



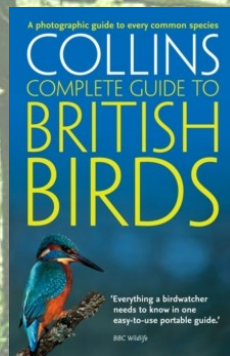
# Rossett Reading

This week is Mental Health Awareness Week and this year's theme is connecting with nature. Studies show that going for walks and being in green spaces are really good for looking after our mental health.

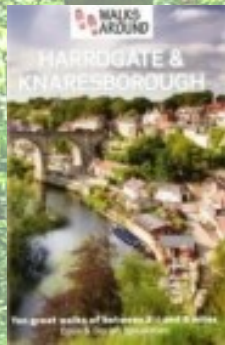
Here are some recommendations from the LRC to inspire and inform about the great outdoors!

'There is something to be wondered at in all of Nature' - Aristotle

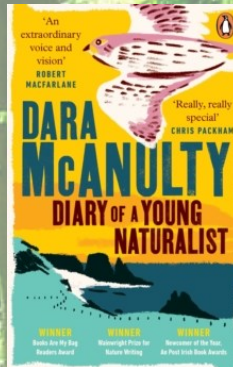
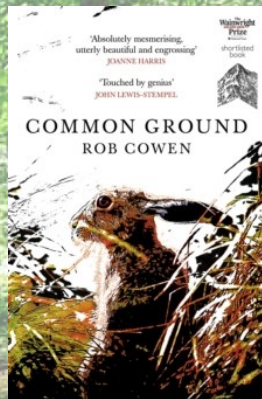
You can appreciate nature from your window! Look outside and identify the birds in your yard or garden.



Explore the beautiful countryside of the Harrogate & Knaresborough area, and find somewhere new to walk.



Rob Cowen recounts the changing seasons and wildlife in a square mile of wood, meadow, hedge and river on the edge of Harrogate.

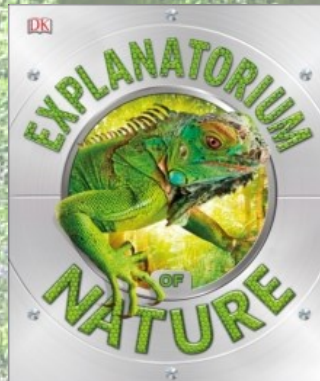


A prize-winning book by Dara McAnulty, an autistic teenager, pursuing life as a conservationist & environmental activist. A future classic and a powerful portrayal of the beauty of nature, and overcoming anxiety.

An astonishing visual record of the beauty of the natural world, featuring many of the greatest natural history artists of the last 300 years.



A jaw-dropping guide to our wonderful world. Marvel at breath-taking photographs of flowers and animals in incredible detail. The natural world is explored and explained in this brilliant encyclopaedia.



## Find out more:

### Wildlife Photography Competition

<https://www.wildlifetrusts.org/other-ways-getinvolved/wildlifephotography>

Thriving with Nature Guidebook. Ideas to boost your wellbeing.

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>

#GetOutside Challenges to get you outside.

<https://getoutside.ordnancesurvey.co.uk/guides/getoutside-inside/>

Lots of ways that nature and the countryside can boost your wellbeing

<https://www.countryfile.com/how-to/a-to-z-of-mindfulness-in-nature/>

