

SUSTAINABILITY AND MENTAL WELLBEING

HOW CAN EMBRACING A GREENER LIFESTYLE ENHANCE MENTAL HEALTH AND OVERALL HAPPINESS?



SUSTAINABLE SELF-CARE

Many traditional self-care practices can be tweaked to be more eco-friendly. Reducing consumerism and embracing a simpler lifestyle can have surprising benefits for mental health, the planet - and your pocket!



SERENITY

Can you switch off your mobile for a while, stop doom-scrolling and take a look at the world in a more positive way? How much is our modern, always switched-on world damaging our peace of mind?



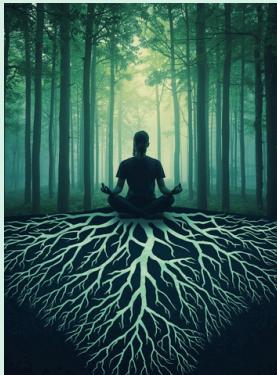
COMMUNITY

Green spaces encourage social interaction and companionship, boosting overall happiness and wellbeing.

**FREE DISCUSSION AND LUNCH - 20TH JANUARY 2026, 12.30 TO 3.30
TO HELP WITH CATERING PLEASE LET US KNOW IF YOU ARE COMING - 291 8010**



TO A FREE COMMUNITY LUNCH TO DISCUSS HOW ADOPTING A GREENER LIFESTYLE CAN HAVE A PRACTICAL AND POSITIVE IMPACT ON YOUR MENTAL WELLBEING



WHY?

It's interesting how environmental sustainability and mental wellbeing keep circling back to each other. They're often treated as separate conversations, but in real life they're deeply intertwined.

WHAT?

It isn't simply a case of getting outside in nature - although that is important - it is about looking at our lifestyles. For example, do we always need to buy new? Reusing and recycling will reduce the burden of financial worries as well as helping the planet



HOW

We will discuss how we can all learn to improve our mental wellbeing particularly through sustainable self-care. What can we do locally to empower ourselves e.g. repair cafes, swap shops, learning how to do a digital detox etc. etc? Come along with your ideas. Let's do this thing together!