

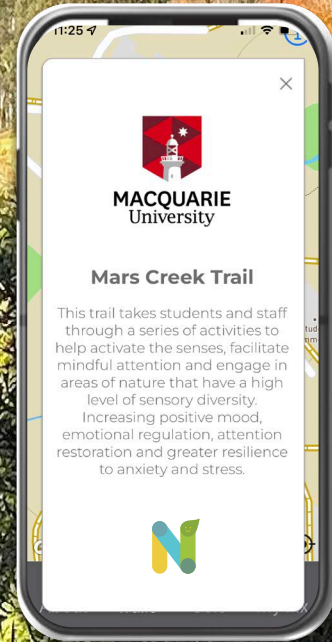


naturefix

We invite you to pause, relax and dwell

“It’s more than a learning and teaching campus. It’s a place that supercharges student and staff wellbeing!”

Associate Professor Kate Lloyd
Macquarie University



**Fix your mood.
Fix your energy.
Fix your focus.**

Five Station Nature Wellness Trail



NatureFix Nature Wellness Trail and Benefits

The Living Lab trail has been designed to target mental restoration and repair. This trail takes students and staff through five rejuvenation stations aimed at increasing positive mood, emotional regulation, attention restoration and provides greater resilience to anxiety and stress.

A body of research too large to ignore^{1 2} is confirming what we have all known for a long time; nature has a profound effect on our wellbeing. However, research demonstrates that our interaction with nature needs to be more than **just a walk in the park**. To access and amplify the health benefits of nature, the types of activities we do in nature matter more than the amount of time spent, and the type of nature available governs this interaction (i.e. the nature of the nature).

The latest empirical interdisciplinary research emerging from around the world confirms that the psychological measures of how connected we are to nature, commonly known (or termed) as nature connectedness, is an important indicator of wellbeing. It is also significantly correlated with increases in pro-social and pro-environmental behaviours.

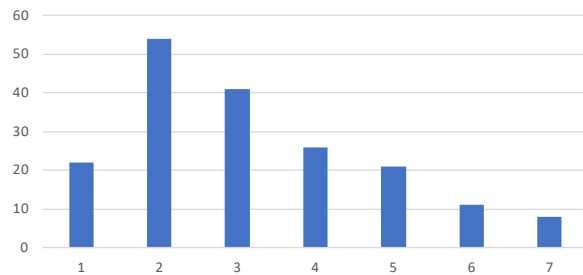
- **Breathe Slowly:** Abdominal breathing increases pleasantness, vigour, alertness, and reduces symptoms of anxiety, depression, anger and confusion.³
- **Relax the Eyes:** MRI and EEG scans show that peripheral vision stimulates the parasympathetic nervous system leading to feelings of mindfulness, calm and awareness.⁴ Using peripheral vision in nature reduces stress and increases restoration through 'soft fascination', a key component of attention restoration.⁵
- **Focus on Fractals:** Looking at repeated patterns in nature increases alpha waves in our brains to induce feelings of calm, awe and relaxation. Looking at patterns in nature has the same effect on our emotions as listening to classical music!
- **Listen Up!:** Breaking sensory habits to increase connection with nature. Listening to nature sounds restores attention and reduces muscle tension faster and more effectively than listening to urban sounds.⁶⁷
- **Art of Wandering:** Mindful moments in nature to reduce blood pressure and heart rate and create feelings of wellbeing and awe. This is all about the journey and less about the destination.

Our Results

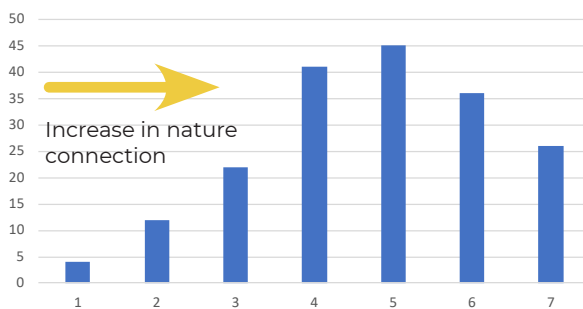
With 10 minutes of NatureFix three times a week, you can expect to enjoy being:

- 50 % more relaxed
- 36 % happier
- 20 % less negative
- 31 % more connected and
- 20% more appreciative of place*

Nature connectedness before...

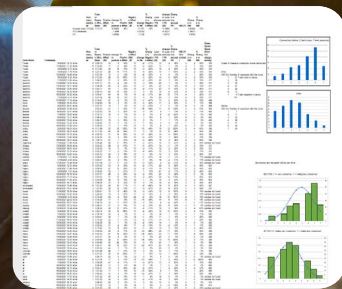


... and after NatureFix



"I came away with an increased appreciation of the incredible power that nature can have on my wellbeing -lowering my stress levels, increasing relaxation. It had a profound effect on me and I would encourage anyone to just try it."

**Medical Student,
Macquarie University**



Working with Associate Professor Kate Lloyd, Dr Kath McLachlan and Associate Professor Peter Davies (Macquarie University)

Living Lab research word association (dataset 400+ 2021)

Why is this important?!

Increasing nature connectedness – ‘tuning nature in’ helps to:

1. Tune anxiety and depression out.⁸
2. Increase overall life satisfaction (4 x greater than an increase in socio economic status).⁹
3. Increase actions on climate change and conservation behaviours.^{10 11}
4. Increase the care for others and the community.¹²
5. Support a greater resilience to disasters and faster disaster recovery.¹³

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Learn more:

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