

# Make time to feel naturally happy!

## If you've got...



Mental Health  
Awareness Week  
9-15 October

### 2 minutes...

- ☐ Look at a photo of a favourite place. Notice the details, imagine how it smells, sounds and feels to be there.
- ☐ Watch a video of nature (e.g a mountain river, a surf beach or a peaceful forest) on YouTube
- ☐ Choose a nature themed desktop background that brings a smile to your face
- ☐ Smell a flower
- ☐ Jump in a puddle

### 5 minutes...

- ☐ Stand barefoot and feel the grass or sand beneath your feet
- ☐ Pick some flowers and put them where you can look at them often
- ☐ Water the plants on your desk or in your home
- ☐ Look out the window and count how many animals you see
- ☐ Watch the sunset or sunrise
- ☐ Roll down a really big hill

### 10 minutes...

- ☐ Climb a tree for a new perspective
- ☐ Eat a delicious piece of fresh fruit
- ☐ Make a daisy chain
- ☐ Stand on the grass, close your eyes and take 20 deep breaths
- ☐ Go on a colour walk - take notice of all the different colours you see
- ☐ Play leap frog
- ☐ Keep NZ beautiful - head outside and pick up any litter you see

### 20 minutes...

- ☐ Find a tree to sit under, lean back against it and take five deep breaths. Look up at the clouds - what shapes can you see?
- ☐ Lie back and watch the stars, how many constellations do you recognise?
- ☐ Go on a scavenger hunt for some interesting twigs, leaves, shells or flowers then make a piece of wild art
- ☐ Plant a native plant such as flax and kōwhai in your garden to attract birds

### 30 minutes...

- ☐ Go bird spotting, how many native birds can you identify?
- ☐ Plant some fresh herbs and veggies in little pots
- ☐ Go for a walk with a friend or colleague and take notice of the natural world. Did you see anything you'd never noticed before?
- ☐ Fly a kite
- ☐ Let's play! Grab the kids, your colleagues or friends and head outside for a game of tag, touch or blind man's bluff!


### 45 minutes...

- ☐ Offer to help a neighbour with gardening or outside chores
- ☐ Make a nice meal for your loved ones - the fresher the ingredients the better
- ☐ Go for a swim and spend some time just floating
- ☐ Go bug-hunting
- ☐ Climb your maunga or swim in your awa or moana

### 60 minutes...

- ☐ Pack a picnic lunch or dinner and take your colleagues, friends or family outside
- ☐ Take your dog for a long walk
- ☐ Get your hands dirty with some gardening or weeding
- ☐ Play frisbee, catch or spotlight
- ☐ Skip the gym and head into nature for your workout



 **Mental Health Foundation**  
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