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Nature is healing. It calms, energises and rebalances us.

Our **#NaturePact** theme for week 2 is: **Taking your Nature Dose.**

Welcome to week 2 of our **#NaturePact**. We hope you enjoyed last week's theme, Acknowledging Country, and that you can continue cultivating your connection to Country, wherever you are.

This week we'll be exploring the different ways we can **build our own personal Nature Dose.**

A Nature Dose is a multisensory connection with nature. We can tailor our Nature Dose by intentionally noticing nature through our different senses. This involves slowing down and gently focussing on how we see, hear, smell, touch and even taste nature.

Research shows that a 20-minute Nature Dose has multiple health and wellbeing benefits. This is measured across a range of physiological and psychological markers, including reduced stress levels, reduced blood pressure, increased feelings of wellbeing and increased ability to focus.

Your Nature Dose is outside waiting for you now – it involves fresh air and it's

free!

This week, book an appointment with yourself and trial what type of Nature Dose works best for you. Each day, spend 20 minutes connecting with nature through your different senses and **share the Nature Dose that is the best tonic for you.**

Is it the sound of water splashing over rocks at a nearby creek?
Maybe it's the evening sunlight filtering through tree branches laden with blossoms?
Or the heady smell of Jasmine or the earthy smell of your garden just after the rain?
How about the feeling of sunlight on your skin, with fresh grass beneath your bare feet?



Photo credit: Parks Vic

Share a photo of the **Nature Dose** that works best for you and why before September 14 on **Instagram, Facebook** or **LinkedIn**, adding the hashtag **#NaturePact** and tagging **@PeopleParks** for your chance to win one of our campaign partner's nature-inspired gifts.

Share before 14 September on [Instagram](#), [Facebook](#) or [LinkedIn](#), adding the hashtag **#NaturePact** and tagging **@PeopleParks** for your chance to win one of our campaign partner's nature-inspired gifts.

Our **#NaturePact** campaign for 2021 is underway, but there's still time to sign up!

You can make your [#NaturePact](#) at any time during the month of September and commit to spending time outside connecting with nature.

If you haven't signed up yet to make your **#NaturePact** this September, sign up [here](#).

WIN

Here are some of the fantastic nature-themed prizes you can win:



Download #NaturePact Guides

Already signed up for your **#NaturePact**? Download your **#NaturePact** Instagram tiles and stories and let others know you're participating on your social channels. Make sure you tag **@peopleparks** and use the **#NaturePact** hashtag!





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Love nature? Check out [BACK TO NATURE](#), a visually stunning 8-part documentary series screening on Tuesday nights at 8pm on the ABC this August and September (2021), with catch up on [ABC iView](#). It follows Aaron Pederson and Holly Ringland on their journey through nature, as they explore deep interconnectedness between human beings and the landscape, exploring unfamiliar stories involving mystery, geology, history, traditional Indigenous knowledge and natural science. We have been inspired by this amazing series for this year's weekly **#NaturePact** themes.

Stay up to date and receive regular prompts as well as interesting facts and articles about the many benefits of connecting with nature by following us on social media.

Remember, each one of us is a part of nature, and each one of us will benefit

from taking a regular Nature Dose.

Kind regards,

Alison Hill

Managing Director

The People and Parks Foundation

“Nature – where we come to life!”

**Have you made your
#NaturePact?**

info@peopleandparks.org



We respectfully acknowledge the Traditional Owners of the country throughout Australia and acknowledge the ongoing living culture of Aboriginal people.

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