

## Our Services

### Online and outdoor workshop training

Are you a health organisation looking to upskill staff, or corporate group seeking to increase workplace wellbeing, our online and workshops programs are for you. Designed to introduce you to the science of nature connection, this training will provide you with a greater understanding of the scientific evidence and practical applications on how nature can positively impact health and wellbeing.

### Nature prescription

Our four-week nature prescription guides you to get outdoors and develop a better connection with everyday nature. This fun program is based on the latest science and is digitally supported by our NatureFix App. Suitable for an individual user or can be prescribed by a healthcare professional to a client. This program helps to alleviate stress, low mood, anxiety whilst also improving physical health. Tested in our living lab at Macquarie University.

### Nature wellness drives, trails or zones

Transform your green space into a wellness place! The NatureFix app unlocks the health benefits of nature through short self-guided experiences carefully matched the natural features of your green or blue space. Installed as a wellness trail, as part of a tourist drive or as a stand-alone wellness zone.

### Nature positive design

Undertaking prescribed activities in nature for wellbeing is only half of the answer. The type of outdoor environment available is the other half. We offer a consultancy service to advise on optimal green space design for human and planetary health based on biophilic, climate-resilient and nature connection principles.



## Feel the Flow

Scan to start your experience



The sights and sounds of water increase a range of neurochemicals that promote wellness, increase blood flow to the brain and heart, and stimulate relaxation by clearing the mind.

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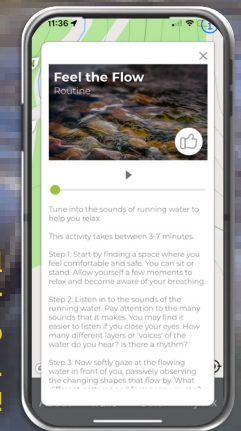
# Feel the Flow benefits:

- ✓ **Reduce Stress:** Viewing repeated patterns (fractals) of moving water increases brain alpha wave activity<sup>1</sup> which promotes relaxation, a sense of wellbeing,<sup>2</sup> increased concentration and decreased mental fatigue.<sup>3</sup> Using fMRI and other physiological stress measurements, researchers found that looking at fractals can reduce stress levels by 60%.<sup>4</sup> It's best if the fractal pattern is moving slightly, such as with water.
- ✓ **Increase creativity:** Viewing fractal patterns is linked to divergent thinking, a key foundation of creativity.<sup>5</sup>
- ✓ **Become community minded:** Experiencing awe and noticing the beauty of nature increases self-transcendence, improving pro-community behaviours such as agreeableness, friendship and helping behaviours.<sup>6 7</sup>

- ✓ **Decrease depression and anxiety:** Increasing psychological measures of nature connectedness is associated with lower levels of poor mental health; in particular depression and anxiety.<sup>1 2</sup> For example, a 2017 meta-review found that 'noticing the beauty of nature' (including water) is a key moderator in increasing connectedness and wellbeing.<sup>3</sup> At Naturefix we use awe and beauty as one of our 12 gateways to increase connectedness. Other gateways used in 'feel the flow' include quiet mind, sensory awareness, meaning making, optimal nature and positive emotions.
- ✓ **Blue care boost:** Science is beginning to learn that our brains are hardwired to react positively to water. The sight and sound of water can induce a flood of neurochemicals that, increase blood flow to the brain and heart and induce relaxation.<sup>4 5</sup>
- ✓ **Restore attention:** Listening to nature sounds restores attention and reduces muscle tension faster and more effectively than listening to urban sounds.<sup>6 7</sup>

- ✓ **Increase eudemonic wellbeing:** Breaking sensory ruts by listening to new sounds is a reliable way to increase connection with nature. A recent meta-analysis found that physiological measures of nature connectedness are strongly linked with eudemonic wellbeing (life satisfaction).<sup>1</sup>
- ✓ **Reduce mental fatigue:** Gazing at the moving water reduces mental fatigue and increases soft fascination - key component of the attention restoration theory.<sup>2</sup>
- ✓ **Boost immunity:** Inhaling negative ions from running water and sunlight improves relaxation, boosts immunity and metabolism.<sup>3</sup>

**Feel the Flow can be installed as a self-guided audio in your existing blue space or built into future design projects. Contact us to learn more!**



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