



Mental Health  
Foundation

#ConnectWithNature



# Nature Journal

How nature can help to improve  
our mental health



# This is your nature journal

Research has shown the positive physical and mental benefits associated with connecting with nature. Use this downloadable journal to document how you feel before and after connecting with nature, and jot down anything interesting you notice while doing so!

Nature journal

How would you rate your mood on a scale of 1-10 (with 10 being happiest)?

After connecting with nature, how do you feel on a scale of 1-10 (with 10 being happiest)?

Handwritten lines for mood rating.

Handwritten lines for mood rating.



If your score changed, what made it change?

Name one thing you connected with in nature today? It doesn't have to be outside, taking time out to water houseplants can count towards your time with nature.

Handwritten lines for reflection.

Handwritten lines for reflection.

Reflection time

Take a moment to look out of the window at a green space, e.g. garden or balcony with plants and take a minute to pause and reflect on nature #ConnectWithNature



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Reflection time

Draw a symbol to represent how you're feeling now and when you return from spending a short period of time in nature, e.g., a flower in bud, a flower in full blossom, sun, cloud or a green heart etc.



Nature journal

How would you rate your mood on a scale of 1-10 (with 10 being happiest)?

After connecting with nature, how do you feel on a scale of 1-10 (with 10 being happiest)?

Horizontal lines for writing the mood rating.

Horizontal lines for writing the mood rating.



If your score changed, what made it change?

Name one thing you connected with in nature today? It doesn't have to be outside, taking time out to water houseplants can count towards your time with nature.

Horizontal lines for writing the reason for mood change.

Horizontal lines for writing the nature connection.



Get motivated

What have you been motivated to do in nature today? i.e. actively listen to bird song, identify trees by the shape of their leaves, take your shoes and socks off and feel the grass under your feet. how did this feel? Did you feel grounded, connected with nature? If you didn't feel anything, that's fine too, let us know. #ConnectWithNature

Vertical lines for writing motivational notes.

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Horizontal lines for writing the mood rating.

Horizontal lines for writing the mood rating.



If your score changed, what made it change?

Name one thing you connected with in nature today? It doesn't have to be outside, taking time out to water houseplants can count towards your time with nature.

Horizontal lines for writing the reason for mood change.

Horizontal lines for writing the nature connection.

Get motivated

How has your awareness for the outdoors changed since spending more time outside? e.g. this can be illustrated by symbols, a pressed flower, leaf or small pebble.

Large empty box for drawing or illustration.



Nature journal

How would you rate your mood on a scale of 1-10 (with 10 being happiest)?

After connecting with nature, how do you feel on a scale of 1-10 (with 10 being happiest)?

Five horizontal lines for writing a mood rating.

Five horizontal lines for writing a mood rating.



If your score changed, what made it change?

Name one thing you connected with in nature today? It doesn't have to be outside, taking time out to water houseplants can count towards your time with nature.

Five horizontal lines for writing an answer.

Five horizontal lines for writing an answer.

Keep active

How long did you walk in nature today? i.e., how long did you spend in the garden, park, or other green space.

A white box with five horizontal lines for writing an answer.



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Five horizontal lines for writing a mood rating.

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If your score changed, what made it change?

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Five horizontal lines for writing an answer.

Five horizontal lines for writing an answer.



Keep active

How do you feel after tending to indoor plants or nurturing plants in a garden, or outside space? Rate your positivity before and after getting involved in this simple, but comforting activity.

A white box with five horizontal lines for writing an answer.

## Share your story

Take photos of your time in nature and share your experience with your communities on social media with **#ConnectWithNature**

Doodle here...

## Nature Doodles

Share your flower, tree, leaf and water doodles here to represent your time well spent in nature **#ConnectWithNature**



Doodle here...



#ConnectWithNature  
#MentalHealthAwarenessWeek

