

# Ocean



- 8<sup>th</sup> June is World Oceans Day, celebrating the importance of oceans for the environment and for human wellbeing.
- Research shows a strong correlation between spending time by the sea and enjoying positive moods and lower stress levels. The sea can give us a different perspective on life, it calms us and even slows our breathing and helps us sleep better.
- In some areas, doctors issue ‘blue prescriptions,’ time by the sea rather than conventional medication. The sea can inspire artists and writers and offers opportunities for recreation to support our mental and physical health.
- What would your ‘blue prescription’ look like? You may not live near the sea, but are there rivers or other blue spaces near you to enjoy? Are you a walker, a swimmer, a paddleboarder, an artist or photographer? Can you make time this summer to enjoy the water?

***‘Wellbeing is blue, wet and around the corner.’***



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