

## **Mental Health Awareness Month: A Case for Birdwatching**

Early one Tuesday, a familiar symphony roused my ears from a deep slumber. My eyes, two narrow openings still heavy with sleep, greeted the misty Dutch morning. While I couldn't see the performers, the crescendo of their songs reached through the glass window panes.

According to my identification app, they were: *Eurasian Blackbird*; *Eurasian Blackcap*; *Common Chaffinch*; *European Robin*; *Eurasian Blue Tit*; *Short-toed Treecreeper*.

And there I was, bed-head and all, with a front row seat to the dawn chorus. Bravo. Good morning, Holland!

### **The Birds of the Netherlands**

The verdant landscapes and abundance of waterways in the Netherlands create a lively ecosystem for birds. Waterfowl abound along the many canals and ditches that cut across fields and slice through city centers. In the forests that dot the countryside, woodpeckers, chaffinches, and cuckoos flitter through the trees.

Meanwhile, every year, the rich wetlands and mudflats of the Wadden Sea Coast witness the breeding and migration of millions of birds along the [East Atlantic Flyway](#). The Eurasian spoonbill, gull-billed tern, and oystercatcher are among the lot.

### **Action for May's Mental Health Awareness Month**

In a chaotic, busy world, finding time to prioritize your mental health and get outside in nature can be difficult. However, studies show that doing so may just be the best thing for you.

According to a 2024 [study](#) in the *Journal of Environmental Psychology*, birdwatching can have a tangible positive effect on mental health. [Others](#) corroborate: birdwatching can lower blood pressure, help to improve concentration, and boost happiness levels. Just hearing birdsong alone can provide a great brain boost!

At Dutch Tours, we offer a variety of day tours centered on outdoor experiences. Look no further than our [National Park Tour](#), [Island Tour](#), or even our excursion to the windmills at [Kinderdijk](#) to see what birds you can identify, too. Looking for more? Email us at [travel@dutch-tours.com](mailto:travel@dutch-tours.com) to inquire about unique, customized, and inclusive week-long nature itineraries.

We hope you are keeping well and taking time for yourself in the outdoors. We look forward to sharing binoculars with you on tour soon!