
The Importance of Green Space to Your Health

Spending time in nature is a powerful way to support your physical, mental, and emotional well-being. Whether you're taking a walk in a park, tending a garden, or simply enjoying the fresh air, connecting with green spaces can help reduce stress, and improve your mood and overall health.

Here are a few links to helpful information, organizations, and resources for anyone looking to learn more or get support.

If you are looking for a psychologist, ask about those who work in an integrative holistic way, recognizing the importance of balancing mind and body with our environmental and social contexts.

Support

Dr Karen Dyer, Counselling Psychologist dyer.karen@outlook.com

Local Equine-Assisted and Surf Therapy Programmes

[Windreach](#)

[Ambers Wings](#)

[Solstice Surf Therapy](#)

Quick and Easy Reads from the American Psychological Association

[APA Climate Change](#)

[APA Nurtured by Nature](#)

From the BBC

[The Surprising Benefits of Blue Spaces](#)

This *Resources List* is a helpful pointer for those who want to take a deeper dive

[Nature and Health: Resources List](#)

Further Information

[Publications from Natural England](#)

[The Climate Crisis: A Critical Threat to Mental Health](#)

[30 Days Wild Wildlife Trust UK & University of Derby](#)

[Nature prescribing results in improved mental health and wellbeing](#)

[Mind UK Ecotherapy](#)

[TED TALK Get back to nature for good mental health | Caroline Arnold](#)

[UK NIH Natural Solutions for Tackling Health Inequalities](#)

