

**OUTDOOR**

**NOURISHING**

**ACTIVITIES**

**INSPIRATION**







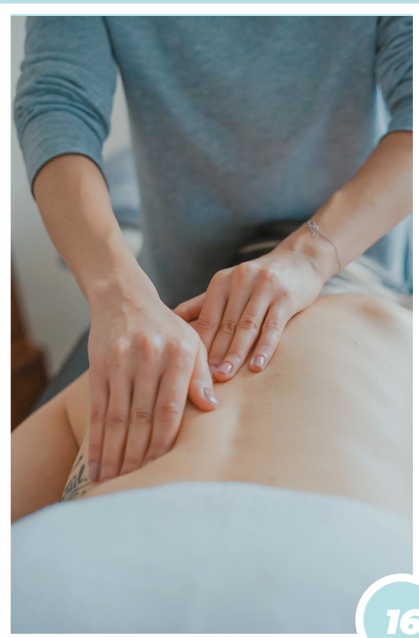
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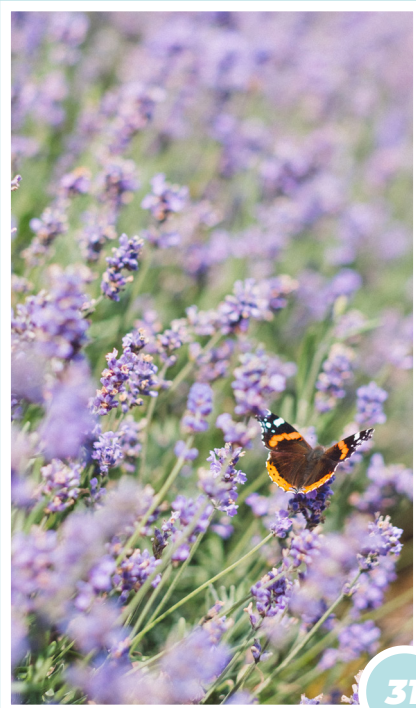
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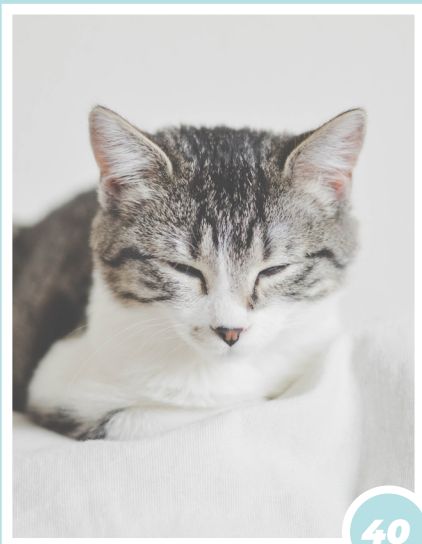
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**Improve your mental wellbeing by prioritising and scheduling a sufficient amount of nourishing activities in your life. We recommend diarising at least two acts of self-care per week. Tick the activities you're interested in trying out below.**

- 1. Go for a long walk while listening to music, a podcast or an audiobook
- 2. Visit a friend
- 3. Go to a new café or restaurant
- 4. Visit a museum
- 5. Browse local charity shops
- 6. Get a book out from your local library
- 7. Go to the gym
- 8. Go jogging outdoors
- 9. Go to a stand-up comedy night
- 10. Go to a local farmer's market
- 11. Go to a local meditation group
- 12. Attend an evening course
- 13. Go hiking
- 14. Walk around a nature reserve
- 15. Go to a Meetup event
- 16. Get a massage
- 17. Join a local book club
- 18. Find a local volunteering opportunity
- 19. Go to a yoga or pilates class
- 20. Check out a nearby town
- 21. Go to an outdoor food market
- 22. Organise a group dinner
- 23. Go to a Taekwondo class
- 24. Visit a new country
- 25. Play table tennis
- 26. Buy yourself flowers
- 27. Go to see a film by yourself
- 28. Go to an ice-skating class
- 29. If you use public transport, get off earlier and walk the rest of the way
- 30. Go camping
- 31. Visit a lavender field
- 32. Go to a support meeting
- 33. Go on a walking holiday
- 33. Sit in a good people watching spot and watch the world go by
- 34. Go for afternoon tea
- 35. Join a local board games night
- 36. Play an Escape Game
- 37. Try a dance class
- 38. Go swimming
- 39. Go to a spa
- 40. Visit an animal café
- 41. Go to a cooking class





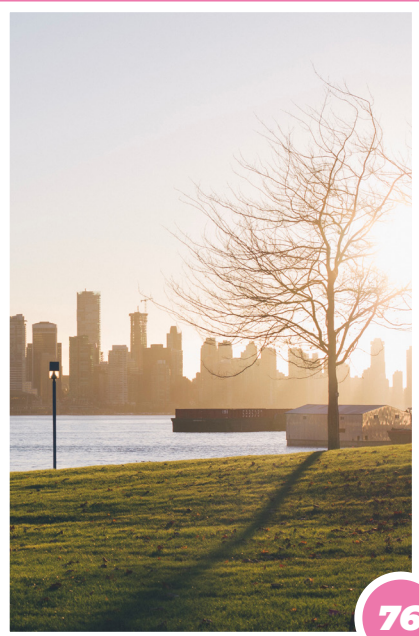
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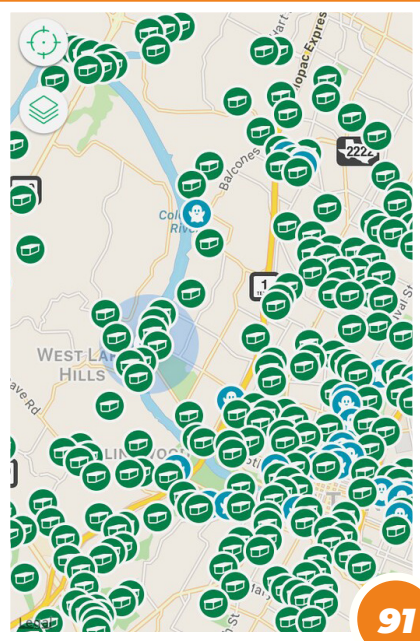
71

- 42. Go to a free public lecture
- 43. Do some gardening
- 44. Go rock climbing or bouldering
- 45. Take a pottery class
- 46. Go clothes shopping
- 47. Go on a street art tour
- 48. Have a personal training session at the gym
- 49. Go for a facial
- 50. Take some photographs
- 51. Go to see some live jazz
- 52. Try a Karate class
- 53. Go on a weekend trip
- 54. Visit a botanic garden
- 55. Go to a sauna
- 56. Go to an outdoor exercise class or gym
- 57. Dine at an alfresco restaurant
- 58. Go on a scenic drive
- 59. Join a local choir
- 60. Read a book in the park
- 61. Go on a mindfulness retreat
- 62. Go to an exhibition
- 63. Go to an art class
- 64. Give blood
- 65. Go to an outdoor cinema
- 66. Ride an adult scooter
- 67. Go to an open mic night
- 68. Attend a public speaking course
- 69. Watch the sunrise or sunset
- 70. Visit a tourist destination in your own city
- 71. Go bowling
- 72. Organise an outdoor BBQ
- 73. Go on a cruise
- 74. Stargaze at night
- 75. Go fruit picking
- 76. Go for a walk by a river
- 77. Visit a castle
- 78. Go wine tasting
- 79. Visit one of the Seven Wonders of the World
- 80. Go to an open house event
- 81. Do a Parkrun
- 82. Go ziplining
- 83. Go to a Krav Maga self-defence class
- 84. Go on a bus tour
- 85. Start weightlifting
- 86. Watch a sports game in a pub or bar
- 87. Go nightclubbing
- 88. Join a local sports team

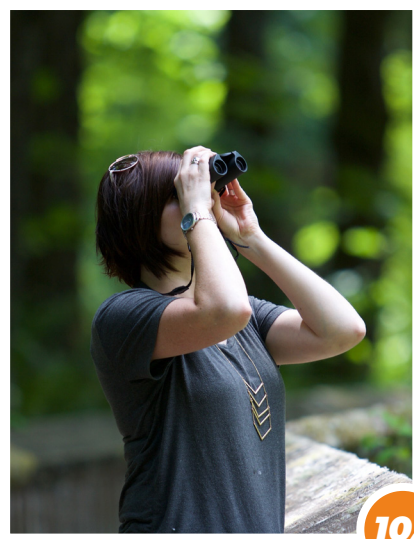
*“Caring for  
myself is not  
self-indulgence,  
it is self-  
preservation.”*

*– Audre Lorde*





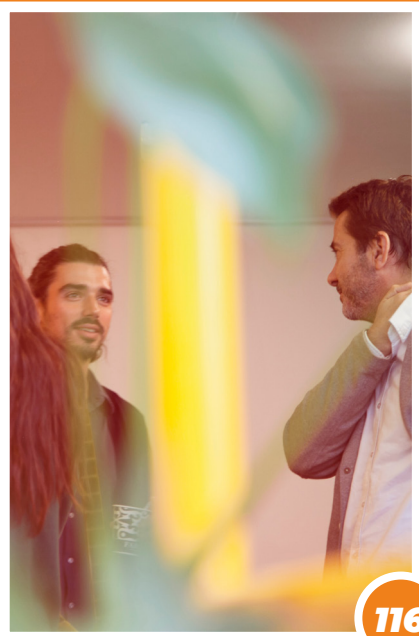
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- 89. Take a photography class
- 90. Go on a safari
- 91. Play the Geocaching app – an outdoor treasure hunting game
- 92. Visit an elephant sanctuary
- 93. Go to a roller disco
- 94. Rent an Airbnb in the countryside
- 95. Go white water rafting
- 96. Offer to pet sit for someone
- 97. Go to a café and read a free local newspaper
- 98. Go on a road trip
- 99. Join the board of a community group
- 100. Go to the park and feed the ducks
- 101. Go horse-riding
- 102. Go rowing or canoeing
- 103. Go birdwatching
- 104. Browse around a gardening centre
- 105. Get an allotment
- 106. Go mountain biking
- 107. Go to a Feldenkrais class
- 108. Play golf or minigolf
- 109. Go to a local garage sale
- 110. Go on a guided tour
- 111. See which activities your local community centre offers
- 112. Play badminton
- 113. Visit a waterfall
- 114. Go for an ice-cream
- 115. Have a picnic in the park
- 116. Go to a regular language exchange event
- 117. Go to the beach
- 118. Try a Tai Chi class
- 119. Go on a bike ride
- 120. Go foraging
- 121. Visit an observatory
- 122. Play pool or snooker
- 123. Attend an improv class
- 124. Play tennis at the park
- 125. Go to a live music event
- 126. Go to a boxing class
- 127. Browse a health food shop
- 128. Attend a religious service
- 129. Go skiing or snowboarding
- 130. Go paintballing
- 131. Do a Brazilian jiu-jitsu class
- 132. Go on a yoga retreat
- 133. Go scuba diving or snorkelling
- 134. Go for a manicure or pedicure
- 135. See a play or musical at the theatre



- 136. Play Frisbee in the park
- 137. Go to a floatation centre
- 138. Go to a pub quiz
- 139. Go power walking
- 140. Go for a Sunday roast
- 141. Go sailing
- 142. Go to a spinning class
- 143. Visit a temple
- 144. Organise a work social event
- 145. Go to an indoor trampoline park
- 146. Play football in the park
- 147. Go to an art gallery
- 148. Go to a karaoke night
- 149. Go to a theme park
- 150. Hire a pedalo in a park
- 151. Go to a cocktail bar
- 152. Try go-karting
- 153. Sketch or draw outdoors
- 154. Go rollerblading in the park
- 155. Donate to a local food bank
- 156. Go to a qi gong class
- 157. Visit an aquarium or zoo

## MY LIST OF OUTDOOR ACTIVITIES TO TRY



## MY FAVOURITE OUTDOOR ACTIVITIES

