



It's time to Live Nature Wise

Make a #NaturePact Now →

Hello and welcome to the fourth and final week of our #NaturePact campaign. This week's theme is "The Nature Dose – Part 2: Caring for Nature."

You'll remember in Week 2 we introduced the [Nature Dose \(Part 1: Feel Better for Free\)](#) and shared with you our [Nature Dose guide](#) to help you plan how you can take your daily dose of nature, and also plan how you can deepen your Nature Dose over the weeks, months and year ahead by [going further into nature and staying longer](#).

(Next holiday, think "deep nature immersion"!)

This week we're harking back again to the wisdom of Australia's First Nations people, whose sustainability as the world's oldest continually living culture reminds us that the key ingredient to Nature Dosing is the concept of **reciprocity**. This wisdom is often captured in the saying "[when you care for Country, Country cares for you](#)."

What does 'reciprocity' mean for our Nature Dosing practice?

It means that [the multiple health and wellbeing benefits](#) we gain as individuals when we connect with nature are only half the deal. The other half – the reciprocity needed for sustainability – comes from us actively caring for nature.

As a reminder, at the [People and Parks Foundation](#), we define a Nature Dose as regular, intentional, multisensorial connection with nature, **including caring for nature**, for 20 minutes a day, minimum 2 hours a week.

We do this because we are a [Health Promotion Charity](#) and we're also a [Registered Environmental Organisation](#), and we recognise the wisdom that human health and environmental health are inextricably linked.

What does caring for nature look like in practice?

We talk about caring for nature as 'acts of conservation' (caring for plants, animals and

habitat) and 'acts of sustainability' (caring about our consumption and waste). Just as everyone has individual preferences and circumstances when it comes to connecting with nature, people have their preferred ways of actively caring for nature.

For some, it may involve [environmental volunteering](#), either joining a group or through individual efforts. While for others, it may involve actively seeking opportunities to [reduce, reuse, repair, recycle](#), or becoming the [Water Wise champion](#) at home or work.

This #NaturePact campaign is an opportunity for you to explore and experiment with what your own personal Nature Dose looks like – both connecting with and caring for nature.

This week, use what you discovered in last week's [Noticing Nature exercise](#) to consider where and how you can care for nature by introducing a NatureWise nature space at your place of work, rest, learning or play! Check out our [NatureWise nature space guide](#) to learn how to ensure a nature space is a [NatureWise](#) nature space (hint, it involves benefits for people, the local environment and sustainability!).

Remember, just like every other living thing, '*healthy humans need healthy habitats to survive and thrive*'. Using our NatureWise guides we've shared with you this #NaturePact campaign, how healthy can you make your habitat?!

Kind regards

Alison Hill

Managing Director

[People and Parks Foundation](#)

PS. Share with us a NatureWise nature space you have created at work, rest, learning or play this week for a chance to win sustainable plant-based prizes from our valued #NaturePact campaign principal supporter and partner, [Koala Eco](#) AND a signed copy of Dr Dimity William's book, [Nature: Our Medicine](#).



Download our #NaturePact Templates



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Download Dark Green →



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 →

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

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