

Five Ways to Wellbeing: Environmental Volunteering

There are five simple types of action we can take to help promote our wellbeing.*
Environmental volunteering can help with all five.

CONNECT



There are many environmental groups such as Friends groups that look after particular places. Belonging to such a group offers us a chance to meet like-minded people and have regular social contact.

BE ACTIVE

Hand weeding, pushing a wheelbarrow, digging holes, carrying watering cans, taking a bush walk. All are free alternatives to the gym! You can take on activities at a level that suits you and your abilities. The results are visible and rewarding.



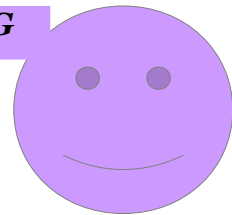
TAKE NOTICE



In our busy lives we often fail to really notice the world around us. As we care for the environment we can be entranced by a tiny seedling or the swaying of a majestic gum tree, or listen to the calls of birds that have made their homes in the bushland we have restored.

KEEP LEARNING

What was that butterfly? How do I tackle this weed? While volunteering, we get curious and keep picking up new knowledge and skills. We learn from knowledgeable volunteer friends, or through expert talks, workshops and bush walks, or through reading books and internet sites.



GIVE



In a world that often seems more about taking, giving is actually good for us as well as others. Giving our time to establish a new plant, sharing our knowledge or planting a tree for the next generation are all rewarding in themselves.

*Based on scientific evidence:

<https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

<https://5waystowellbeing.org.au/>

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