



# Derbyshire Wildlife Trust

*Adventure within!*

A JOURNAL EXPLORING THE  
FIVE WAYS TO WILD WELLBEING



WORKING WITH

 mind Derbyshire



Supported by the  
**Cadent Foundation**



## WELCOME



We are so glad you have joined us for an exploration in to the 5 Ways to Wild Wellbeing! By opening this journal you have opened up a whole world of wellbeing and we invite you to take some quiet time just for yourself and let yourself be immersed in the wonder of nature.

The recommended 5 Ways to Wellbeing are becoming quite well known now, but we believe by adding a wild twist and encouraging a connection to nature at every step, the benefits to people can be even greater, and nature gets an added boost too! We will be exploring each of the 5 Ways and how to make them wild throughout this booklet.

You may like to work through the whole booklet in order or dip in and out to suit you. Follow your instincts, let your mind wander and use this booklet to inspire your very own wellbeing journey.

Choose your starting point:

- 03 | What are the five ways to wellbeing?
- 04 | Take notice
- 06 | Connect
- 08 | Be active
- 10 | Keep learning
- 12 | Give
- 14 | Take the journey further



### DID YOU KNOW?

Plants and trees emit volatile organic compounds called phytoncides to protect themselves from pests and germs. When we spend time in nature we breathe in these beneficial phytoncides which helps to support our own immune system, improves our sleep and even gives our mood a boost! Scientific evidence that fresh air is good for you!



## WHAT ARE THE FIVE WAYS TO WELLBEING?

At Derbyshire Mind, we recognise the importance of looking after our mental wellbeing on a daily basis. We know that by doing little things that we enjoy each day we can be more resilient to life's ups and downs. We believe in the wellbeing benefits of nature so much so that we have added 'connecting with nature' as our sixth 'way to wellbeing'. But the natural environment won't be there for us if we don't also help to take care of it. We are really excited to be working with Derbyshire Wildlife Trust as they have some fantastic ideas on how to make the Five Ways to Wellbeing 'WILD' and how to take care of our wonderful wildlife at the same time as taking care of ourselves.



### CONNECT

Connect on a personal level with other people in our community. From friends and family, to colleagues and strangers. How might you connect meaningfully with the people around you?



### BE ACTIVE

Exercising makes us feel good but it is important that you find a physical activity you enjoy and that suits your level of mobility and fitness. Is there an activity that you haven't done since you were a child perhaps? Find the fun!



### TAKE NOTICE

Take some time every day to enjoy the moment and the environment around you. Listen to the birds. Focus on the feeling of your breathing. Plant some seeds and watch them grow.



### KEEP LEARNING

Learning something new, or rediscovering a forgotten talent, can help to increase your self-esteem and lift your spirits. It can also help you to make new friends and keep your mind active. What have you always been interested but perhaps not found the time for?



### GIVE

Giving to others is so valuable. Could you do something nice for a friend, or a stranger? Volunteer your time? Join a community group? Even just smiling or helping strangers you meet can feel very rewarding.

Enjoy this journal of fantastic ideas on how to make the Five Ways to Wellbeing 'WILD' and how to take care of our wonderful wildlife at the same time as taking care of ourselves.



# TAKE NOTICE

Taking notice is all about slowing down and quieting our busy noisy thoughts.

Taking a moment to breathe and notice the world around us gives us a valuable break and helps us to take a step back and to see things more clearly. If you find it difficult to sit and quiet your thoughts it can help to have something to focus on. Watching creepy crawlies discover their new bug hotel can be very calming and they can be made to fit in to the smallest of spaces.

## TAKE PART BUILD A BUG HOTEL

### You will need:

- Wooden pallets x4



- Bricks



- Plastic bottles\*



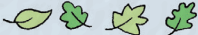
- Bamboo canes



- Straw



- Leaves



- Tiles



- Cardboard



- Stones/pebbles

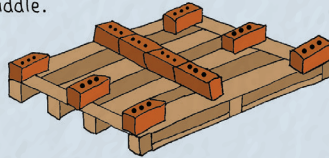


- Twigs/loose bark

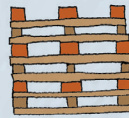


\*Use old plastic bottles for this, and always recycle after use.

- 1 Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



- 2 Place your next pallet on top of this and repeat the process for all of your pallets.



- 3 Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes/plastic straws and the other half with rolled up cardboard. Place these inside the hotel.



- 4 Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



- 5 Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative – add a welcome sign or give your hotel a name!





*Journal it...*

Visit your bug hotel regularly to check who has moved in! On each visit record how many different types of creepy crawlies you can spot.

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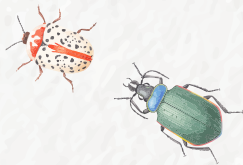
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**DID YOU KNOW?**

“According to The Woodland Trust there are a staggering 27,000 insects in the UK alone!”





# CONNECT

Feeling connected to the world around us is all about building relationships.

Getting to know nature helps us to spot new 'friends' everywhere - whether it's spotting signs that a squirrel has enjoyed its lunch next to the bench where you're currently sat or learning to recognise a favourite family of flowers. The more connections we can make to surround ourselves with this natural network the more our wellbeing will benefit.

## TAKE PART

## CREATE A BIRD FEEDER AND INVITE YOUR NEW FEATHERED FRIENDS FOR LUNCH IN YOUR GARDEN!

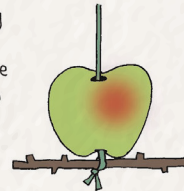
### You will need

- An apple 
- An apple corer or skewer 
- Sunflower seeds 
- String 
- A thin stick 

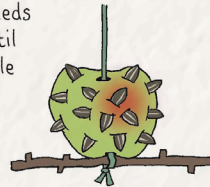
- 1 Ask an adult to make a hole through the middle of the apple.



- 2 Thread some string through the hole in the apple and tie the bottom end to the stick.



- 3 Push sunflower seeds into the apple until it looks like a little hedgehog.



- 4 Tie the string to a tree branch and wait for the birds!





## Journal it...

How did it feel watching the birds enjoy their tasty snack?

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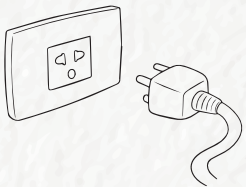
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## Unplug.

Challenge yourself to a tech free day. No phone, no computer, no internet, no TV for a whole 24 hours. Connect to people, nature and yourself instead!



# BE ACTIVE

Keeping active and moving our body is fantastic and any physical activity can count - the key is finding something that you enjoy!

Maybe it's dancing around your house, maybe it's walking in the summer sunshine instead of catching the bus, or maybe you love the idea of a challenge and want to train for a running race. There really is a way to keep active to suit anyone, and looking for ways to be active outdoors in nature will bring even more wellbeing benefits.

## TAKE PART LITTER PICK WHILST YOU WALK

### You will need:

- a group of friends (optional but useful!)

- thick gardening gloves



- strong bin bags



- brightly coloured clothes (for visibility near roads)



- suitable footwear (sturdy boots for rocky beaches)



### Things to avoid

- broken glass
- sharp objects
- dog poo bags
- anything dirty or dangerous
- large or heavy rubbish
- bottles of liquid



Try not to overfill bags to avoid splitting.



You could try separating litter into different bags for recycling.



carrier bags



cigarette butts



empty cans



empty bottles



fishing net



bits of plastic



crisp packets or wrappers



paper







## Journal it...

List your best ways to get active and try and include them in your every day routines.

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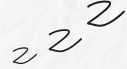
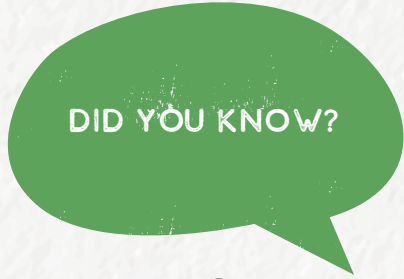
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Not only does keeping active make our body stronger, it also helps to improve our sleep, boost our brain function and even improve our mood!



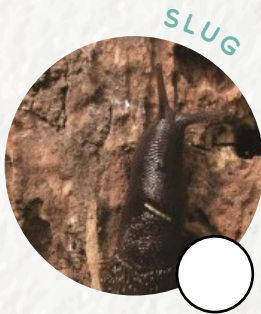
I feel most energized when...



## KEEP LEARNING

The natural world is a fascinating place with endless opportunities for learning. Why not start by learning the names of wildlife you regularly spot? Nature ID can seem daunting as there's so much to learn, but just start by focusing on one or two plants, bugs or animals. You'll be surprised how much you remember and you'll soon be recognising nature everywhere!

### BECOME A SPOTTER





## Journal it...

Record some of your wildlife sightings here.

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## Stop, rewind & record - My Monthly Reflection

Something I've learned

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Advice to myself for next month

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# GIVE

Giving to others or the world around us actually releases feel good endorphins in our brains which means not only do those we're helping benefit from our actions but we feel great too!

Looking for ways to weave in a little kindness to your day is a great start - even something small like sharing a smile can help cheer someone up and make their day. Seed bombs are perfect to give to friends and family and really fun to make. They also keep on giving as wildlife will benefit from the beautiful wild flowers!

## TAKE PART MAKE YOUR OWN SEED BOMBS

### You will need:

- Meadow flower seeds or seeds collected from the garden



- Peat-free compost



- Water



- Powdered clay (from craft shops - use clay soil if you can't find any)



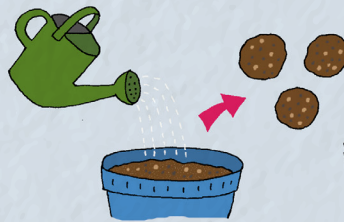
- Mixing bowl



- 1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder.



- 2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls.



- 3
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- 4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the garden!



## Journal it...

Imagine you were explaining to your friend on the phone how it felt to make their seed bomb gifts? How would you describe it?

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*"We make a living by what we get, but we make a life by what we give."*

## Make it Mindful

Sometimes we can be afraid to get a bit messy but plunging your hands into this sticky muddy seed bomb mixture feels great!

Take a moment to slow down, squeeze the mixture between your fingers and really feel the textures.



## GO WILD FOR WELLBEING

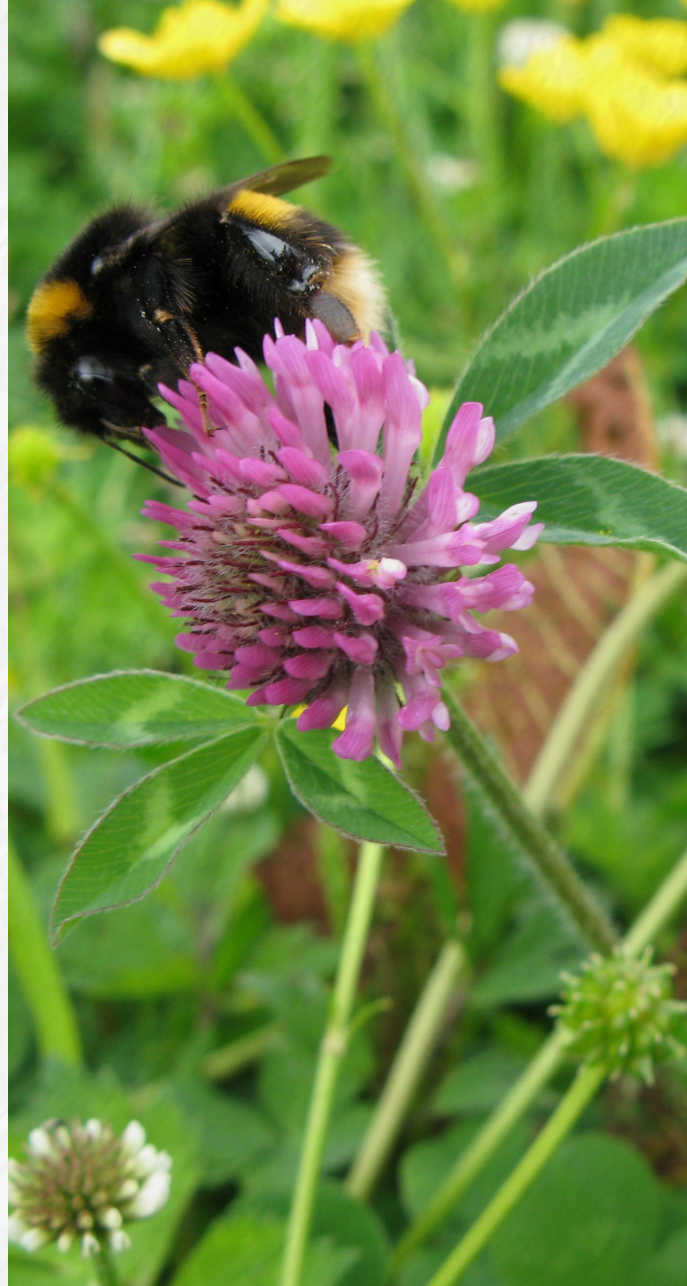
To find out more about how Derbyshire Wildlife Trust can support you on your own wellbeing journey, along with lots of great resources and activity ideas check out:

[www.derbyshirewildlifetrust.org.uk/wild-wellbeing](http://www.derbyshirewildlifetrust.org.uk/wild-wellbeing)

Look out for more exciting activities with Team Wilder using #teamwilder



**Derbyshire**  
Wildlife Trust



# NOTES AND DOODLES

