

Mini Guide

# THE ROLE OF NATURE ON OUR EVERYDAY WELLBEING



- *The Living Green Company*

# INTRODUCTION



## FINDING WELLBEING

Wellbeing is not something added to a garden. It is something created through how a space is designed and experienced.

Light, enclosure, movement and material all influence how the body responds to an environment. Some spaces feel calm and restorative. Others feel unsettled or demanding.

This mini guide introduces how gardens can support everyday wellbeing through simple, thoughtful design decisions.

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## THE GREAT OUTDOORS

# ENVIRONMENT

We respond to outdoor spaces instinctively.

Clear layouts, soft planting and balanced enclosure reduce stress and help the mind settle. In contrast, cluttered or overly exposed spaces can create subtle tension.

Gardens that feel comfortable are often simple. They allow the eye to rest, movement to feel natural and time to slow.

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# DESIGNING FOR WELLBEING

Small changes can have a significant impact.

Positioning seating in sheltered areas, introducing gentle movement through planting and managing light through trees or structures all contribute to a more comfortable environment. These adjustments help reduce exposure, soften the space and make it more inviting to use throughout the day.

It is often the quieter decisions that shape how a garden feels over time. A place to sit that receives the right light, a pathway that flows naturally, or planting that responds to the conditions of the site can all improve the experience without adding complexity.

Wellbeing in the garden is not about adding features. It is about removing friction and creating ease



# SIMPLE EVERYDAY



## ACTIONS

A pot of lavender placed near a doorway, window or seating area introduces both scent and movement.

Its fragrancy is widely associated with relaxation and can help reduce stress. While its soft texture and colour create a more calming environment.

Even a small plant can bring a noticeable shift in how a space and you feel.

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# SIMPLE EVERYDAY



## ACTIONS

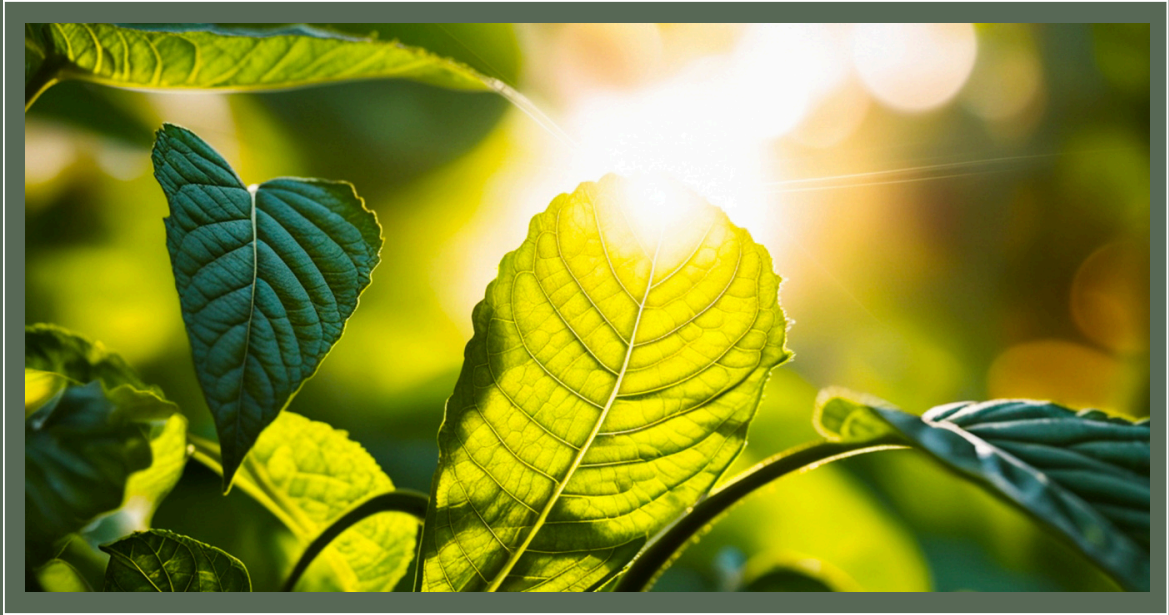
Introducing water, even in its simplest form, can help create a sense of calm.

A small bowl, dish or container refreshed regularly can attract birds and insects, while the presence of water itself adds quiet movement and reflection.

The sound and visual softness of water can help slow your mind.

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# SIMPLE EVERYDAY



## ACTIONS

Positioning a plant where it catches the natural light can transform how a space is experienced.

Simple foliage, particularly softer greens or lighter tones, reflects light and reduces visual intensity.

This creates a most restful environment, even indoors or in small outdoor areas.

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# REFLECTION



## SIZE DOESN'T MATTER

The garden does not need to be large or complex to support wellbeing. Even small spaces can offer moments of calm, clarity and restoration within daily life. It is not the scale of the space that matters, but how it is experienced.

Being outdoors naturally shifts our attention. The movement of birds, the openness of the sky or the subtle change of light can help the mind slow and reset. These elements require no effort, yet they have a quiet and lasting effect on how we feel.

Wellbeing in the garden is found in these simple moments, where the space allows you to pause, reconnect and breathe more easily.

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