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The Nature Dose - Taking It Personally

Hello, it's **Week 2** of #NaturePact 2022 and this week, we're going to explore the concept of the **Nature Dose** and what this means for you personally.

At the People and Parks Foundation, we call a **Nature Dose** the health and wellbeing benefits that an intentional, multi-sensory connection with nature gives us all. Everyone can experience a **Nature Dose**, but the key is taking it personally.

This week let's find out what works for you!

[Research](#) shows that spending 2 hours a week connecting with nature brings about a [multitude of health and wellbeing benefits](#), from reducing loneliness, anxiety and depression, to improving mood, sleep and blood pressure. Researchers around the world are still trying to figure out how and why these effects occur, but as we contemplated last week, this isn't new for many First Nations people worldwide.

The key is, if we have access to nature, we have these health and wellbeing benefits at our fingertips – and through our eyes, ears and nose too! When we notice the nature around us through all our senses, our immersion is deepened, and our **Nature Dose** strengthened.

For those of us who are time-poor, it can be helpful to remember that even a [20-minute Nature Dose](#) lowers our cortisol levels, reducing our stress and providing calm relief. For me, a micro **Nature Dose** a day is a crucial break – from everything!



Time with
nature is always
time well spent.



Photo Credit: Parks Victoria

There are innumerable ways you can build your own **Nature Dose** – the three key ingredients are you, nature and time. You might choose to be passive – sitting with your back against a tree, soaking in nature’s sights, sounds and smells around you. Or you may prefer to be more active – walking, running, white water rafting! If you’d like to take your **Nature Dose** to the next level, you can actively care for nature – this could be by yourself at home or joining a group in the community such as a ‘Friends of’ or community garden group (spoiler alert, more of this in Week 4).

However you choose to spend your time in nature, remember to take a long, slow moment to gently notice what calls your attention. Is it the light or patterns you see, the feel of the air or the sun on your skin, the sound of wind or birds calling, the smell of the earth, the perfume of flowers? You don’t need to strain to connect or even know the names of the flora and fauna around you. Just be aware that your senses are open, and nature is already there for the connection.





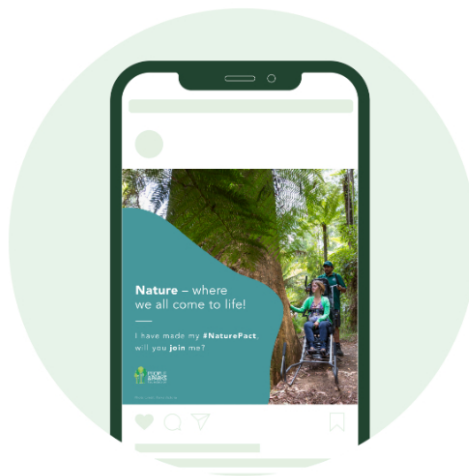
This week, share a photo, video, or thoughts about your favourite personal Nature Dose. What worked for you? Were you calmed and restored by nature? Or did nature energise you and make your heart sing?

One thing is for sure; ***nature is where we all come to life!***

Download #NaturePact Templates

Already signed up for your #NaturePact? Download your #NaturePact Instagram tiles and stories and use them on your socials to let others know you're participating.

Make sure you tag @peopleparks and use the #NaturePact hashtag!



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Kind regards

Alison Hill

Managing Director

[People and Parks Foundation](#)

PS Don't forget to share your experiences with us on social media for the chance to win beautiful, sustainable plant-based prizes from our valued #NaturePact campaign principal supporter and partner, [Koala Eco](#).



Have you made your
#NaturePact?

info@peopleandparks.org



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the ongoing living culture of Aboriginal people.

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