

The Adult Stress Buster

Health Tip!

Enjoying 'Cannock Chase' provides the perfect antidote to the pressures of everyday life.

Walking this trail regularly, amongst the woodland gives you time to think about things, gain perspective, and helps to reduce stress and anxiety levels.



South Staffordshire
Primary Care Trust



Nature for Health

Find a lovely tree and hug it! It really does put a smile on your face!

Sit on one of the benches and listen to all the natural sounds. Look up, what shapes can you see in the clouds?

Play for Health

Yes even though you're an adult, have a go at building a den! It's great fun and bound to make you laugh!

Visit 'Fernley Thicket', where the fairies live and feel the magic!

Maybe you could leave a note from the fairies for the kids to find. Giving to the kids, gives you such a warm feeling.

Physical Health

On the corner where the wooden sculpture 'Balance' is (handstand man); see how long you can balance on one leg.

Walk to the toothbrush bench called 'Smile'! Stop and take in the glorious view that surrounds you.

Mental Health and Wellbeing

Come on, become a kid again and make some noise in the 'Sound Place to Be' music space. Bash out a rhythm on the drums!

Make yourself a promise, and then when you get home, put on some really upbeat music to energise you.

Next Time - Bring along a group of friends and put the world to right or bring your favourite book and read it in quiet place along the route.



Key for Map

- Route to Health Start
- Route to Health Finish
- Rest Areas



SHOP
TOILETS

PLAY AREA

FOREST

PENKRIDGE ROAD

PENKRIDGE ROAD

ROUTE TO HEALTH

ROUTE TO HEALTH