- Mental health / Health

Try these mood-boosting activities

Get a different perspective on your local area or head further afield and explore.

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Take a guided walk

Walking is known to improve your cardiovascular health, mood and self-esteem. A 2014 study by researchers at the University of Michigan found that taking group nature walks has a host of mental health benefits, including decreased depression.

Head to the coast

"Water has been found to be a dominant feature of 'restorative' landscapes – viewing water creates strong positive reactions that improve our mood and promote recovery from stress and mental fatigue," writes marine biologist Dr Deborah Cracknell in By the Sea: the therapeutic benefits of being in, on and by the water. So, head to the ocean!

Camp out

A 2017 study by the University of Colorado Boulder found that sleeping outdoors for a weekend can reset your sleep schedule to line up with natural light cycles, helping you to get to sleep earlier and wake up feeling more refreshed. Sleeping outdoors in nature also improves body and brain function, due to the better quality of oxygen.