



## **Walking in nature**

I have learnt that, for me, being outdoors and walking in nature provides the opportunity to detach from my worries and to become absorbed, instead, by the wonderful sights and sounds around me.

Instead of striving to resolve problems, and running them over and over in my mind. Walking is the perfect activity for thinking things through – the pace and repetition seem to aid the thinking process and the exercise helps to boost the body with endorphins, so my thoughts tend to be more positive. Solutions seem to appear out of nowhere, and problems seem to shrink in significance, and appear more manageable.

I grew up on the Exe Estuary and I found my way back to it when I moved to Lypstone in 1986. I love the estuary's stunning reflections, and I find it a soothing and restorative place to be. I soak up the sight and sounds of the birds on the estuary at low tide, and the deep sense of peace I feel when I see a mirror-calm stretch of water and hear the evocative call of the curlew.

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