

Daily dose of nature guide



 **A Prescription
+ For Nature**

WHEN WE RESTORE NATURE,
NATURE RESTORES US.



WWF

Foreword

By Dr. Sara Kayat, NHS GP

The UK is experiencing a mental health crisis, and as a doctor it's clear to me that we need to help everyone improve their wellbeing. Nature is a powerful ally in protecting our mental health. Being in nature for just 20 minutes a day can help us cope with stress and anxiety.

As both a doctor and a lover of nature this cause is close to my heart, and I want to encourage everyone to get their daily dose of nature – whether outdoors or at home – because everyone deserves better mental health.

It has been amazing to support WWF on this important campaign spotlighting the vital role which nature plays in supporting our wellbeing. I'm proud to be working with them to invite the nation to get their daily dose of nature.

*"Just 20 minutes
a day can make a
huge difference to
your wellbeing"*



© Conor McDonnell / WWF-UK



© Steve Taylor / WWF-UK



© Andrew Parkinson / WWF-UK



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The evidence

The UK is experiencing a mental health crisis. From stress in our daily lives to anxiety over global conflicts and climate change, we all need a little help looking after our wellbeing.

So what does the evidence tell us about the benefits of spending time in nature?

- ✓ Reduce stress and anxiety
- ✓ Help our minds rest and recover
- ✓ Improve our mood and life satisfaction
- ✓ Improve our self esteem

In fact, the research tells us that spending just 20 minutes a day connecting with nature can be enough to boost our wellbeing. **Try these three things to get started:**

- ✓ Get out into a natural space more often
- ✓ Spend around 20 minutes a day doing a nature-based activity, such as walking in the park or gardening.
- ✓ Engage with nature more when you're in a green space



© Tea Smart / WWF



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Feeling a connection with nature can deepen the benefit to our mental health. Using our senses and asking ourselves what we can see, hear, smell or feel while in a natural space is a simple but powerful approach.

There are even benefits in noticing nature through the window, viewing images of nature, hearing sounds from nature and enjoying plants indoors.

Keep reading to find more ways to get your daily dose of nature.

[Click here to read our full evidence paper](#)

Healing in nature

WWF supporter Joe Wicks has always celebrated the benefits of keeping fit, and now he's championing nature's role in our mental health.



Tell us about your own journey with nature.

I've always loved being active, but my connection with nature has grown over the years. When I was younger I didn't think too much about it – I'd spend time outdoors or ride my bike to stay fit. But

then I realised how much better I felt when I was outdoors, especially when I was surrounded by nature. It's not just the exercise – I like the fresh air, the sunlight and the sounds of wildlife. I started to notice that I felt better mentally after being outside, and now it's become a way for me to recharge and stay grounded.

Have you experienced the wellbeing benefits of connecting with nature?

Nature has benefited my wellbeing 100%! I have four young children and spending time outdoors either with them or on my own helps clear my head and makes me feel happier and more energised. Stepping out in nature even for just a few minutes works wonders. It's such a simple yet amazing way to recharge and I always come back feeling inspired.

You've often spoken about how connection is vital to healing. Is a connection to nature an important part of this?

Our connections in life are key, whether they're to nature or to people. I believe that nature is a healer and helps recharge and ground us, but also plays a crucial role in our mental health. We need a sense of connection to love and nature to thrive.

How can people boost their wellbeing with nature if they don't find it easy to get outside?

Not everyone can get outside all the time, but you can still feel a connection to nature from your living room. Practise some mindfulness exercises listening to the sounds of nature, watch a nature documentary or care for some houseplants.

Do your surroundings affect your mood and energy levels?

Yes, I love exploring different natural spots through exercise but also with my family. From beaches to forests, I love exploring. Each habitat has a unique feeling and helps you create beautiful memories.

Why is it important for children to enjoy nature?

Getting children outside and into nature is vital. Nature has an amazing way of boosting your mood and sparking creativity. When children are active in nature it doesn't just help their physical health but also improves their wellbeing and social skills.

Have you got any tips for encouraging kids to get outside?

If your children aren't into the outdoors, the best thing to do is make it fun. Take a picnic to the park, make a game of some wildlife spotting or just play in the rain. The options are endless and parents should try to lead by example – this will help children associate the outdoors with fun and adventure.

"My connection to nature has grown over the years"



© Andrew Parkinson / WWF-UK



© Conor McDonnell / WWF-UK

Joe's favourite local nature spot is Virginia Water in Windsor Great Park

Four ways to connect with nature

HOUSEPLANTS

Adding plants to your collection can start anywhere. Pick up plants at the supermarket, visit a garden centre, or ask a green-fingered friend for cuttings to share.

Nurture your new housemates every day and notice how they can affect your mood for the better.



© Huy Phan / Unsplash

CAPTURE NATURE ON CAMERA

Inspiration can strike anywhere: on your way to work, during a coffee break, on your walk home, so be ready to snap away when it does.

Take pictures of whatever you find interesting. It could be flowers, the sky, trees or a close-up of natural colours.

Remember to share your pictures with us via the [#DailyDoseofNature](#) hashtag!



© Creative Forager

EXERCISE IN NATURE

We've already heard from Joe about the benefits of adding nature into your workout routine, so why not give it a try?



© Age Cymru / Unsplash

Walking, running or cycling outdoors can revive our minds and bodies. Even a five-minute outdoor stroll can help calm anxious or overactive brains.

[Click here to find an event near you](#)

FIND A MINDFUL MOMENT IN NATURE

It can be difficult to find time to get outside so why not bring a quiet moment in nature to you? Whether at home, at work or on the move, enjoy the calming sight and sounds of nature.

[Click here to enjoy the sounds of nature](#)

Find lots more activities and inspiration on how to get your daily dose of nature at:

[Click here](#)



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Four ways to give nature a helping hand

Spending time making space for nature is a great way to boost our wellbeing. That way, we can restore nature while nature restores us!

HOMES FOR HEDGEHOGS

Hedgehogs need safe places to rest, hibernate and raise their hoglets in. If you've got space in your garden to spare, creating a haven for our spiny friends is a fantastic way to use it.

[Find out more](#)



© Oli Jennersten / WWF-Sweden

BUILD A BUG HOTEL

Want to make a safe space for creepy-crawlies? Find out how to make a bug hotel.

[Click here to find out how to make your own](#)

If this kind of DIY isn't for you, you can buy bug hotels (or 'insect houses') of all shapes and sizes from garden centres and other wildlife-friendly shops.

[Buy your own bee hotel from the WWF shop](#)



PLANT FOR POLLINATORS

The UK is home to 270 species of bees, and each one plays a special role in keeping our meadows, woodlands, heathlands, and hedgerows alive. **Plant these and protect bees!**



[Click here to get started with a seedball pack](#)

TOGETHER, WE CAN SAVE UK WILDLIFE

The UK has lost more of its natural biodiversity than almost any country on Earth, leaving our iconic wildlife with an uncertain future.

Your donation today will help save UK nature and local wildlife by restoring vital habitats and protecting our precious landscapes, rivers and seas for generations to come.

[Click here to give today](#)



© Andrew Parkinson / WWF-UK

Species spotting

The UK is home to some truly beautiful wildlife. Keep an eye out for these common species!



© Ola Jennersten / WWF-Sweden

GREAT SPOTTED WOODPECKER

Spot them in woodlands, parks or gardens all-year-round and see if you can hear them 'drumming' against trees. Widespread in Britain but sparse in Ireland.



© naturepl.com / Laurent Geslin / WWF

RED FOX

Widespread, found in cities and the countryside, keep an eye out at dawn or dusk all-year-round!



© Ola Jennersten / WWF-Sweden

HEDGEHOG

Look out for them in parks and gardens during spring and summer evenings, once widespread but now in decline.



© David J Slater / rspb-images.com

KINGFISHER

Widespread across most of the UK but absent from large parts of Scotland. Seen all-year-round along rivers, canals, ponds and lakes – watch out for a flash of blue!



© David Lawson / WWF-UK

COMMON FROG

A winter hibernator but frequent pond visitor in summer! If you can build a pond, however big or small, you may spot one whilst also providing benefits to lots of other species!



© Ola Jennersten / WWF-Sweden

BLUE TIT

A regular garden visitor and widespread across the UK, seen all-year-round.



© Ola Jennersten / WWF-Sweden

RED DEER

The UK's largest land mammal, widespread in Scotland with smaller populations in England, often seen in deer parks.



© Shutterstock

COMMON PIPISTRELLE BAT

Widespread in parks and countryside, best seen on a summer's evening.

UK wildlife calendar

Spring / summer



March



© Andrew Parkinson / WWF -UK

Brown hares are boxing

June



© Creative Forager

Wildflowers are in bloom

April



© naturepl.com / Phil Savoie / WWF

Bumble bees start to emerge

July



© Shutterstock

Swifts start their return journey to Africa

May



© Wild Wonders of Europe / Maurizio Biancarelli / WWF

Woodlands turn purple with bluebells

August



© Karl Schnellmann

Heathlands are filled with heather

Activities with WWF

One of the best ways to connect with nature is to get out and about with your loved ones.

From Great Wild Walks to community activities, we've teamed up with some amazing partners to help everyone get their daily dose of nature.

[Click here to find an activity for you](#)



What's your daily dose of nature?

We absolutely love hearing about how people across the UK are getting their daily dose of nature. From urban sunsets to breathtaking landscapes and unexpected wildlife encounters. Be inspired by all the different ways people are connecting with nature.



Want to be featured on our website? Use the #DailyDoseofNature hashtag on Instagram to share your moments in nature with us.

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SEEDBALL WILDFLOWER BEE MIX

Supporting bees is easy with these pollinator-friendly seedballs! **£6.50**



PURE BOTTLE

Our beautiful limited-edition water bottles in collaboration with PURE Hydration featuring designs from artist Elizabeth Grant. **£34.99**



ADVENTURE RECYCLED BACKPACK

Exclusive WWF X Beevive backpack – perfect for any adventure! Available in a range of colours. **£40.00**



DOCK&BAY KIDS PONCHO

Eco-friendly, quick drying towel ponchos. The perfect beach companion! **£22.00**



DOCK&BAY QUICK DRY TOWEL

Compact beach towels made from 100% recycled plastic bottles. All profits go to WWF's conservation work. **£28.00**



Together, we can save UK wildlife



For a future
where people
& nature thrive

wwf.org.uk

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Scotland (SC039593).
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Captures CO₂ 35% faster than rainforests

Join WWF in protecting nature worldwide.
From restoring habitats and saving species in over 100
countries to tackling climate change right here in the UK,
your support makes a difference.

Sadly we've lost 90% of our seagrass across UK waters.
Our Seagrass Ocean Rescue project aims to restore 15%
by 2030, just one example of our vital conservation work.

Give today and protect precious habitats
and wildlife across the UK and worldwide