



Wellbeing Wednesday

TGSA theme of the week: The Great Outdoors



Cameras on!!

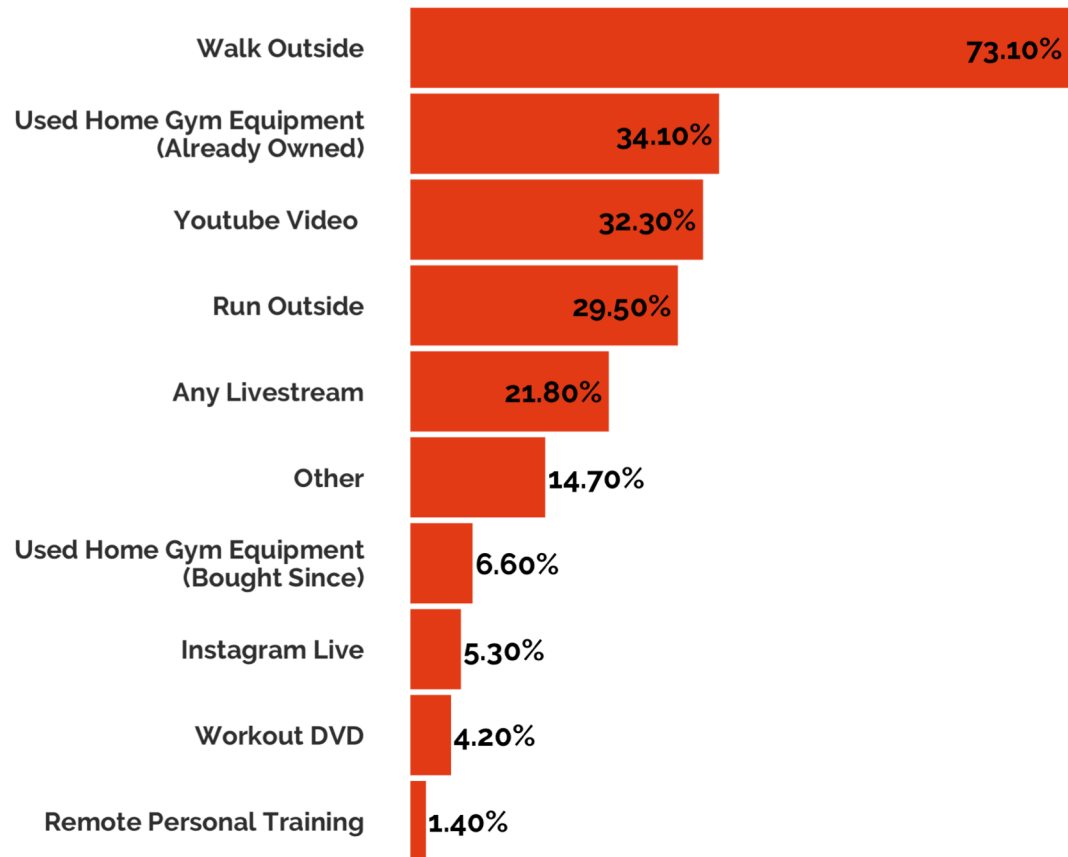
Remind your tutor what you look like



Covid guidance tells us we can only go out once per day for exercise but how many of you are doing that?

What exercise methods are **most common** since 'lockdown' started?

The % of respondents that report engaging in the following methods...




Source: OriGym survey of 1,000 UK adults

Are any of you taking part in these methods?

Go outdoors

The background of the image is a dark, almost black, space filled with large, flowing, organic shapes in various shades of teal and light blue. These shapes resemble liquid or smoke, creating a sense of movement and depth. The lighting is soft and directional, highlighting the curves and edges of the forms, giving them a three-dimensional appearance. The overall mood is serene and natural, complementing the 'Go outdoors' text.



Even short exposures to green environments, especially near water, can improve both mood and self-esteem.

GREEN SPACE CAN REDUCE

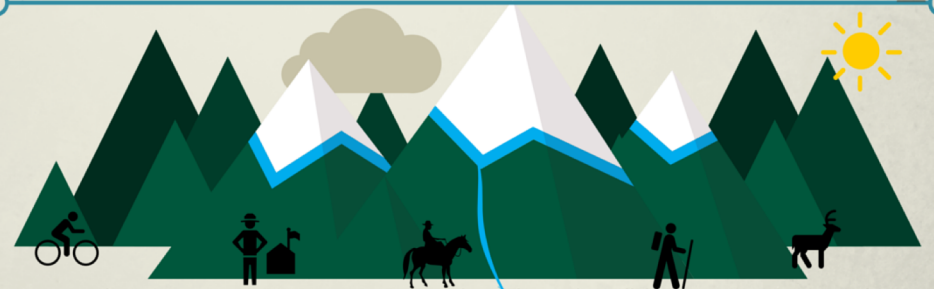
- stress
- anxiety
- violence
- depression
- aggression
- rumination




AND INCREASE

- memory
- a sense of belonging
- attention
- well-being

Nature's Influence on Mental Wellness



Green space has positive impacts on mental health and well-being. Increasing urbanization is limiting access to local green space, especially in our most underrepresented communities.



How many hours
a week do our
tutor group
spend outside?

Start to record and track any
outdoors exercise you do per day.

Next week we will discuss.