5 Ways to Wellbeing

Nature walk

#MentalHealthAwarenessWeek **10-16 May 2021**

The 5 Ways to Wellbeing are a good starting point when thinking about ways to support your own mental health.

Going on a walk outside and looking for the plants and flowers below is a great way of taking notice and being active! Here are some to look out for...

Crocus flowers are gorgeous in the Spring!

Gorgeous and distinct flowers of Aquilegia

Wild garlic - you will begin to see this from March, wild garlic has a strong smell and beautiful dainty white flowers

Hebe are evergreen shrubs and have a variety of different flowers in early summer

Deutzia flowers in early summer

Foxglove are biennial so they have a two year growth cycle with very distinctive flowers in their second year (also poisonous!)

Viburnum plicatum - looks very similar to Hydrangea

Gorgeous scented flowers of Lilac trees and shrubs

Strong smelling flowers of Philadelphus, flowers in early summer (May/June)

Viburnum tinus - little white or pink flowers that flower through until spring

Many roses will be in bloom in May and June

Look out for Camellias - they flower in both spring and autumn - very distinct waxy leaves and beautiful large flowers

Beautiful hardy Geranium will start to flower at the beginning of May and continue to flower right through the summer

Snake's head fritillary - beautiful unusual chequered flower heads

Perennial Delphinium start flowering in late spring

Gorgeous tulips everywhere - many different colours, some with frilly petals

Mental Health UK

Visit mentalhealth-uk.org/mhaw for more information about our 5 Ways to Wellbeing campaign!

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