

Notice. Active. Time. Understanding. Revisit. Energise.

NATURE

Physical activity & nature makes you feel positive and full of vitality

Get everyone involved & submit your favourite nature images & tag: @Sport Ireland @UL @MentalHealthIrl

#NatureMoves



Notice

See nature around you - focus on the colours, the sounds you hear, the different smells, the feeling of the plants and grass. Use your different senses.



Active

Physical activity in green or blue space helps you feel good and connect with others. When you get a chance to go outside, take a photo or video so you can revisit when you need to.



Time in nature

Spending time close to or immersed in nature can help you reflect and restore your energy levels by clearing your mind.



Revisit

Think about times when you were in nature. This could have been a recent experience or even a childhood experience. Viewing photos of nature makes you feel positive.



Understand

The lessons that nature has to teach us are never ending, just stepping out your back door can be the start of an outdoor adventure.



Energise

Using digital nature can facilitate short micro-breaks (2 min.) and will re-energise you, for example, looking at pictures of nature or listening to nature sounds.



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