



Lake District Foundation
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THE LAKE DISTRICT WELL-BEING WISH LIST

The Lake District is a great place to improve your well-being with breath-taking Lakes and mountains to restore your balance.

HERE ARE OUR TOP TIPS OF ACTIVITIES FOR YOU TO EXPERIENCE THIS AMAZING PLACE AND BE REFRESHED:

1

Take your shoes off on the grass



6

Tiptoe and follow a blackbird - or a red squirrel



2

Sit with your eyes closed and listen to nature



7

Watch a sunrise or sunset



3

Dip your hand in a lake or feet if you are brave



8

Read a book in nature



4

Lie down and watch the clouds



9

Smell a flower



5

Forest bathe in a woodland - just sit under a tree and soak in your surroundings



10

Go offline - turn off your internet and be present



To find out the best places in the Lake District to try out the well-being list, visit our website LAKEDISTRICTFOUNDATION.ORG

CONTACT US  07880811891  info@lakedistrictfoundation.org