**Ymarfer 16**

Looking after our mental health and wellbeing is important for everyone, and there are things that each of us can do in our day-to-day lives that can help support good mental health, including connecting to nature. From local parks to gardens, window-boxes and even houseplants, we can all benefit from the nature around us. Here’s how.

There is a lot of scientific research exploring the fascinating link between time spent in nature and a reduced risk of mental health problems, improved mood and reduced stress. Whether you live in the countryside surrounded by green spaces, or in the city, there is nature everywhere, such as local parks, gardens, canals, or courtyards, and it’s worthwhile seeking them out. If you’re struggling to find an area near you, why not try and bring nature to you, by planting herbs or flowers in your garden or balcony, or introducing some houseplants into your personal space.

Being around animals and wildlife can also be beneficial for overall wellbeing. Take a look outside your window and see if you can spot birds in your garden. If you can’t see them, listen for them instead! The more you look, the more you see!

Gardening can have huge benefits for your wellbeing, and studies have found that over time gardening can improve mood, increase quality of life, and overall wellbeing. Planting and growing your own food has huge environmental benefits too, such as significantly reducing food miles, eating more seasonal produce, and knowing exactly where your food comes from. It’s a win-win!

*(Addasiad o erthygl ar wefan y WWF)*