

In tune with nature

Refreshing fractals

It's hard to switch off. We may go for a walk, but continue to scroll or ruminate over worries. But if we stop and consider what is in front of us, it can be transformative.

There are patterns in nature called fractals: a perfect pattern which repeats itself, like a conifer cone scales, or tree branches splitting off from one another. Experiencing fractals through sight and touch can reduce stress by as much as 60 per cent!

How many natural patterns, fractals, can you find today?