

#greenisolation - an initiative from Lanarkshire Green Health Partnership

Why connecting to nature is important?

There's no doubt that nature is good for us. There's plenty of evidence showing that exposure to nature is good for people's health, well-being and happiness. However right now being stuck indoors for much of the time is threatening to disconnect us from nature, so here are some suggestions for how photography can help.

How you can connect to nature through photography:

Taking photos of nature is a simple way to enhance your connection to the natural world. It helps to:

- Slow you down
- Open your eyes
- Get you outside – or at least looking outside

How to take photos of nature during lockdown

May is Living Streets' National Walking month and many of us are appreciating the chance to get out for a walk more than ever. Your daily walk is also a good way to connect to nature – even in a town. For ideas on how to keep your daily exercise fresh, interesting and safe check out Living Streets here.

<https://www.livingstreets.org.uk/media/5117/ls-try20-poster.pdf>

<https://www.livingstreets.org.uk/media/5119/ls-try20-checklist.pdf>

For those of you going out for a walk, consider these ways to bring nature into your exercise:

- Take a flowerpot neighbourhood tour
- Try an early morning walk
- Look for rainbows
- Search for something unusual
- Collect something to photograph later

If you can't get out then how about :

- Searching out treasures in your back garden
- Choosing a spot where you can see a lot of sky, taking a photo in that place every day and turn them into a collage
- Making a montage of pictures of a seed you have planted as it grows
- Choose a world watching window in your house & use it as your viewfinder

Take a photo and either post it on instagram using #greenisolation #greenhealthlanarkshire and tagging us @greenisolation or join the Lanarkshire Green Volunteer Network group on facebook and post it there.