



Wellbeing Tips

Healing in the outdoors



The power of the outdoors on wellbeing

Spending time in nature offers a gentle way to support our wellbeing and build meaningful connection. The natural world provides a calming environment that can help us feel more grounded and present, making it easier to connect with ourselves and others. For families of veterans, outdoor experiences can create opportunities to slow down, breathe, and engage with people in ways that feel safe, relaxed, and enjoyable.

Being outdoors with others allows relationships to develop naturally and at a comfortable pace. Walking side by side, sharing a view, or tending to a garden together can open up space for conversation and companionship. These shared experiences help build trust, understanding, and emotional closeness. Nature's steady rhythm, from the sound of leaves moving in the wind, to the feeling of sunlight on our skin, offer a calming backdrop that supports connection at a comfortable pace.

Outdoor activities can be adapted to different preferences and abilities in simple and accessible ways. Whether it is a gentle walk in a local park, sitting by the water, exploring a community garden, or joining a guided nature walk, there is something for everyone. These activities can strengthen family bonds, encourage shared memories, and provide a sense of purpose and joy.

For families who have faced relocation or significant change, outdoor activities can also be a helpful way to meet new people and build supportive networks. Engaging with nature does not have to be complex or time consuming. Even small, regular moments outdoors can bring feelings of connection, belonging, and calm. If you are interested in joining one of our wellbeing walks for social connection, register here.



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