

## On birdwatching

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This is [from The Guardian](#) this weekend, by Natalie Kyriacou. The whole piece is worth reading. Written by someone who obviously is a birdwatcher and who gets why people do it, this paragraph is the essence of the issue, but there is much else that she says that is worth noting:

*At its heart, birdwatching is an act of quiet rebellion. It is the gentle act of noticing – the willingness to see the world around you. And this simple act is, in itself, revolutionary. In a world that often teaches us to look past the natural world – to pave it over, cut it down or otherwise ignore it – birdwatching demands slowness and attention. It demands that we pause, that we listen, that we care, that we see.*

Doing those things matters, as I have already [noted elsewhere](#) this morning.

I can think of nothing better for my mental health and awareness than birdwatching. The symbiotic relationship of caring about the world is rewarded by what feels like its care for me. And that matters.