

## **In tune with nature**

### **Barefoot wellbeing**

How many times do we *physically* connect with nature? Give yourself permission to discover how physical contact with nature can improve our wellbeing.

Research has shown that the earth has a negative electric charge, that neutralizes free radicals (an 'unstable molecule', made during metabolic reactions in our bodies, that can cause cell damage) when we make physical contact with the ground, reducing stress and inflammation, and improving sleep!

This is a natural space, please check carefully if walking barefoot.