
The Importance of Green Space to Your Health

Spending time in nature isn't just a pleasant escape—it's 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 under a tree, connecting with green spaces can help reduce stress, improve your mood and overall health.

On this page, you'll find a few links to helpful information, organizations, and practical 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.

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](#)

