

Meet Rowan Henthorn. The founder of Make Good – a social enterprise that helps us rebuild our innate connection with the rest of nature through wild workshops and imaginative projects.

This week, she shares 5 tips to taking care of ourselves and avoiding burnout as we become more deeply engaged with supporting wildlife.



Finding Balance in Nature: Self-Care in a Busy World - By Rowan Henthorn

As fresh buds unfurl on the trees and new shoots push through the earth, this season of renewal is a perfect time to pause and reflect. How do we take care of ourselves while engaging with the things we care deeply about? How do we stay hopeful and energised when the world feels overwhelming?

Self-care isn't just about bubble baths and early nights (though those help too!)—it's about finding ways to sustain ourselves, to keep showing up for what matters without burning out. And one of the best ways to do that? Spending time in Nature.

Nature as a Reset Button

Spending time in nature has a remarkable way of shifting our perspective. A walk in a beautiful glen, the smell of the seaside, the feeling of cold wind on your face—these small moments bring us back to ourselves. Research has shown that time in nature reduces stress, improves mood, and even boosts creativity. But beyond the science, there's something instinctive and ancient about the way nature soothes us.

Here are some simple ways I connect with nature as a tool for self-care:

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1

Connect with people who lift you up

Self-care isn't something we have to do alone. Finding like-minded people—whether in a gardening club, a walking group, or simply a friend to share a beach walk with—can make all the difference. Talking, laughing, and sharing the load helps keep things in perspective.



2

Find joy in movement

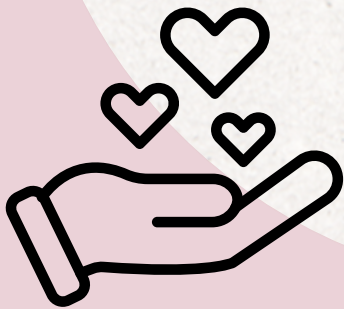
When life feels heavy, movement can be an instant reset. In our house, when a great song comes on the radio, we dance—however ridiculous it feels! Whether it's stretching in the morning sun, a quick walk before work, or running into the sea for an icy dip, moving your body can shake off stress and bring you back into the present moment.



3

Take a gratitude pause

A great way to shift your mindset is to ask: What am I grateful for today? It could be as small as the sound of the dawn chorus or someone that made you smile. Gratitude is a quiet but powerful practice, and nature and loved ones offer endless things to appreciate.



4

Step outside—even just for five minutes

Not every day allows for long adventures in the hills or amongst the waves, but even stepping outside for five minutes can help reset your mind. I love a quick lunchtime walk; it resets my mind—I always feel different afterwards. Breathe deeply, notice what's around you, and let nature work its quiet magic.



5

Make Space for Joy

Amongst all the challenges of the world, joy is an act of resilience. Watch the birds, forage for something new, take your tea outside in the morning. Nature—including us—is full of wonder.

Taking the time to notice it is a reminder that there's still so much beauty, goodness, and so much worth caring for.



I sometimes wonder what I would do without all these wonderful tools, as despite them I often still feel a little overwhelmed at the world's problems, but that's ok, this is a journey full of ups and downs, and making space for grief and sadness is an important part of self-care too.

Self-care isn't about ignoring the world's problems—it's about making sure we have the energy to keep going. By leaning into nature, finding moments of connection, and embracing the small joys around us, we can show up for what matters without losing ourselves in the process.

This week, take a moment to pause. Step outside.

Let nature remind you: you don't have to do it all—but you do have to take care of yourself.



Make  Good

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