# Mixed Reactions to Countryfile Episode on Mental Health and Mindfulness During Mental Health Awareness Week



The BBC television series Countryfile experienced mixed reactions from its viewers following a recent episode focused on mental health and mindfulness, which aired during Mental Health Awareness Week, from May 13 to May 19. The episode, which diverged from the show's typical farming content, was hosted by Sean Fletcher and Margherita Taylor and filmed at the Sharpham Trust in South Devon—an estate known for connecting people with nature through meditation retreats and mindfulness courses.

While part of the episode discussed physical and mental wellness in nature, which included activities like canoeing on the River Dart, it also addressed farmer-specific mental health issues through discussions with individuals in the agricultural community. For example, presenter Adam Henson spoke about the importance of farmers discussing their mental health to support each other.

However, some long-time viewers expressed dissatisfaction, lamenting the lack of usual farming-focused content and the introduction of segments they believed were unrelated to the core themes of Countryfile. These viewers shared their critiques on social media platforms like X (formerly Twitter), declaring their discomfort and confusion over the show's direction. Despite this, there were also several positive responses, with other fans applauding the show for raising awareness of critical topics like male mental health and the pressures faced by farmers.

The episode's reception was starkly split, as evidenced by a poll asking whether viewers enjoyed the mindfulness-themed episode, which showed a predominant number of negative responses (48 votes to 1).