

# Life moving too fast?

**Just a 5 minute slow  
moment in nature can have  
big health benefits....  
try it for yourself!**

**go  
slow  
for a  
mo'**



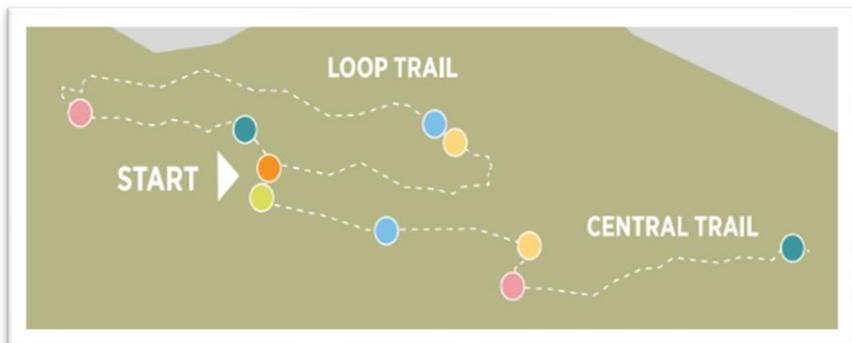
# Cooper Park

## Nature Wellness Trail

Cool down this summer with a rejuvenating nature experience designed to refresh your mood, energy and focus. The trail starts at the Moon Bridge in the centre of the park. Signs and online audio stations guide you through activities designed to help you slow down, connect, reflect and relax.

- Remember to scan the QR code to access the audio and provide feedback.
- If you don't have time to complete the whole trail simply try one activity along the way.
- Repeat the activities three times or more in the coming weeks to practice sliding into the slow groove.

### Rejuvenation Exercise Stations



#### Loop Trail

Trail Distance: 500m

Trail Timing: 30-50 mins

Trail Difficulty: Moderate

#### Central Trail

Trail Distance: 300m

Trail Timing: 25-45 mins

Trail Difficulty: Easy



### **Breathe Easy**

Breathing slower than 10 breaths a minute has been shown to significantly decrease stress.

Time required: 2-4mins



### **Listen Up!**

Tuning into nature sounds will decrease your stress levels and restore your attention and focus.

Time required: 3-7mins



### **Relax the Eyes**

This exercise triggers changes in your body that help you to reduce stress, increase nature connection experiences and create feelings of awe, wonder and fascination.

Time required: 2-5min



### **Focus on Fractals**

Looking at the repeated patterns (or fractals) in nature helps us to relax and feel at ease.

Time required: 2-4mins



### **The Tree & Me**

Mimicking or mirroring nature activates the body senses and introduces a new sense of connection.

Time required: 2-4mins



### **Little Things**

Noticing the little things and nature's beauty increases life satisfaction and wellbeing.

Time required: 3-10mins



# The Benefits

Spending time engaging with nature has positive effects on your mood and health that last long into the day.

Did you know?

Event a short amount of time in nature helps us to:



Improve sleep, happiness, wellbeing and life satisfaction



Reduce stress, depression and anxiety



Improve blood pressure, pain control, immune function, diabetes and allergies



Respect and appreciate natural places



Improve learning, creativity, sustained attention and child development



Enhance feelings of gratitude and care for ourselves and our community

## #goslowforamo

A collaboration with The Connective – Go Slow for a Mo'



Woollahra  
Municipal  
Council

