RHS GARDEN
Harlow Carr

1

Welcome to the RHS Garden Harlow Carr
Wellbeing Walk

HOW TO TAKE PART
You will need a QR code reader on your mobile phone to access this activity.

As you walk around the garden scan the QR codes to find out which wellbeing activity you can try in this area.

Revisit the wellbeing walks at home - clicking on hyperlinks to learn more.

HOW DO YOU FEEL? Please record how you are feeling before taking part using our **one word survey**

Connect
Be Active
Take Notice

RHS
Inspiring everyone to grow

RHS GARDEN Harlow Carr
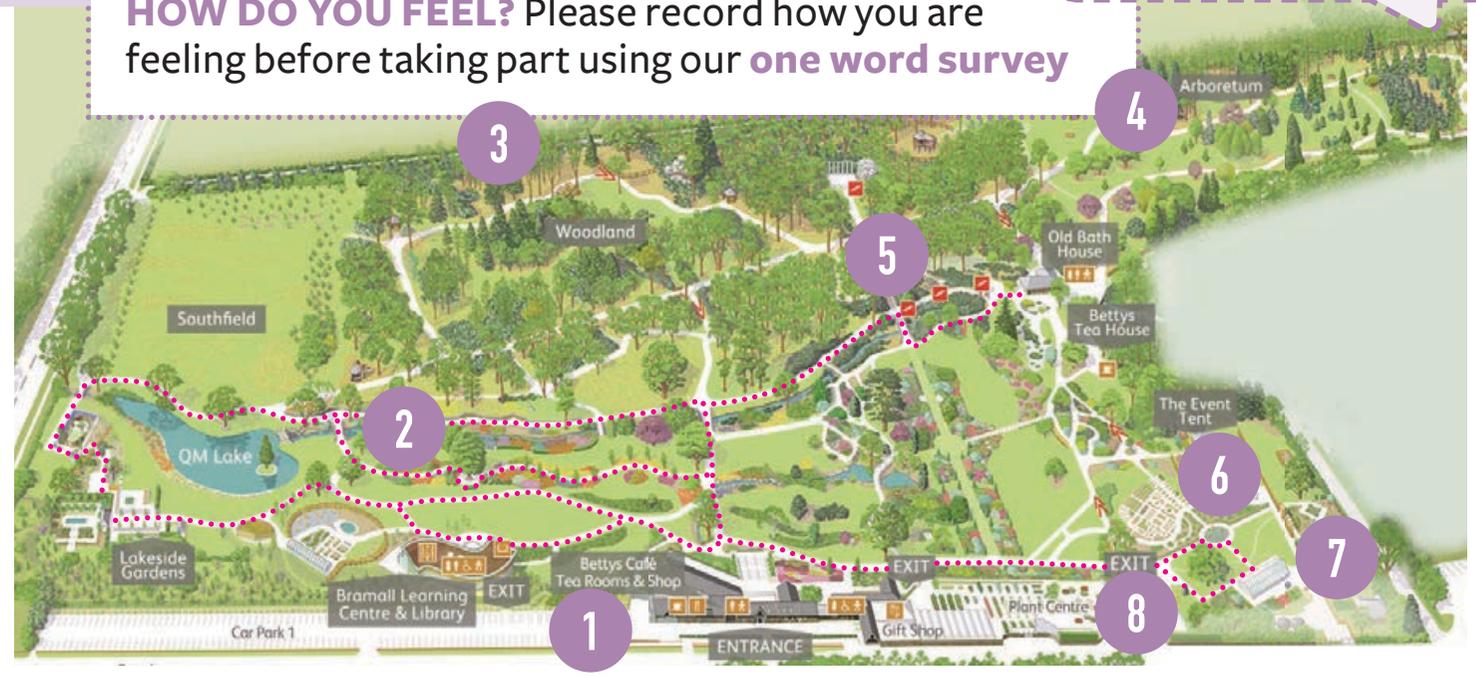
Spending time near water has shown to reduce stress, helping us to feel calmer.

Spend time near water

TODAY We have ponds, streams and a lake to choose from – find your perfect place to sit a while and feel calm.

ANOTHER DAY Have a go at making a water feature, mini pond or bird bath using recycled materials or see if there is a lake or stream to visit near home.

LEARN MORE Visit **RHS Wild About Gardens** to learn about creating a pond, big or small.

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

Connect

Be Active

Take Notice

RHS
Inspiring everyone to grow

RHS GARDEN Harlow Carr

Our body responds to spending time in nature by reducing blood pressure and pulse rate.

Walk amongst nature

Connect

Be Active

Take Notice

TODAY Spend 15 minutes walking around the garden and notice how you feel during and after.

LEARN MORE Read our **Gardening for Wellbeing** article or watch a video about the **RHS Feel Good Garden**.

ANOTHER DAY Find time for a walk. Research shows that spending 10% more time in green spaces translates into an improvement in health equivalent to being 5 years younger!

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

RHS
Inspiring everyone to grow

RHS GARDEN Harlow Carr

Natural sounds like birdsong have a restorative effect, reducing stress and relaxing us.

Listen to birdsong

Connect

Be Active

Take Notice

TODAY On your way to the bird hide check out the sound posts. Spend 15 minutes in the bird hide or quiet place in the garden and listen to the sounds. Think about how far or near they are, do you have a favourite?

ANOTHER DAY If you have a garden or outdoor communal area consider encouraging more birds and see who visits.

LEARN MORE Read about **ways to encourage birds into your garden** or watch **how to make a bird seed cake**.

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

RHS
Inspiring everyone to grow

RHS GARDEN Harlow Carr

Connect

Be Active
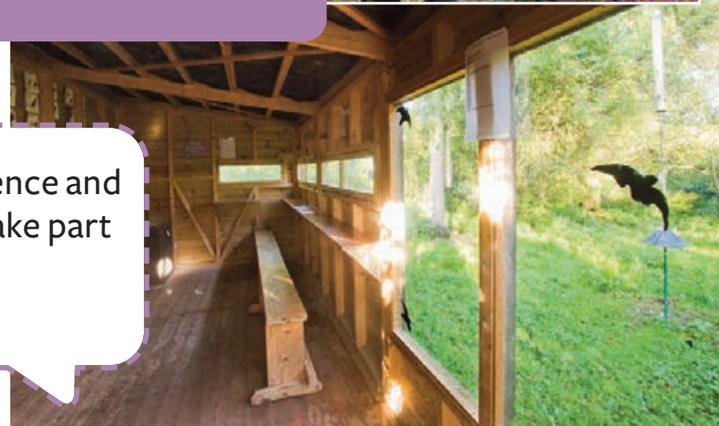
Take Notice

Look at the sunlight and the shadows, the textures and the colours, trees blowing in the wind and clouds sailing by.

Pause and take notice

When we see something amazing or beautiful our brains release chemicals which help to lift our mood.

TODAY Try capturing what you can see in an image or sketch or create natural art using found materials.
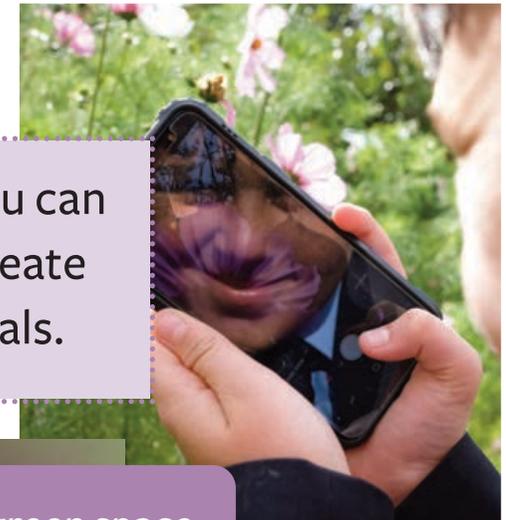
LEARN MORE Read our articles on **why gardening makes us feel better** and **creating a garden for wellbeing**.

ANOTHER DAY Visit a green space near you to pause and connect.

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

RHS

Inspiring everyone to grow

RHS GARDEN Harlow Carr
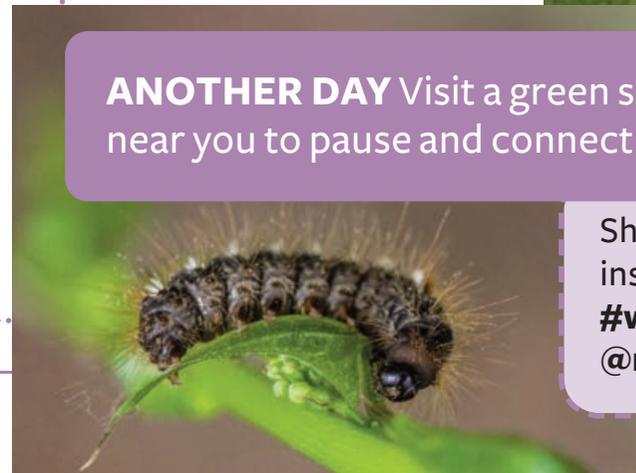
Scents can unlock powerful memories. Studies show that parts of the brain that process smell, memory and emotion are closely related.

Smell it

TODAY Look for some fragrant flowers or herbs. Do you have a favourite? What memories does it evoke?

ANOTHER DAY If you have a garden or outdoor communal area consider growing herbs to boost wellbeing and use in herbal infusions.

LEARN MORE About fragrant herbs in our **Grow Your Own** pages and watch how easy it is to **plant herbs in containers.**

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

Grapefruit Mint
Mushroom Plant
Lemon Verbena
Spearmint Verbena
Basil Mint
Lemon Thyme
Chocolate Peppermint
Orange Thyme
Buckler Leaf Sorrel
Lime Mint
Lemon Grass
Green Ginger Rosemary

Connect
Be Active
Take Notice

RHS
Inspiring everyone to grow

RHS GARDEN Harlow Carr
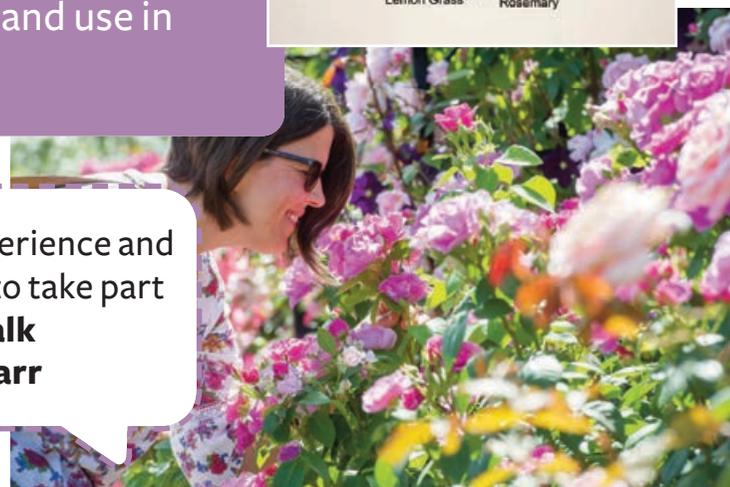
Many patterns can be found in nature, observing these patterns has been shown to reduce people's stress levels.

Patterns in nature

Observe the wide range of geometric patterns in plants - symmetry, repetition and spirals. When repeating identical geometric shapes form a spiral this is called a fractal and it is commonly seen in sunflowers, ferns and alpines.

Connect

Be Active

Take Notice

TODAY Look for geometric patterns in plants. Take an image of your favourite patterns and share their beauty with others.

ANOTHER DAY Keep an eye out for patterns in your garden or local green space.

LEARN MORE About Patterns in Nature.

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

RHS
Inspiring everyone to grow
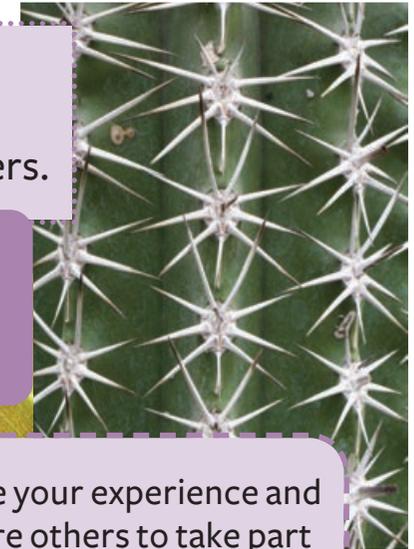
Harlow Carr
RHS GARDEN

We hope that you have enjoyed your visit to the garden and taking part in our Wellbeing Walk.

Thank you for taking part

Connect

Be Active

Take Notice

HOW DO YOU FEEL? Please record how you are feeling after taking part using our **one word survey**

WOULD YOU LIKE TO VISIT THE GARDENS AGAIN? Please see our website for full details of our **seasonal events programme**.

Share your experience and inspire others to take part **#wellbeingwalk @rhsharlowcarr**

RHS
Inspiring everyone to grow

RHS Registered Charity No: 222879/SC038262