changing! Why not document the landscape you see on your walk over the changing seasons. Check out this website link to our youtube video on Photography:

<https://youtu.be/n8GVVFlwm-4>

5. Take Up an Outdoor Hobby

Cycling, archery, fishing, camping, birdwatching, beekeeping, gardening, dog walking, kayaking and kite flying! There are 100s of outdoor hobbies you could take up, so you get the benefit of fresh air and being in nature. Why not try something new!

