



Taking the time to breathe and enjoy nature

If you have a chronic condition, being out in nature can be the best medicine.

Getting out and enjoying what nature has to offer (e.g, parks, gardens, trails, campgrounds, beaches, pets, wildlife, plants, hiking and yoga) has a calming effect on our brain and nervous system. Indoor nature and looking at photos and videos also has the same calming effect.

Nature is another source of medication when you live with a chronic condition. Some activities can be spontaneous, such as watching birdlife or playing with your dog. While other activities need more planning, such as yoga or hiking.

Nature has been described as a “secure base” and an “unburdened and uninterrupted space”. It promotes feelings of comfort, safety, relaxation and engages your mind and body.

It has been proven that exercise improves mental health. Therefore, having a flexible and adaptable approach to fit in exercise, whether indoors or outdoors, can improve your wellness.

Living with a chronic illness can leave you feeling as if you're a burden to others, isolated and lonely. Nature is always there for you when you need it, allowing you to explore and experiment at your own pace. It leaves you connected to everything around you, from the stars in the sky to the ground on your feet.