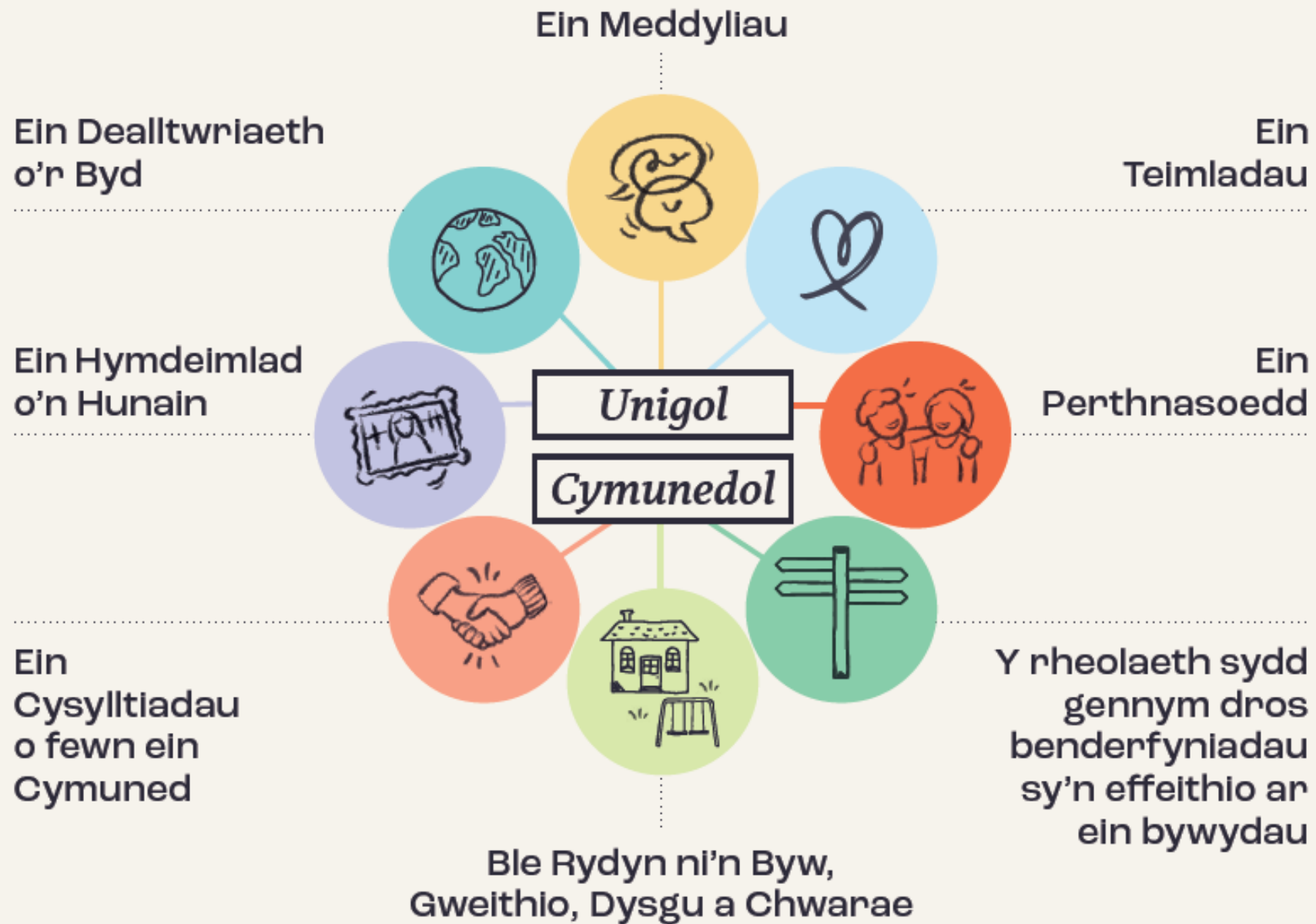


Nature and Wellbeing: Exploring Connection

Natur a Lles: Archwilio Cysylltiad

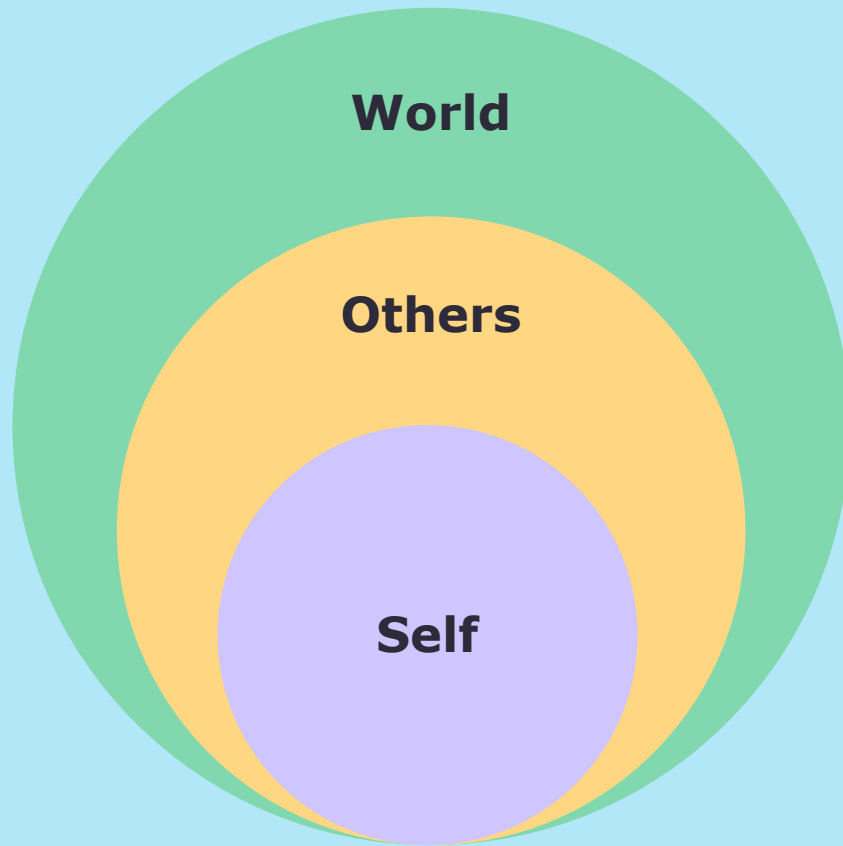
Amy Davies; Principal Public Health Practitioner
Health Improvement: Mental & Community Wellbeing
amy.davies8@wales.nhs.uk





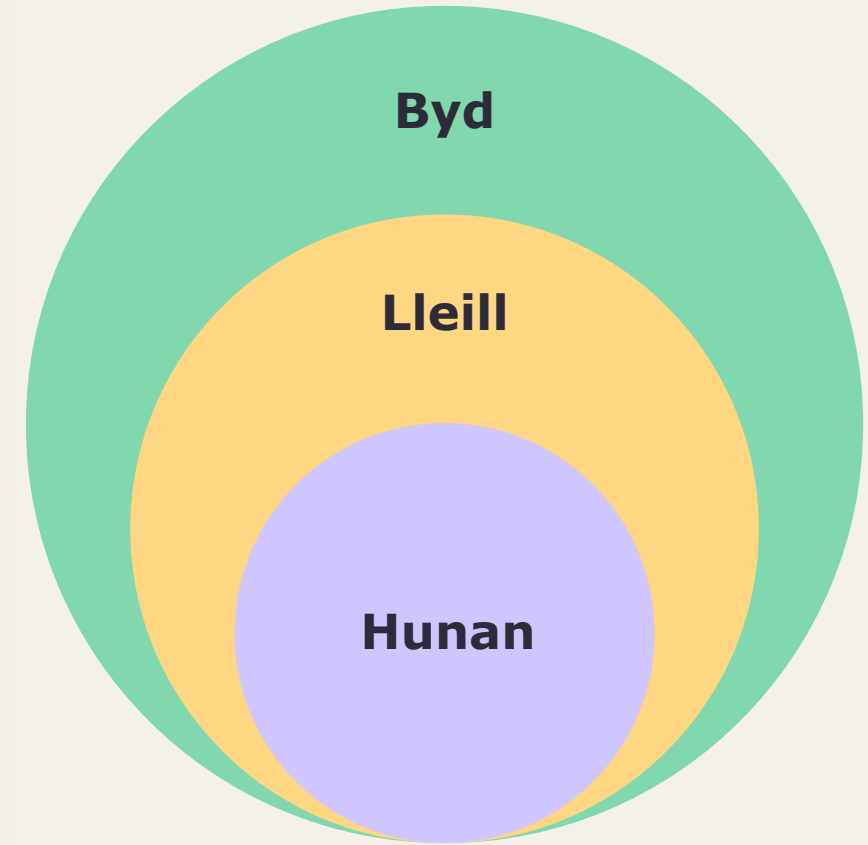
Mental wellbeing

“Connection”



Lles meddyliol

“Cysylltiad”



What is Hapus?

Hapus wants to bring people together around a common cause, to improve mental wellbeing for people in Wales.

Hapus aims to spark conversations and individual or collective action, to improve our mental wellbeing and maintain it when challenges arise.

Taking meaning and joy from the ordinary things in our lives can help us feel good and function well.

Our mission

Hapus mission is to establish mental wellbeing as one of the top priorities for the people of Wales.

We promote activities across the following areas which are proven to have a positive impact on our mental wellbeing.



Connecting to nature
and our environment



Building & supporting
social connections



The arts and
being creative



Our hobbies
and interests



Our heritage &
connections to the past



Learning and curiosity



Looking after our
physical health



Our thoughts
and feelings

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Beth yw Hapus?

Mae Hapus yn awyddus in ddod â phobl ynghyd drwy achos cyffredin, er mwyn gwella lles meddyliol pobl yng Ngymru.

Nod Hapus yw sbarduno sgysiau a chymau gweithredu unigol neu ar y cyd, I wella ein lles meddyliol a'I gynnal pan fydd heriau'n codi.

Gall dod o hyd in ystr a chael pleser o'r pethau cyffredin yn ein bywydau ein helpu in deimlo'n dda a gweithredu'n dda.

Ein cenhadaeth

Cenhadaeth Hapus yw sefydlu lles meddyliol fel un o brif flaenoriaethau pobl Cymru.

Rydym yn hyrwyddo gweithgareddau ar draws y meysydd canlynol sydd wedi'u profi i gael effaith gadarnhaol ar ein lles meddyliol.



Cysylltu â natur a'n hamgylchedd



Meithrin a chefnogi cysylltiadau cymdeithasol



Y celfyddydau a bod yn greadigol



Ein hobiau a'n diddordebau



Ein treftadaeth a'n cysylltiadau â'r gorffennol



Dysgu a chwylfrydedd



Gofalu am ein hiechyd corfforol



Ein meddyliau a'n teimladau

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Hapus Strategic Partnership

Partneriaeth Strategol



Nature can help people of all ages improve their mental wellbeing

Moments in nature can help nurture positive emotions such as peace, calm, awe and wonder⁵.

Time spent in greenspaces and nature is linked to a range of health benefits for all ages^{3,4}.

For adults:

- Improved mental wellbeing
- Reduced social isolation
- Reduced stress
- Higher life satisfaction
- Improved self-confidence



For children & young people:

- Reduced stress
- Improved resilience
- Reduction in hyperactivity and inattention
- Greater emotional wellbeing



Taking action to look after nature can help build a sense of connectedness to ourselves and our community⁵.

Up to the age of 11 we have a strong connection with nature, but as we grow older this connection weakens. Actively spending moments with nature helps to strengthen this connection⁶.



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Gall byd natur helpu pobl o bob oed i wella eu lles meddyliol

Gall eiliadau ym myd natur helpu i feithrin emosiynau cadarnhaol megis heddwch, tawelwch, syndod a rhyfeddod⁵.

Mae'r amser a dreulir mewn mannau gwyrdd a natur yn gysylltiedig ag ystod o fanteision iechyd i bobl o bob oed^{3,4}.

Ar gyfer oedolion:

- Gwell lles meddyliol
- Llai o ynysigrwydd cymdeithasol
- Llai o straen
- Mwy o foddhad bywyd
- Mwy o hunanhyder



Ar gyfer plant a phobl ifanc:

- Llai o straen
- Mwy o wydnwch
- Gostyngiad o ran gorfywiogrwydd a diffyg sylw
- Gwell lles emosiynol

Gall cymryd camau i ofalu am natur helpu adeiladu ymdeimlad o gysylltiad â ni ein hunain a'n cymuned⁵.

Mae gennym ni gysylltiad cryf â byd natur hyd at 11 oed, ond wrth i ni heneiddio mae'r cysylltiad hwn yn gwanhau. Mae treulio eiliadau gyda natur yn helpu i gryfhau'r cysylltiad hwn⁶.



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Recent research has considered the impact of being “near-by” nature and spending “moments with” nature rather “minutes in” nature⁵. Connecting with nature doesn’t have to mean visiting a nature reserve. It can be as simple as watching the seasons change or listening to birds sing.



Evidence shows greener environments can protect and promote good health, improve recovery from illness, help us manage poor health⁴.



Time spent in nature is linked to reduced blood pressure, reduced risk of diabetes, obesity and COVID-19⁴.



Access to nature in urban populations has been found to reduce the need for antidepressant medication, particularly for people on low incomes².



Mae ymchwil diweddar wedi ystyried effaith bod yn “agos” at natur a threulio “eiliadau gyda” natur yn hytrach na “munudau” ym myd natur⁵. Nid oes rhaid i gysylltu â natur olygu ymweld â gwarchodfa natur. Gall fod mor syml â gwyllo’r tymhorau’n newid neu wrando ar adar yn canu.



Dengys tystiolaeth y gall amgylcheddau gwyrddach ddiogelu a hybu iechyd da, gwella adferiad o salwch a’n helpu i reoli iechyd gwael⁴.



Mae amser a dreulir ym myd natur yn gysylltiedig â phwysedd gwaed is, llai o risg o ddiabetes, gordewdra a COVID-19⁴.



Canfuwyd bod cael mynediad at fyd natur mewn poblogaethau trefol yn lleihau’r angen am feddyginiaeth gwrth-iselder, yn enwedig i bobl ar incwm isel².



Existing relationship

Pathway

Exploitative relationship with nature

Dominant relationship, utility, control, fear

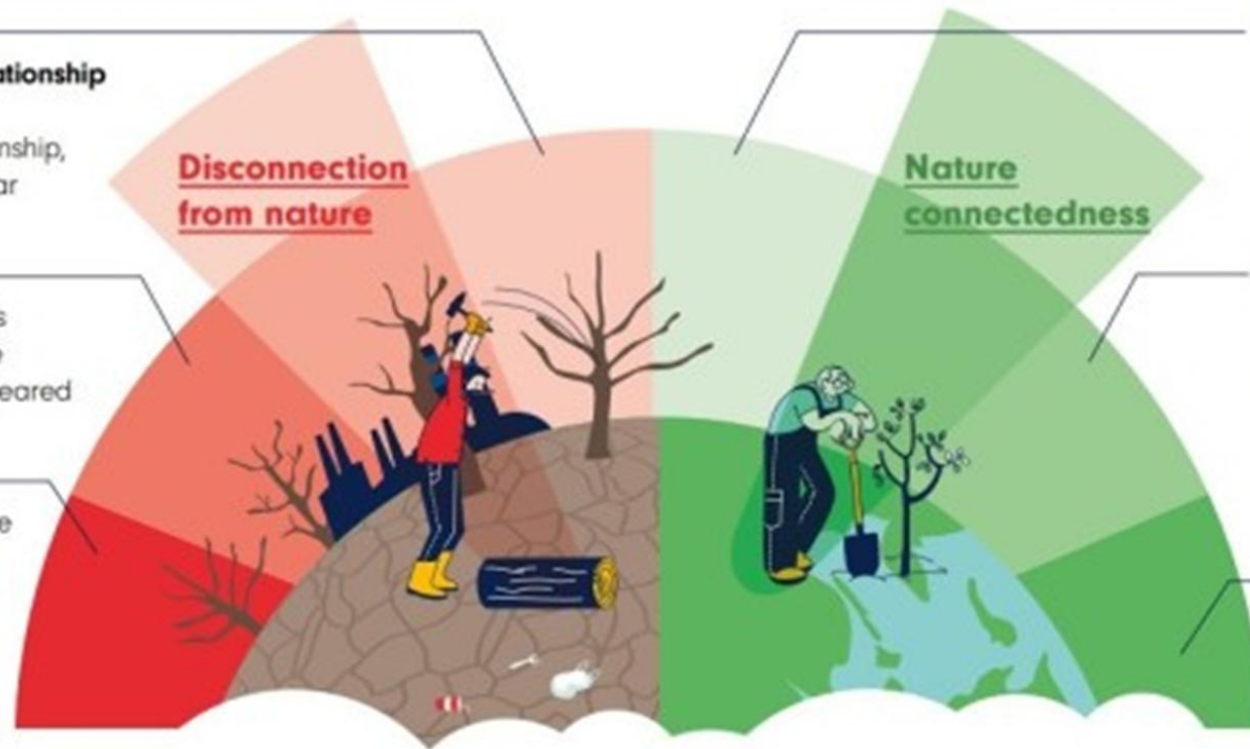
Negatives

Nature becomes something to be controlled and feared

Outcomes

Warming climate
Biodiversity loss
Unsustainable planet

Disconnection from nature



New relationship

Pathway

Experiential relationship with nature

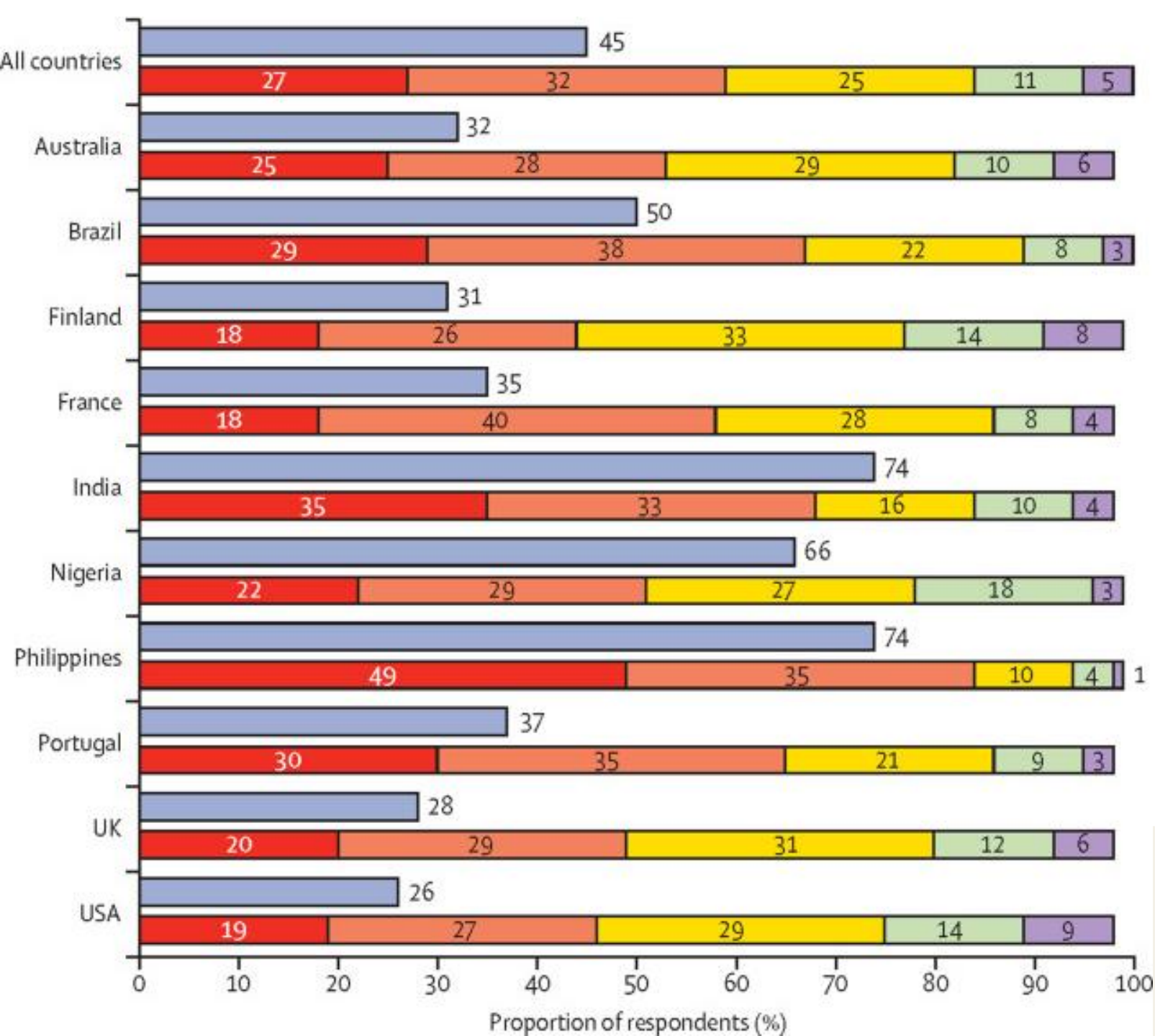
Senses, emotion, beauty, meaning, compassion

Benefits

Mental wellbeing
Pro-nature conservation
e.g., wildlife habitat creation
Pro-environmental
behaviour e.g., carbon and
resource use reduction

Outcomes

Nature and climate
recovering



■ Impact on functioning
 ■ Extremely worried
 ■ Very worried
 ■ Moderately worried
 ■ A little worried
 ■ Not worried

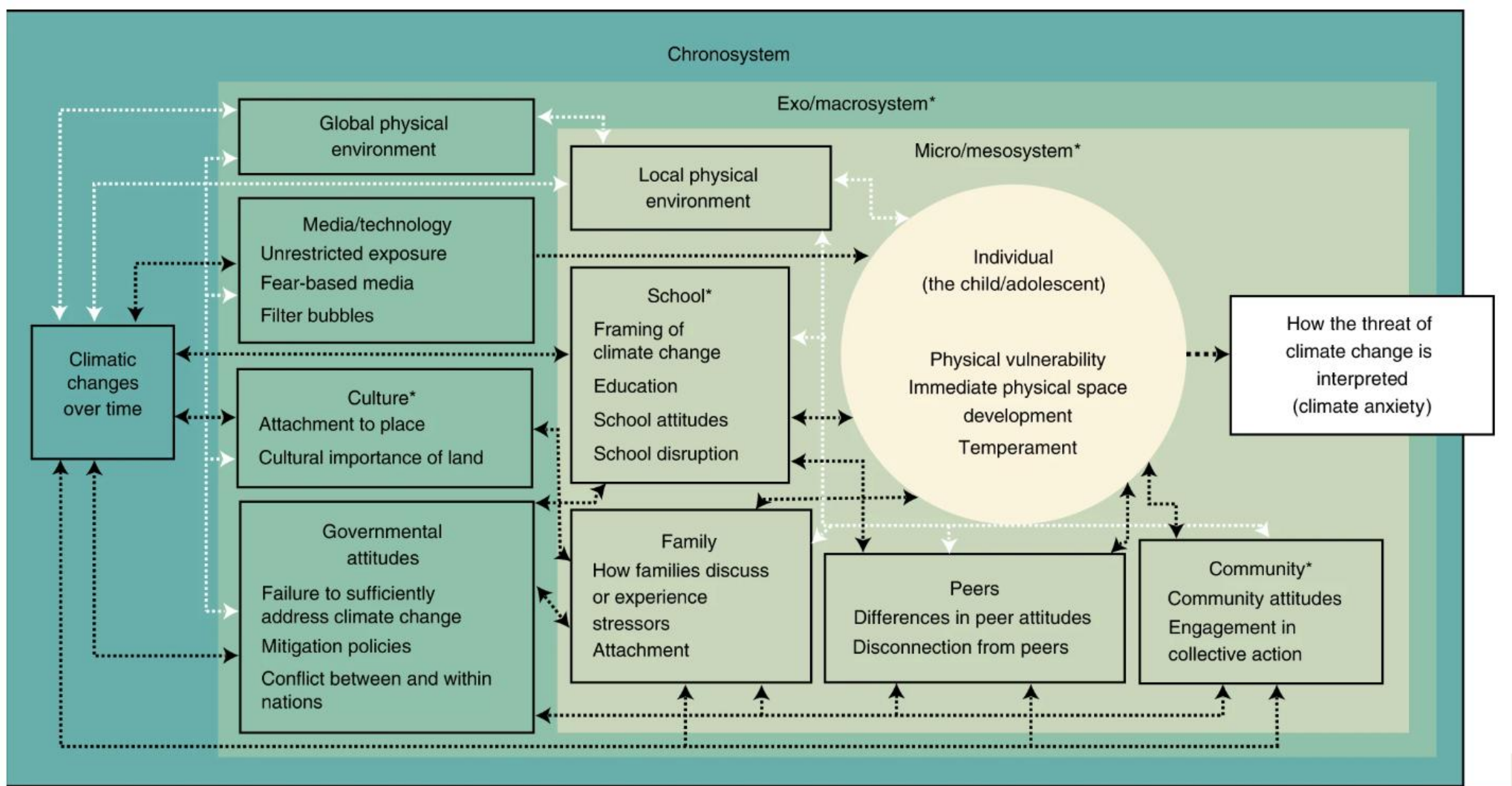
Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey (2021). Hickman, Caroline et al. The Lancet Planetary Health. Volume 5(12):e863 - e873

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Crandon, T.J., Scott, J.G., Charlson, F.J. *et al.* A social–ecological perspective on climate anxiety in children and adolescents. *Nat. Clim. Chang.* 12, 123–131 (2022).

<https://doi.org/10.1038/s41558-021-01251-y>

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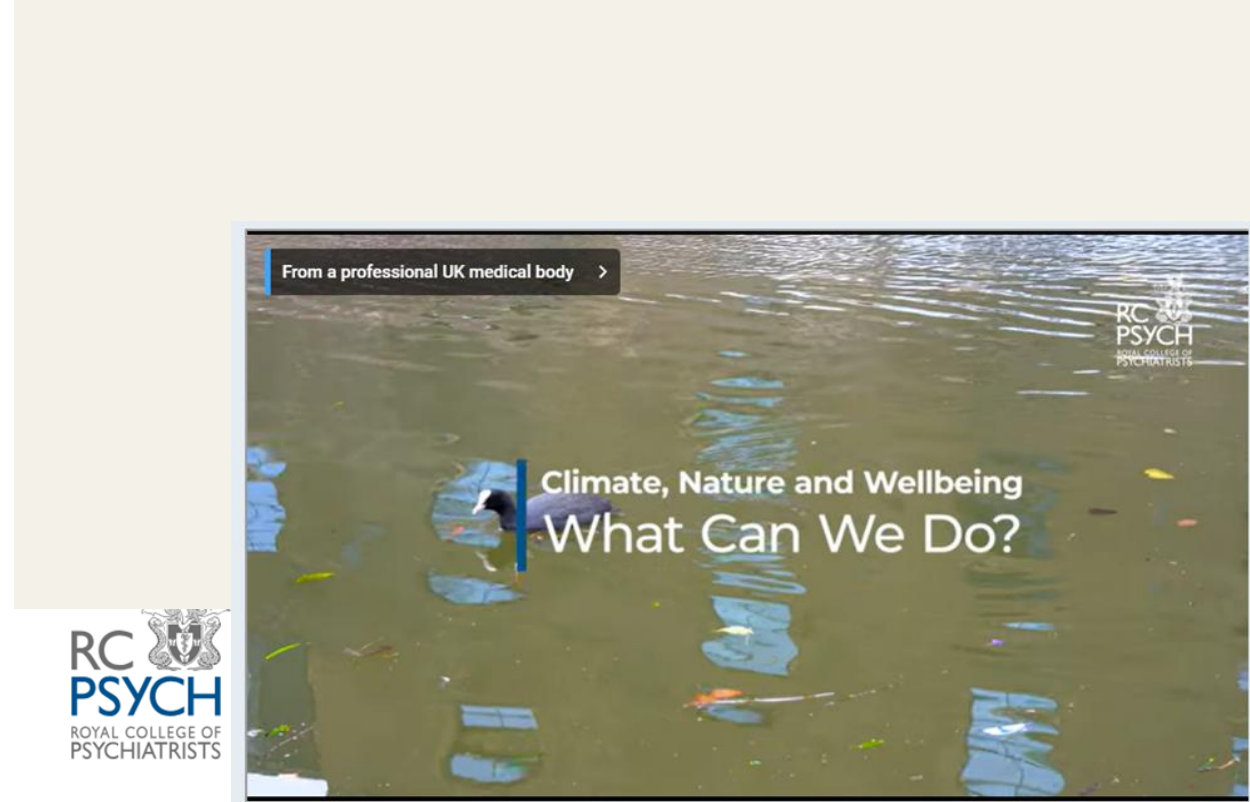


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The Climate Emotions Wheel.
www.climatementalhealth.net/wheel



[Home](#) > [Mental health](#) > [Young people's mental health](#) > Eco distress for young people

Eco distress for children and young people

This information resource is for children and young people, their parents, carers, teachers and other people who might support them. It looks at eco distress, what actions you can take to look after yourself and how you can get more help.

Individual & environmental wellbeing



Exposure to nature

Time in nature **only** improves human wellbeing.



Repeated engagement with nature

Nature connectedness improves both human **and** nature's wellbeing.

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Beth sy'n gweithio i ti?

What works for you?

Ewch i hapus.cymru

Visit hapus.wales



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"Treulio peth amser ym myd natur"

"Taking some time in nature"

Bethan, 36

Get Inspired



Gazing at the moon
and stars on a clear
night



Finding peace of
mind at my allotment



Trees give me a
whole other
perspective

Personal stories submitted by members of the public.

These stories detail their experiences and approaches to protecting and enhancing their wellbeing.

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Derbyn Ysbrydoliaeth



Syllu ar y lleuad a'r
sêr ar noson glir



Dod o hyd i
dawelwch meddwl
yn fy rhandir



Mae coed yn rhoi
persbectif cwbl
wahanol i mi

Straeon personol a gyflwynwyd gan aelodau o'r cyhoedd.

Mae'r straeon hyn yn manylu ar eu profiadau a'u dulliau o ddiogelu a gwella eu lles.

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View our wellbeing tools and resources

A collection of resources and ideas to inspire you to take that first step toward better mental wellbeing.

Learn more →





Offer ac adnoddau lles

Casgliad o adnoddau a syniadau i'ch ysbrydoli i gymryd y cam cyntaf tuag at les meddyliol gwell.

Dysgu mwy →



Hapus Insights

Evidence-based articles, written by our experts and partners, highlighting what works to support mental wellbeing.



28 October 2025

Nature, Movement and Human Connection: The Evidence Behind the Mind Over Mountains Approach



18 June 2025

Supporting wellbeing through heritage and nature



30 May 2025

Growing Calm: How Gardening Can Nurture Your Wellbeing



30 August 2024

Connecting with nature through forest bathing for improved mental wellbeing



1 May 2024

Why being in nature is good for your wellbeing

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Erthyglau Hapus

Erthyglau sy'n seiliedig ar dystiolaeth, wedi'u hysgrifennu gan ein harbenigwyr a'n partneriaid, gan amlygu beth sy'n gweithio i gefnogi lles meddyliol.



18 Mehefin 2025

*Cefnogi llesiant drwy
drefnadaeth a natur*



30 Mai 2025

*Tyfu Tawelwch Meddwl:
Sut Gall Garddio Hybu Eich
Llesiant*



30 Awst 2024

*Cysylltu â natur trwy
ymdrochi mewn coedwig er
mwyn gwella llesiant
meddyliol*



1 Mai 2024

*Pam mae treulio amser
gyda natur o fudd i'ch lles*

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Wellbeing in Action

What works in creating inclusive wellbeing promoting community activities?

[Wellbeing In Action – Hapus](#), which provides evidence-based, practical guidance for organisations across all sectors to support the planning of community-based activities.

Actions for incorporating nature into activities.

Outdoor groups where people can connect with nature, often draw in many wellbeing promoting elements into a single activity. This means there is potential to realise multiple benefits for mental and community wellbeing through nature-based activities.



Llesiant ar Waith

Beth sy'n gweithio o ran creu gweithgareddau cymunedau sy'n hyrwyddo llesiant cynhwysol?

Llesiant ar Waith - Hapus– sy'n darparu canllawiau ymarferol, sy'n seiliedig ar dystiolaeth, ar gyfer sefydliadau ym mhob sector i'w cefnogi wrth gynllunio gweithgareddau cymunedol.

Camau gweithredu ar gyfer ymgorffori natur mewn gweithgareddau.

Mae grwpiau awyr agored lle gall pobl gysylltu â natur yn aml yn ffordd o gynnwys llawer o elfennau sy'n hyrwyddo llesiant mewn un gweithgaredd. Mae hyn yn golygu bod potensial i wireddu nifer o fuddion llesiant meddyliol a llesiant yn y gymuned trwy gynnal gweithgareddau sy'n seiliedig ar natur.



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Co-benefits

Climate and nature affects mental health and wellbeing, and wellbeing shapes how populations respond to climate challenges and nature recovery.

Hapus shares ideas and resources to help inspire us all to take action to protect and improve our mental wellbeing and that of others.

Our Strategic Partnership recognises the importance of nature connection for individual wellbeing and collective action for change.

- Evidence about how time in nature supports our mental wellbeing, and gives hope for the future.
- Wellbeing tools designed to inspire action to connect with the natural world around us.
- Stories from people across Wales about how nature supports them, and they support nature.
- Evidence-based actions for incorporating nature connection into community activities to realise multiple benefits.

We care about unlocking benefits of change, focussing on the co-benefits of nature connection for wellbeing and increased climate and nature action.

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Cyd-fanteision

Mae'r hinsawdd a natur yn effeithio ar iechyd meddwl a lles, ac mae lles yn siapio sut mae poblogaethau'n ymateb i heriau hinsawdd a chadwraeth natur.

Mae Hapus yn rhannu syniadau a chyfryngau i helpu i ysbrydoli pawb ohonom i gymryd camau i amddiffyn a gwella ein lles meddyliol ni a lles eraill.

Mae ein Partneriaeth Strategol yn cydnabod pwysigrwydd cysylltiad â natur ar gyfer lles unigolion a gweithredu cydweithredol dros newid.

- Tystiolaeth am sut mae treulio amser mewn natur yn cefnogi ein lles meddyliol, ac yn rhoi gobaith ar gyfer y dyfodol.
- Offer lles wedi'u cynllunio i ysbrydoli gweithredu i gysylltu â'r byd naturiol o'n cwmpas.
- Straeon gan bobl ledled Cymru am sut mae natur yn eu cefnogi, ac mae nhw'n cefnogi natur.
- Camau wedi'u seilio ar dystiolaeth i gynnwys cysylltiad â natur mewn gweithgareddau cymunedol i wireddu sawl budd.

Rydym yn poeni am ddatgloi manteision newid, gan ganolbwyntio ar gyd-fanteision cysylltiad natur dros les a gweithredu mwy ym maes hinsawdd.

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What does it mean to be a Hapus Supporter?

Hapus Supporters are organisations with strong community ties that help share Hapus' message and engage their audiences in meaningful activities.

You can sign up to become a Hapus Supporter at **hapus.wales/get-involved/organisations-and-businesses/**



We are so grateful for your support



How we will work together

- We're here to motivate, inform and inspire you on the importance of mental wellbeing and how you can contribute and enrich the Hapus programme.
- We will provide clear guidelines on how to communicate clearly and consistently with our strategy and brand voice.
- We'd love for you to promote Hapus and encourage your community to participate in the Hapus National Conversation.
- You are providing a vital link between us and individuals to promote the activities that help protect and promote their mental wellbeing.



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Beth mae bod yn Gefnogwr Hapus yn ei olygu?

Mae Cefnogwyr Hapus yn sefydliadau sydd â chysylltiadau cryf â'u cymunedau ac sy'n helpu i rannu neges Hapus ac ymgysylltu â'u cynulleidfaoedd mewn gweithgareddau ystyrlon.

Gallwch gofrestru i ddod yn Gefnogwr Hapus yma: **hapus.cymru/cymerwch-ran/sefydliadau-a-busnesau/**



Rydym yn hynod ddiolchgar am eich cefnogaeth



Sut y byddwn yn gweithio gyda'n gilydd:

- Rydym yma i'ch ysgogi, i'ch hysbysu ac i'ch ysbrydoli ynghylch pwysigrwydd lles meddyliol a sut y Gallwch gyfrannu at raglen Hapus a'i chyfoethogi.
- Byddwn yn darparu canllawiau clir ar sut i gyfathrebu'n glir ac yn gyson drwy ein strategaeth a thon ein brand.
- Byddem wrth ein bodd pe baech yn hyrwyddo Hapus ac yn annog eich cymuned i gymryd rhan yn Sgwrs Genedlaethol Hapus.
- Rydych yn gyswllt hanfodol rhyngom ni ac unigolion I hyrwyddo'r gweithgareddau a allai wella eu lles meddyliol.



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Ymunwch a'r sgwrs

Rhannwch beth sy'n helpu i ddiogelu a gwella eich lles meddyliol er mwyn helpu i ysbrydiol eraill

Dewch o hyd ni yn: hapus.cymru
Instagram [@hapus.cymru](https://www.instagram.com/hapus.cymru)
Facebook [@hapusllesmeddyliol](https://www.facebook.com/hapusllesmeddyliol)



Join the conversation

Share what helps to protect your mental wellbeing and help inspire others

Find us at: hapus.wales
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Facebook [@hapusmentalwellbeing](https://www.facebook.com/hapusmentalwellbeing)

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#ForOurMentalWellbeing

#ArGyferEinLlesMeddyliol

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