

# PROMOTING MENTAL WELLBEING



helping people  
engage with nature  
to feel better in  
mind & body



"WE WOULD BE SAT AT HOME,  
BUT WE ARE OUT IN THE FRESH  
AIR; BODIES WORKING, BRAIN IS  
HAPPY, EVERYBODY FRIENDS"

ADULT IN WELLBEING SESSION

94% OF  
PARTICIPANTS FELT  
HAPPIER AS A RESULT  
OF A GET OUT MORE  
SESSION



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Get Out More enables people to enjoy positive outdoor experiences which promote mental wellbeing. Lowering blood pressure, reducing stress, boosting immunity and mood; connecting with nature helps us all feel better and develop the resilience to cope with life's challenges.

Get Out More uses local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: **communities and nature growing healthier together.**

**Find out more:**

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[www.getoutmorecic.co.uk](http://www.getoutmorecic.co.uk)

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