



It's time to Live Nature Wise

Make a #NaturePact Now →

Hello everyone! It's the second week of #NaturePact and our theme this week is "The Nature Dose – Part 1: Feel Better for Free".

I'm Meredith, Operations Manager at the People and Parks Foundation. Here at the Foundation, we want everyone to be able to enjoy the benefits of getting [a regular dose of nature](#). We define a **Nature Dose** as:

The evidence-based [health and wellbeing benefits](#) that come from regularly, intentionally connecting with nature (using all of your senses), including caring for nature, for a minimum of [2 hours per week](#).

Building your Nature Dose over time is a free, and fun, way to feel better. How you choose to connect with nature is entirely up to you! Bushwalking is my favourite way to Nature Dose. Being out on the trail I feel my senses heighten, my focus sharpen *and at the same time*, I'm more relaxed in mind and body. When I engage my senses and connect with nature on the trail, [my mood lifts and any stress or anxiety I may be feeling, recedes](#). Pretty amazing!

Have you ever felt lonely or disconnected? Have you tried connecting with the nature around you?

Loneliness is a pernicious problem in modern society impacting our mental and social health. Dr Michelle Lim, senior lecturer in clinical psychology at Swinburne University and Scientific Chair of [Ending Loneliness Together](#), reports that [over 33% of Australians feel lonely and disconnected](#).

It doesn't have to be this way! When we connect with nature, we connect with our surroundings *and* with other humans. We're reminded that we are a part of nature – part of a massive natural system – along with every other living creature on planet earth.

Connecting with nature can have profound and positive impacts on the way we feel - [we're less lonely](#), we feel [less anxiety and stress](#), our [attention is restored](#)

and [we sleep more soundly](#).

It doesn't take a lot of time to experience these, and many more, benefits - a daily, [20-minute Nature Dose](#) can be incredibly restorative and is an easy way to build your Nature Dose to 2 hours a week. If you opt to take your Nature Dose further afield into nature places with greater biodiversity, you deepen your Nature Dose and the positive effects it has on your mind and body. *The deeper the green, the deeper the Nature Dose!*

A Nature Dose is a [daily, life-long self-care tool](#). If you're new to Nature Dosing and not quite sure where to start, our [Nature Dose guide](#) can help! Use our guide to track your Nature Dosing throughout your week and throughout the whole of September.

We've created this guide to support people everywhere to connect meaningfully with nature and we're using the guide as part of our [Live Nature Wise: Nature Scripts program](#). We're very excited to announce that two pilots are underway, in partnership with [headspace Shepparton](#) in Shepparton and [headspace Colac](#) in Colac. We're working with headspace in both locations to deliver health and wellbeing benefits to young people who could benefit significantly from creating and nurturing their personal [Nature Dose](#). You can read more about Nature Scripts [here](#).

Not sure where to begin? Use the suggestions on the second page of the [Nature Dose guide](#) to inspire you.

However you choose to Nature Dose, notice how nature, experiencing it through all of your senses, makes you feel, and share a picture of a place in nature where you feel best.

Remember – ***Nature connects, heals and sustains us all!***

Kind regards

Meredith Lamb

Operations Manager

[People and Parks Foundation](#)

PS. Don't forget to share your Nature Dosing experiences with us and use the #NaturePact hashtag. You could win sustainable plant-based prizes from our valued Principal #NaturePact Partner, [Koala Eco](#) AND a copy of Dr Dimity William's book, [Nature: Our Medicine](#).



**Time with
nature is always
time well spent**

Download our #NaturePact Templates



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SOCIAL MEDIA POST

Download Forest Green



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#NaturePact Giveaway

If you choose to share your experiences connecting with nature with us during September on our socials, you'll have the chance to win sustainable nature-based prizes from our Principal #NaturePact Partner, [Koala Eco](#) and our friend and supporter [Dr Dimity Williams](#).

Access the #NaturePact Giveaway T&Cs [here](#).



Have you made your #NaturePact?

Take action now and help raise awareness.

Make a #NaturePact Now →

culture of Aboriginal people.

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