

# MENTAL HEALTH AWARENESS WEEK



## THURSDAY: BRING NATURE INSIDE YOUR HOME AND OFFICE SPACE

### Grow flowers and plants

Grow flowers or potted plants for your home.



### Photos of favorite places in nature

Use the photos as backgrounds on your technological devices and print them to put them up in your office and home.



### Collect natural materials

Collect for example leaves, flowers, feathers, tree bark or seeds and use them to decorate your living and working space.



### Listen to natural sounds

Listen to recordings, apps or music that play natural sounds (rain, birds chirping, ocean etc.).

