



Mental Health Awareness Week: Nature

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This year's Mental Health Awareness Week is focused on mental health and nature – and we have visited one location where the Ping! initiative is helping to promote positive mental health.

During the pandemic, millions of us have turned to nature, and 45% of us reported being in green spaces had been vital for our mental health.

Did you also know that exercising in green spaces can have extra benefit, reducing feelings of anger, fatigue and sadness?

We took a trip to historic woodlands, Salcey Forest in Northamptonshire, to find out more. Watch the video below to find out how Ping! tables are playing a key role:

[To find your local outdoor table click here.](#)

There are some fantastic resources from other organisations available to give you top tips about how to connect with nature and all about the connection between mental health and physical activity.

[Mental Health Foundation's top tips on connecting with nature](#) shares the simple ways to bring nature into your everyday life.

[Mind's Mental Health and Physical Activity Toolkit](#) aims to increase the number of sport, physical activity and mental health providers who are equipped with the knowledge and skills to support and engage people experiencing mental health problems in physical activity.

[Sport in Mind Journal](#) is packed with useful tools, tips, and tactics to help people improve their mental wellbeing. It's full of ideas about how to get more active, feel more in control and help identify the positive actions you have taken each day – all of which helps you when life becomes overwhelming.

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