

The critical
issues of
our time

Mental Health & Planetary Health
...both have one thing in common
**the relationship between
people and nature**

The advancing
level of climate
change becoming
increasingly
difficult to adapt to

The World Health Organization describes
climate change as the biggest threat
facing the natural environment



**World Health
Organization**



With significant
impacts on our
everyday health

Increased psychological impacts due to climate change include:

- chronic psychological stress
- depression, anxiety and suicide
- health-related psychological distress
- increase of common mental illness
- interpersonal conflict and decreased work productivity
- increased mental health hospital admissions

**There may be a fix:
research is confirming what we have known for a long time**

NATURE

has profound effects on our health & wellbeing



BUT it has to be
more than a walk
in the park!

It is what you do in nature that matters
more than the time you spend in it!

We have designed a program that untaps the
health benefits of nature so individuals feel:

- ✓ 50% more relaxed
- ✓ 36% happier
- ✓ 20% less negative
- ✓ 7.7% more productive
- ✓ 31% more connected to nature and community
- ✓ 20% more appreciative of place and nature

Now anyone with a green space can provide access to the health benefits of nature



And it's as easy as scanning a QR code



Here's how...

Time to... **Fix your mood.** **Fix your energy.** **Fix your focus.**

INTRODUCING



A self-guiding nature-wellness program that transforms green spaces into wellness places

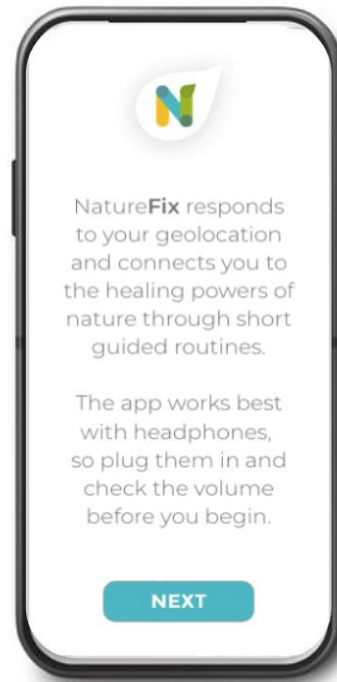


NatureFix App available on iPhone & Android

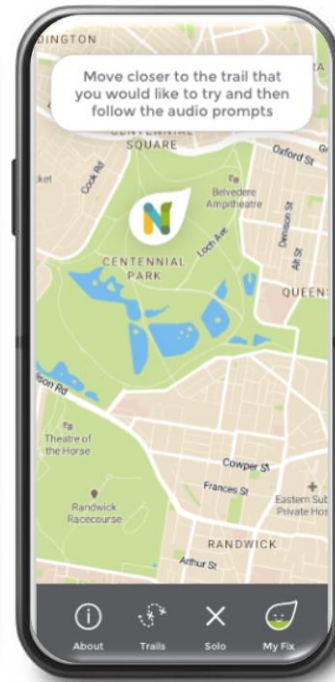
NatureFix app features



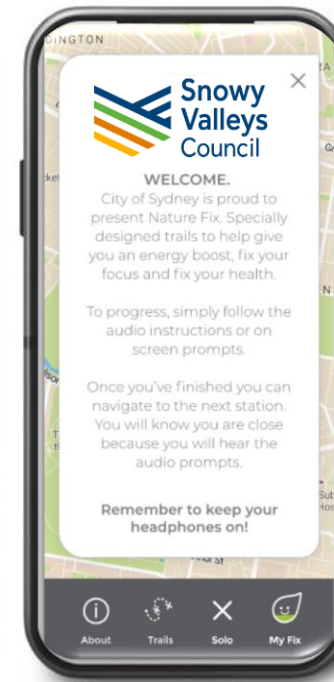
Self-guided audio responds to your geolocation



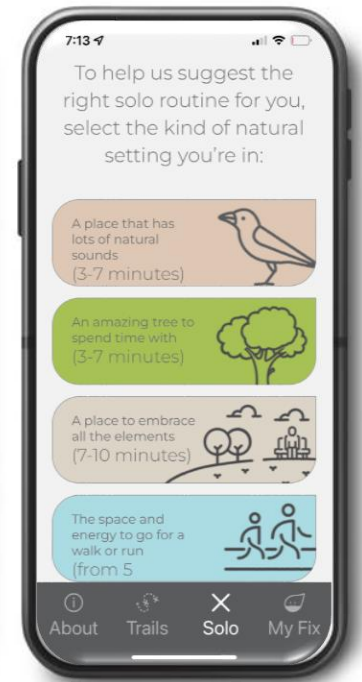
NatureFix routines are customised (and branded) to location



Comes with built-in wellbeing monitoring and user experience reporting

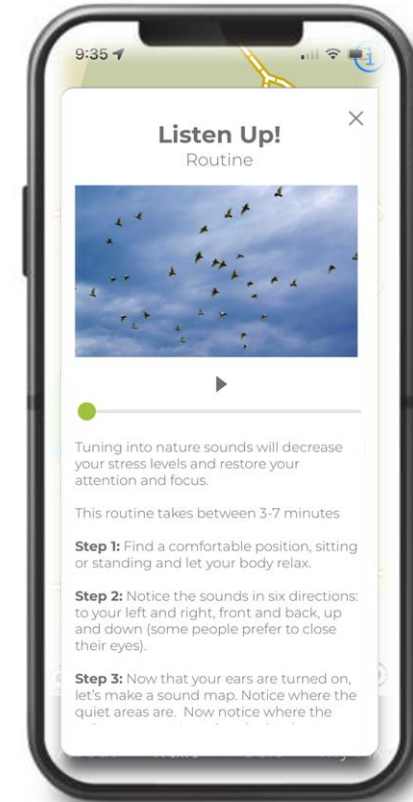
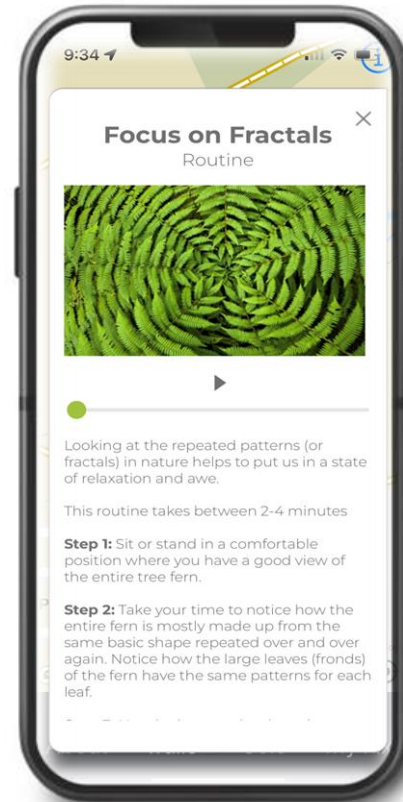
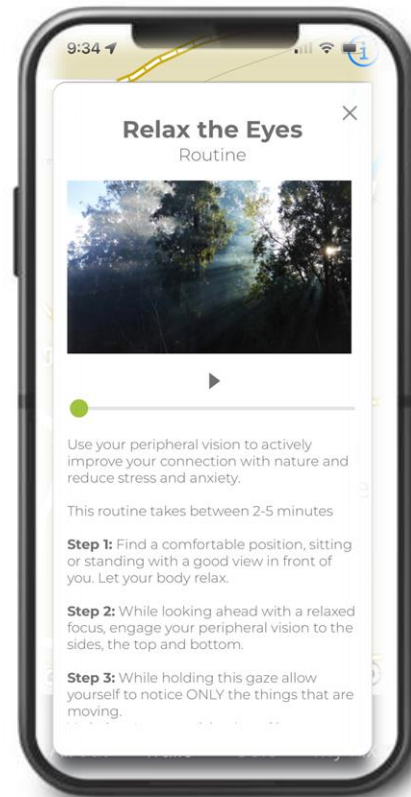
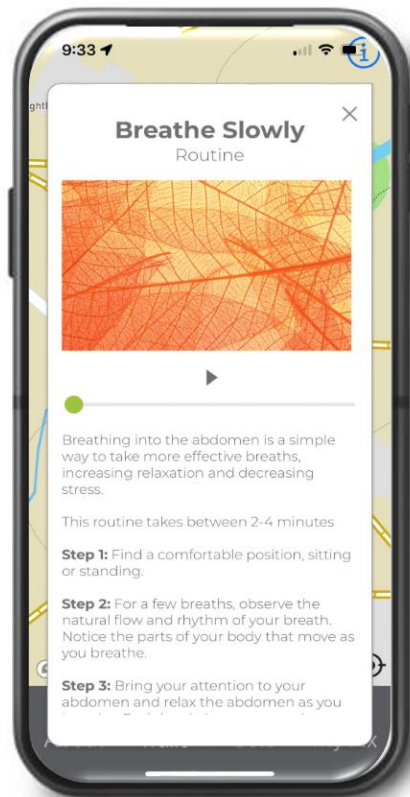


Includes 'solo' routines that users can enjoy in any natural environments near them



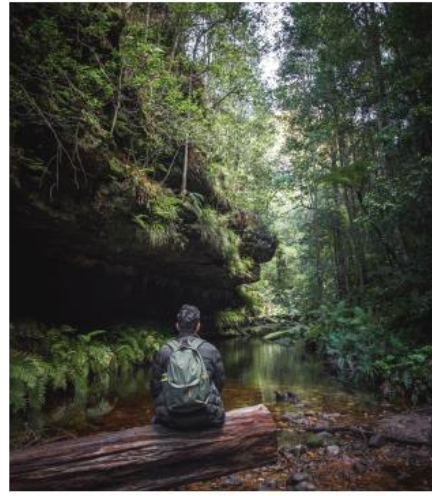
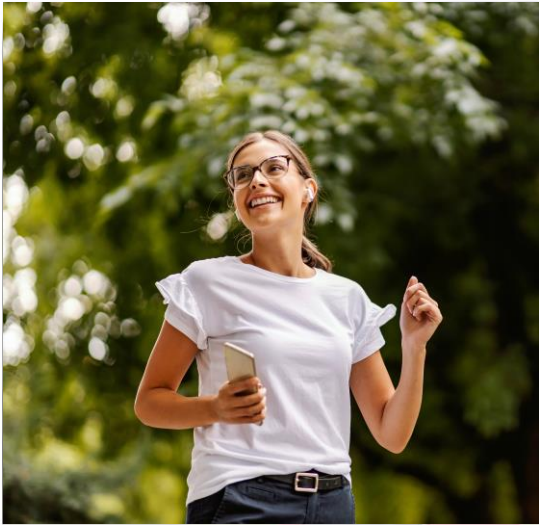
Evidence-led routines

Geolocated self-guided audio nature connection routines



Experiences we create

Creating positive and uplifting moments in nature



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



We invite you to pause, relax and dwell.

NatureFix is designed to supercharge the wellbeing benefits of this natural place, enticing you to linger longer and engage with nature in ways proven to refresh and restore.

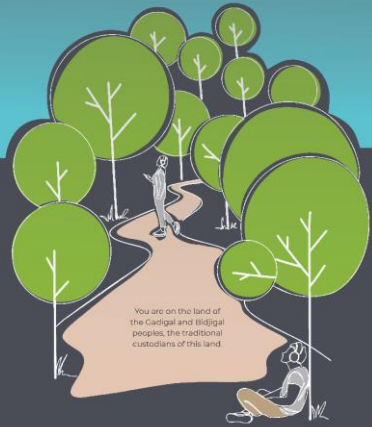
How it works Scan the QR code to download the NatureFix app for FREE and start your journey. The app responds to your location and leads you on a uniquely personal and inspiring experience with nature.

You can also access a selection of solo activities that can be enjoyed at anytime, in any natural place near you.

It's more than just a walk in the park! The benefits of nature are overwhelmingly supported by scientific evidence too compelling to ignore. The evidence shows that the type of activities we do in nature matter more than simply the amount of time spent there. The more meaningful the moments, the greater the benefits.

Benefits include:

- Reduce stress, depression and anxiety and increase resilience
Improve learning, creativity, cognitive attention and child development
Enhance feelings of gratitude and care for ourselves and our community
Improve sleep, respiratory wellness and life satisfaction
Improve blood pressure, pain relief, immune function, diabetes and allergies
Respect and appreciate our natural places



You are on the land of the Gadigal and Bidjigal peoples, the traditional custodians of this land.

your logo

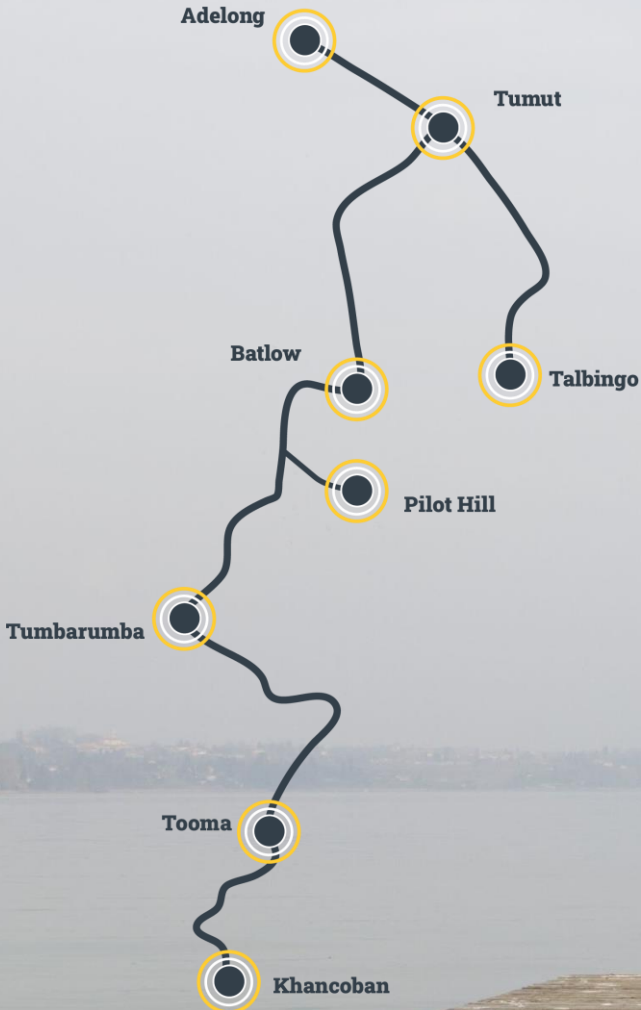
Supported with signage

Signage for 'Mindful moments' featuring naturefix logo, QR code, and instructions for audio-led instructions.

Signage for 'Mindful moments' featuring naturefix logo, QR code, and instructions for audio-led instructions.



Install as



a trail

e.g. 20 m - 2 km



a zone

e.g. 2 m radius

a drive

e.g. 200 km



Install in



national parks, local parks & botanic gardens

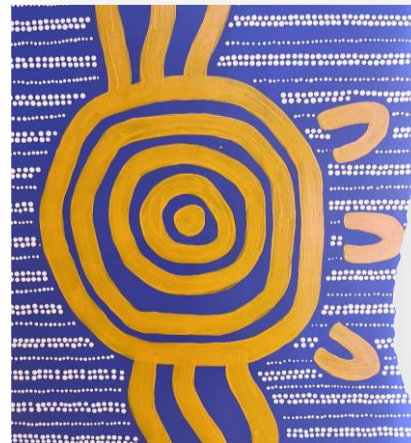
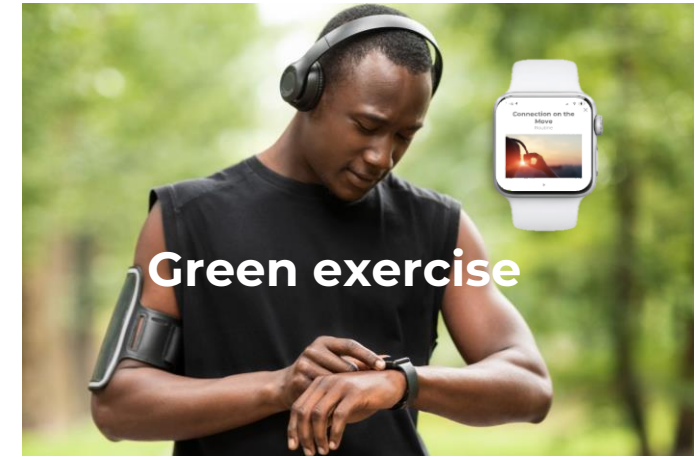
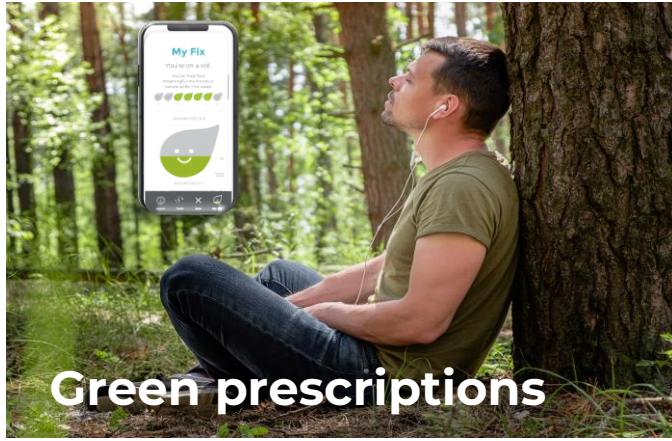


workplace (including home office)



hospital campus & health centres

Suitable for



Healing stories of First Nations in language & English

Can be translated into other languages

Acknowledging the artwork of [Brett Groves](#), Wiradjuri artist



Mental Health



Greater happiness and wellbeing



Reduced stress



Improved mental health



Better sleep



Improved general health



Improved cognition



Reduced ADHD symptoms



Reduced aggression

Physical Health



Better eyesight



Lower blood pressure



Reduced congestive heart failure



Improved birth outcomes



Improved immune function



Reduced diabetes



Improved postoperative recovery



Reduce obesity

Planetary Health



Increased conservation behaviours



Increased actions on climate change



Increased care for others & community

Research benefits

Our Living Lab Research Program



MACQUARIE
University

Our Nature Wellness Living Lab with Macquarie University researches the wellbeing effects of nature and applications for planetary health, green space design, and green prescriptions.

We continue to test the effects of Nature**Fix** on mood, emotional regulation, attention restoration, wellbeing, place appreciation, nature connectedness, and vitality.



[learn more](#) | hear what students are saying




NatureFix
is a green
prescription

What is a green prescription?

Non-invasive and drug free nature-based activities that a healthcare professional can recommend to a patient or client. With proven beneficial effects on:

- ✓ Mild-to-moderate diabetes
- ✓ Obesity
- ✓ Anxiety
- ✓ Depression
- ✓ Low mood



NatureFix green prescription options

Option 1: NatureFix Trail or Zone

Free and accessible option for referrers and patients where installed.

Option 2: NatureFix Prescription

A four-week program that supports access to nature's health benefits weekly. This fun program is based on the latest science and is digitally supported.

We also deliver



GREEN SPACE DESIGN

We advise and support optimal green space design for human and planetary health outcomes based on biophilic, climate-resilient and nature connection principles.



FACILITATOR TRAINING

We provide standard and bespoke workshops and training for those who seek to better understand and maximise the restorative powers of nature. Online or in person.



Let's make a difference | servicing people & planet |



- ✓ Free consultation and desktop assessment to transform your green space into a wellness place
- ✓ Ask about our free webinar to learn more about the health benefits of nature

Let's connect

CONTACT US



 **Sky Seat**
Lie down. Look up. Enjoy!

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