



The Feel Better Newsletter



Written by Jo O'Neill.
Children's Counsellor

Hi, I hope you are all doing ok. It's so great that we have had some sunny weather recently, perfect for being outside. This weeks newsletter is all about the benefits of spending time in nature. I think that sometimes, we can take nature for granted, we don't always take time to appreciate the world we live in. You can experience nature in your garden or go on a local walk.

Nature and Mental Health

There are so many positive effects of spending time in nature. Being outdoors improves your mood, makes you feel less stressed and angry. It helps to build self confidence and positivity. Its great for you body and your mind - Fantastic!

Be Creative

There are lots of outdoor crafts that you can do, they don't cost any money! One of my favourites is creating nature pictures. Start by looking around your garden or local area for materials that you can use. Pick things that have fallen on the ground and leave plants to grow. I would love to see your creations. E-mail your nature pictures to feelbetternewsletter@gmail.com



I love technology and although I think it's a good idea to "unplug" sometimes, technology can be a great way to learn and explore our local habitats. Take a look at The Nottinghamshire Wildlife Trust website www.nottinghamshirewildlife.org You can learn about local wildlife and record any mammal sightings, such as hedgehogs or foxes! I also use a bird call identifier app called Bird Nerd (love the name!) Get the app to listen when you hear a birds call and it will tell you the name of the bird. You can click a link to find out more information about the birds you hear.

Family Time

Scientific research found that families who regularly spend time in nature together get on better and have a closer relationship! You can make so many family memories together.



Your worries – Thank you for your messages. Send me an email with any worries and I will try to help. Email feelbetternewsletter@gmail.com

Dear Jo, when I go walking my dog, I get worried about being close to strangers. What if they have Coronavirus? From Alfie age 7

Hi Alfie, we have been told that we have to stay 2 metres from others to stop the spread of the virus. Imagine when you are out walking your dog, that you have the length of your bed in between you and others. If you feel like they are too close, you can move further away. This wont be forever, it is just to keep everyone safe right now.