



It's time to Live Nature Wise

Make a #NaturePact Now →

Hello everyone, and welcome to Week 3 of #NaturePact 2023 – we're at the halfway point!

We hope you've all been enjoying intentional moments with nature this September. This week, to reach your [Nature Dose](#) goal of 2 hours a week connecting with nature, we'd like you to really *notice* the nature around you wherever you are, at work, rest, learning and play.

Have you ever been awe-struck by nature? Awe can stop you in your tracks, it can make you feel excited, amazed and uplifted. Experiencing feelings of [awe can even boost our immunity!](#) Awe also reminds us that there's so much beyond our individual frames of reference – [it expands our perception of the world and our place in it.](#)

As columnist Julia Baird wrote in a recent ABC News [article](#):

"In recent years, mounting scientific evidence has shown what we have instinctively known for millennia — that experiencing awe makes us happier, healthier, kinder and more connected to each other."

When we think of awe-inspiring nature, we probably immediately think of the grandiose – mountains, oceans, forests of giant trees. BUT, in really noticing nature through all of our senses, even small, everyday experiences can leave a lasting impression on our minds and bodies. [Awe can be found in the every day nature around us.](#) Touch the soft surface of a paperbark tree, stop to smell the jasmine creeping along a neighbour's fence, or watch the new shoots emerging at the change of season. Just like nature, awe is all around us — we just need to look for it.

Even if we're stuck indoors, we can look out a window and notice [a borrowed view](#) or look up and notice the weather. While *noticing* that our weather is changing because our climate is changing may cause anxiety, one way to manage and ameliorate our climate anxiety is to spend more time with nature. [Studies](#) show that this can reduce stress, anxiety and fatigue and increase vigour, positive affect and feelings of calm.

In **Week 2**, we shared our [Nature Dose guide](#) with you, developed as part of our [Nature](#)

[Scripts pilot programs](#). This week we'd like to share with you our [Noticing Nature Guide](#). We've co-designed this guide with our [NatureWise at School](#) pilot program partners to help you identify opportunities to notice and connect with nature through all of your senses. While the guide has been developed to use in schools, it can really be used in any setting – at work, rest, learning and play!

Try it for yourself! Think about the both the quantity and quality of the nature around you. Do you have access to ample, healthy nature for Nature Dosing? Share an image, video, or your thoughts about the nature you've noticed this week when you're at work, rest, learning and play.

Remember, we are all part of nature, and nature connects and inspires us all.

Kind regards

Meredith Lamb

Operations Manager

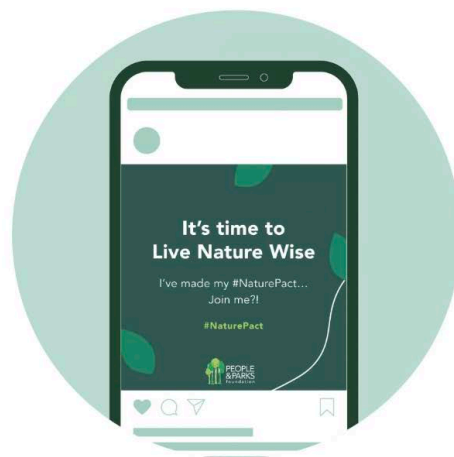
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PS. Share your experiences noticing nature with us, using our guide, and don't forget the #NaturePact hashtag. You could win sustainable plant-based prizes from our valued Principal #NaturePact Partner, [Koala Eco](#) AND a copy of Dr Dimity William's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



Time with
nature is always
time well spent

Download our #NaturePact Templates



SOCIAL MEDIA STORY

Download Forest Green



Download Dark Green →

SOCIAL MEDIA POST

Download Forest Green



Download Dark Green →

#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 →

#NATUREPACT | @PEOPLEPARKS



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

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