

A ROCHA



Blue.

How can nature impact my mental health and wellbeing?

A Rocha has created this discussion guide as a companion to our short film, 'Blue'. We hope you enjoy digging a bit deeper into the theme. For regular news and inspiring stories about our long term work in special places, please [sign up to Field Notes](#), our monthly email.

What experience have you or those you love had with mental health struggles?

In the film, Murray Tessendorf says, 'the opportunity to go into nature and to be surrounded by something that's so much bigger than us and so intricate and honestly so beautiful – if we're prepared to look at the little things and the great things around us – it helps us put everything into perspective.' When has being in nature helped you see your situation differently?

Psalm 93:1–4 says,

'The Lord reigns, he is robed in majesty;
the Lord is robed in majesty and armed with strength;
indeed, the world is established, firm and secure.

Your throne was established long ago;
you are from all eternity.

The seas have lifted up, Lord,
the seas have lifted up their voice;
the seas have lifted up their pounding waves.
Mightier than the thunder of the great waters,
mightier than the breakers of the sea—
the Lord on high is mighty.'

What do the seas tell us about God? And about ourselves?

There are many creative and absorbing ways to be in nature, from adventurous pursuits like horse riding and kayaking, to artistic things like photography and sketching. What other things have you done or would like to try that would help you connect with the natural world?

Genesis 1 & 2 tell us our first purpose is to care for God's creation. Mental health struggles can make us self-absorbed, which in turn makes us feel worse. In what practical ways can we serve the natural world at our doorstep, taking us out of our own concerns and giving us a better focus?