

Wild workday from home



When you're working from home, it's often too easy to stay in front of a screen all day and never venture outdoors. To help you connect with nature this 30 Days Wild, we've come up with some easy ways to achieve your daily dose! Whether you've got five minutes or an hour, there's plenty of ways you can make your day a little wilder. Just be sure to follow Government guidance!

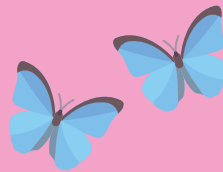
#30DaysWild

Setting up your workplace

Set up your workstation so you're close to a window – this way, you'll have a front row seat to any wildlife action. It's also a great idea to bring the outside in, so if you have any houseplants pop them on your desk so that you've always got a bit of green in sight. And if you can, work outside – even if just for a short time! Then you can enjoy the sights, smells and sounds of nature. Working from home doesn't sound so bad now, right?!

Starting the day wild

Take your breakfast into the garden or have a cup of tea while watching the world outside your window. Even if you live in an urban area, there will be little signs of wildlife – you might just need to work a little harder to see them. We promise it'll be worth the effort!



If you've got five minutes...

If you don't feel like you can step away from your screen but need a little breather, check out a Wildlife Trust webcam. You can watch peregrine falcons, badgers and puffins going about their daily business, or simply observe the calming landscape of a nature reserve. However, if you do want to take a moment outside, this is a good time to close your eyes and listen to the bees buzzing and birds singing.

If you've got half an hour

...it's most likely your lunch break! So, why not make it a picnic? Grab a blanket and head out into your garden – getting some fresh air in the middle of your work day is crucial to a productive afternoon. Take it a step further and try some outdoor exercise, such as a run, yoga or a quick bike ride, to get those endorphins flowing.



If you've got an hour

Take a walk at lunchtime or after work and notice the wildlife around you. You may live in a built-up neighbourhood, but if you're looking for it, you'll be surprised at how much you see. Challenge yourself by choosing a colour before you head out and seeing what you spot in nature of that colour. Is it a yellow day? You might spot dandelions, the stripe of a bee, the breast of a blue tit and if you're lucky, maybe a brimstone butterfly!

The most important part of staying connected to nature while you're working from home is **nurturing your own health and wellbeing**. Being outdoors and experiencing local wildlife can have a **calming effect** and instantly make you feel **refreshed**. Also, take the opportunity to connect with colleagues or customers by sharing your nature moments by email or social media.



Share your wild workday with us on social media using

#30DaysWild

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