

# LIFE MOVING TOO FAST?

go  
slow  
for a  
mo'

REJUVENATING COMMUNITIES  
ONE MOMENT AT A TIME

#GOSLOWFORAMO

*"I feel the absence of stress. Many things have been bothering me lately. It's a busy time of the year and there is a lot to do, but I feel surprisingly relaxed and calm."*

Go Slow for a Mo' Nature Wellness Trail Participant



The Connective  
- Go Slow For a Mo' -



# It's no longer just a walk in the park!



## Transforming your greenspace into a rejuvenation place

As modern life keeps speeding up so do modern health issues. Over 40 years of research shows cities are rapidly becoming known as epicentres for chronic, non-communicable physical and mental health disease.<sup>1</sup>

- **\$220 BILLION** cost of mental illness in Australia per year<sup>2</sup>
- **1 IN 5** Australians has experienced mental illness in a given year
- **20%** of Australia's disease burden is due to poor mental health

Research is confirming what we have all known for a long time that nature has a profound effect on our mood and wellbeing. Where the **types of activities** we do in nature matter more than the amount of time spent. The **more meaningful** the engagement is the **more profound the benefits**.<sup>3</sup>

## Time to Go Slow for a Mo'?

Our Go Slow for a Mo' Trail is designed to help people spend more meaningful moments in nature to better refresh mood, energy and focus.

Drawing on the latest scientific knowledge we create short slow moments for big health impacts! Our professional team of landscape architects, anthropologists, ecologists, creative designers and First Nation custodians work with you to help supercharge the health benefits of any greenspace - whether it be a national park, local park, pocket park, backyard or workplace.

### Did you know?

Even a short meaningful moment in nature helps to:



Improve sleep, happiness, wellbeing and life satisfaction



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



Improve learning, creativity, sustained attention and child development



Reduce stress, depression and anxiety



Respect and appreciate the natural environment



Enhance feelings of gratitude and care for ourselves and our community

# Today people monitor their step count, tomorrow their wellbeing experiences!

Turn your greenspace into the ultimate rejuvenation place with our pick-up-and-go trail service package...



Trail design, signage, & branding



QR Code mobile instructions & audio



Exercise use, evaluation & reporting



Promotional materials



Team development & training

## Go Slow for a Mo' Trail Package

- Offered as a single Rejuvenation Station or series of six Stations in a trail
- Onsite assessment and recommendations based on your natural assets and needs
- Welcome sign template with your logo
- Easy to install QR Code signage provided
- QR Codes activate rejuvenation station instructions in mobile audio and text
- Dedicated trail landing page with trail locations shown via google maps
- Regular reports on usage and user feedback
- Promotional material (with yearly refresh): social media tiles, posters, banner ads
- License options for yearly updates to rejuvenation exercises (as required)
- Team training on trail function and science of nature wellness to maximise user experience
- Customised pop-up signage and /or interactive signage options
- Customised evaluation using validated research metrics for ongoing monitoring and user impact research

## Our Rejuvenation Station Exercises

- Are short sensory outdoor exercises, 2-10 mins in length, with over 50 exercises to choose from
- Are evidence based, encouraging the user to have a meaningful moment in nature
- Trigger mental and physical processes in brain and body known to improve wellbeing
- Are designed to help increase care for self, others in community and the places we live in.

Scan here for an example of one of our rejuvenation activities Listen Up!



“ Doing the trail really shifted how I was feeling and definitely made me slow down, notice what was going on with the wildlife in the park and left me relaxed and peaceful. So the activities as a set really hit the mark. I loved it. ”

Trail Participant Cooper Park, Woollahra Council

Visit our website for pricing:  
[www.goslowforamo.com/pricing-and-consultation/](http://www.goslowforamo.com/pricing-and-consultation/)



It's a...  
win win AND win!



## It's not just our health that benefits

Meaningful engagement with nature is proven to cultivate a more **caring attitude** toward the health of our planet and others in our community. Our trails help to deliver on the social, economic and environmental targets of the United Nations Sustainable Development Goals and other related reporting frameworks.



**Health + Community + Planetary Benefits!**

### Contact Us

Want to transform your greenspace into a rejuvenation place? We offer a free (no obligation) 30 minute consultation service followed by a recommendation report tailored to your clients and natural assets. Contact us to set up at consultation, or to request a price list.

[www.goslowforamo.com](http://www.goslowforamo.com)

### Researching the Benefits

A Living Lab was established with Macquarie University in early 2020 to further understand how to supercharge the wellbeing benefits of our Go Slow for a Mo' program. The results shows that our solutions work; and are cost effective and scalable. Where the findings can be applied to all types of greenspaces, from pocket parks through to national parks, hospitals, workplaces and places of learning.

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

Medical Student, Macquarie University

<sup>1</sup>Shanahan D F., Bush. R, Gaston K J., Lin B B., Dean J, Barber E & Fuller R A. (2016). Health Benefits from Nature Experiences Depend on Dose. Scientific Reports | 6:28551  
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 Sundquist, K., Frank, G. & Sundquist, J. (2004). Urbanisation and incidence of psychosis and depression. British Journal of Journal of Psychiatry, 184, 293-298.  
<sup>2</sup> Australian Productivity Commission (2020) <https://www.pc.gov.au/inquiries/completed/mental-health/report>  
<sup>3</sup> Frumkin H, Bratman GN, Breslow SJ (2017). Nature Contact and Human Health: A Research Agenda. Environ Health Perspect. 125(7) <https://ehp.niehs.nih.gov/doi/full/10.1289/ehp1663>  
 Martin L, White M, Hunt A, Richardson M, Pahl S and Burt J. (2020) Nature Contact, Nature Connectedness and Associations with Health, Wellbeing and pro-Environmental Behaviours'. Journal of Environmental Psychology 68 (April): <https://doi.org/10.1016/j.jenvp.2020.101389>.