

Mini Guide

NATURE, CONNECTION & SHARED SPACES



- *The Living Green Company*



SHARED SPACES

Not all meaningful experiences with nature happen in spaces we control.

Parks, woodlands, coastal paths and public landscapes offer something different. They are shared environments, shaped not by ownership but by access. People move through them in their own way, at their own pace, without expectation.

In a time where much of life is structured, scheduled and contained indoors, these spaces remain open and neutral. They allow us to step out of routine and into something less defined.

Shared outdoor spaces influence how we think, feel and relate to the world around us.

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PERSPECTIVE

ENVIRONMENT

When we are indoors, attention is often directed towards tasks, screens or immediate concerns. Our focus narrows, and small pressures can begin to feel disproportionate.

In contrast, being in a wider landscape shifts attention outward. The scale of trees, sky and open space places us within something larger. Movement continues around us, none of which require our involvement. This reduces the sense that everything depends on us or needs to be resolved immediately.

Perspective does not remove problems, but it changes how they are held. What feels overwhelming in a confined environment often becomes more manageable when experienced within a broader, living context.

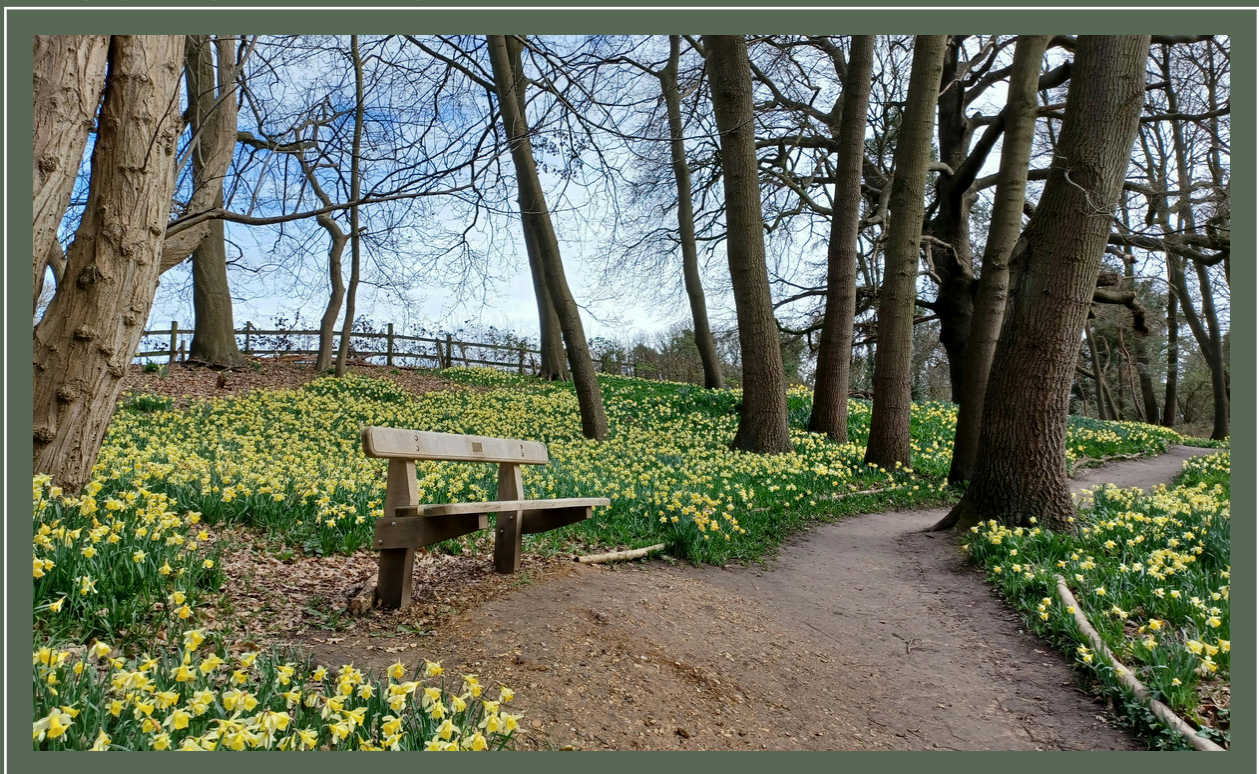
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NATURE FOR WELLBEING

Spending time in natural outdoor spaces has been shown to reduce levels of cortisol, the hormone associated with stress and weight gain. As this response lowers, the body begins to move out of a heightened state of alert and into a more balanced condition.

Attention also changes. Environments that contain natural movement and variation such as trees, water or open landscapes allow the brain to rest from constant focus. This process, often described as attention restoration, helps reduce mental fatigue and improves clarity.

There is also a subtle effect that comes from being around others without direct interaction. Shared spaces provide a sense of human presence without demand. This can ease feelings of isolation while avoiding the pressure of structured social environments. Together, these responses support a quieter, more regulated state, both physically and mentally.





SIMPLE EVERYDAY

ACTIONS

Connection through nature does not need to be planned or structured. Small, intentional moments are often the most meaningful.

Make time to visit local parks, woodlands or open spaces, even for short periods and find a place to sit and spend a few minutes without using your phone.

Allow your attention to move naturally across the space. This helps reduce mental fatigue and allows the mind to settle without effort.

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SIMPLE EVERYDAY



ACTIONS

Allow yourself to spend time outside without a task, goal or outcome in mind. Much of daily life is driven by intention. Completing tasks, solving problems or moving from one activity to the next. This can become mentally tiring, even when the tasks themselves are manageable.

Stepping into an outdoor space without a specific objective creates a different experience. Without the need to achieve anything, attention begins to soften. The body is no longer being directed towards action, and the mind is given space to move more freely between observation and rest.

This allows the nervous system to shift away from problem-solving and into a more balanced, relaxed state.

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SIMPLE EVERYDAY



ACTIONS

Use nature as a way to support others. Inviting someone to spend time outdoors can be a simple but powerful gesture.

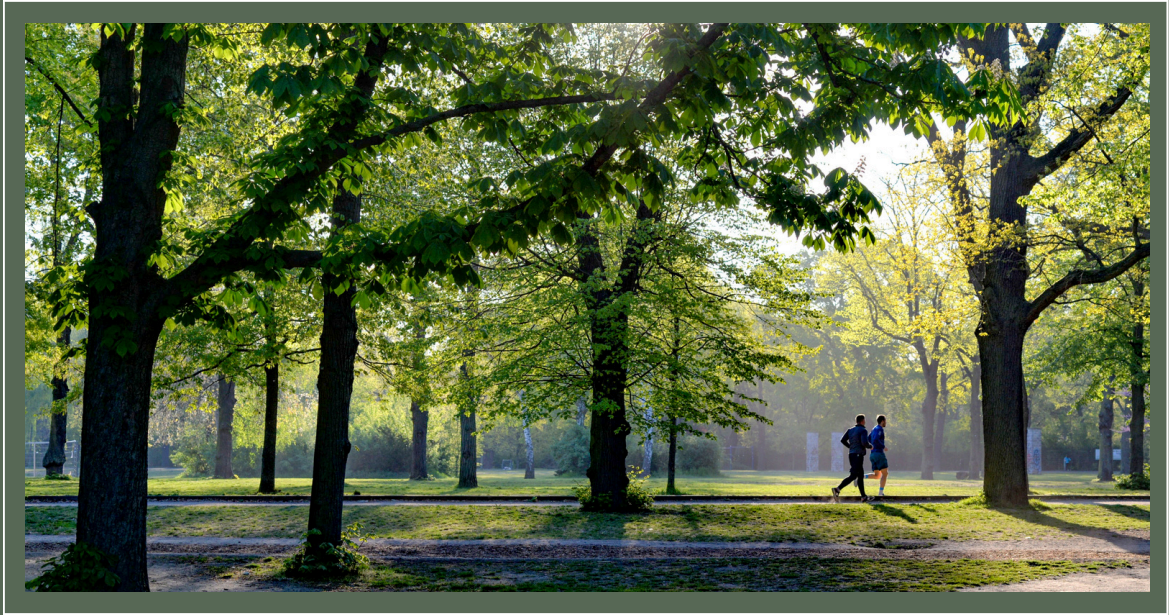
Whether someone is feeling overwhelmed, isolated or just in need of a break, time spent in a calm, natural setting can help reduce pressure and create space to talk or simply be.

You do not need to have answers. Sometimes being outside together is enough.

These moments may feel small, but over time they build stronger connections both with people and with the world around us.

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REFLECTION



DAILY CONNECTION

Shared outdoor spaces already exist within our daily environments, yet they are often overlooked or used without intention.

They do not need to be designed, improved or owned to be valuable. Their strength lies in their openness, the ability to enter, pause and leave without expectation.

When used differently, even briefly, they offer a way to step back, regain perspective and experience the world with less pressure.

Wellbeing in these spaces is not something we create. It is something we allow ourselves to access.

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You can also join The Village Green to receive free guides, regular blogs and simple, thoughtful ideas for benefiting from nature in everyday life.

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