

PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program

Let's talk about our Brain

With spring in full swing in Austin we are stressed about the summer and what that may bring; Heat, rising electric bills, school, etc. Studies have shown that nature may help relieve some of that stress and anxiety that our brains and bodies are feeling. Let's talk about it and please check out our highlighted events and resources for your summer outdoor activities, whether it's going to a fitness class or enjoying an outdoor concert, there are many ways to get outside and enjoy nature.

SITTING IN THE FOREST FOR 15 MINUTES SIGNIFICANTLY REDUCES YOUR CORTISOL LEVELS AND HEART RATE VARIABILITY.

- Many studies have concluded that:
- Time in nature as a health-promoting initiative for people experiencing mental health issues is equally as effective as existing programs. Combining nature and social activities may play a key role in managing and supporting recovery from people experiencing mental health issues.
 - [Exercising in nature and social activity improve mood and self-esteem.](#)
 - Park prescriptions may be a way to deal with pediatric stress.
 - [A survey of park prescriptions.](#)

[Find Out More](#)

- Studies that show the connection of nature and mental health.
- [Gaining ground: The Power and Potential in School Ground Greening](#)
 - [Urban Nature Experiences Reduce Stress](#)
 - [Nurture By Nature](#)

Forest Bathing



Forest Bathing is a great way to become one with nature and relieve your stress at the same time. Numerous studies show that both exercising in forests and simply sitting looking at trees reduce blood pressure as well as the stress-related hormones cortisol and adrenaline. Studies examining the same activities in urban, unplanted areas showed no reduction of stress-related effects. Using the Profile of Mood States test, researchers found that forest bathing trips significantly decreased the scores for anxiety, depression, anger, confusion and fatigue.

Highlighted Outdoor Activities for May 2023



World Tai Chi and Qigong Day

ADDRESS: 400 Grove Blvd. Austin, TX 78741
 TELEPHONE: (512)
 PRESENTED BY: Austin Parks and Recreation Department
 DATE: April 29, 2023
 LOCATION: Roy G. Guerrero Colorado River Metropolitan Park
 TIME: 9:00 AM to 12:00 PM
 PRICE: Free

Join us at the Roy G. Guerrero Colorado River Metropolitan Park for this year's World Tai Chi and Qigong Day! An annual worldwide event to send a wave of peaceful, healing Qi around the world. Beginning in New Zealand at 10AM in each time zone, ending in Hawaii. Free and open to the public. All levels, styles, and ages welcome; a group for beginners will be available. This event is produced in collaboration with the Asian American Resource Center.



Celebrasia Austin

ADDRESS: Asian American Resource Center
 8401 Cameron Road Austin, TX 78754
 TELEPHONE: (512) 974-1700
 PRESENTED BY: Austin Parks and Recreation Department
 DATE: May 13, 2023
 TIME: 11 AM to 3 PM
 PRICE: Free

The family-friendly festival is free and open to the public and celebrates Asian Pacific American (APA) Heritage Month. This indoor/outdoor event offers performances, food vendors, exhibits, and cultural experiences for the entire family. The 2023 festival will commemorate 10 years of the AARC being rooted in community and culture!

Get into Nature with the Austin Parks and Recreation Department.

- [Lamar Senior Activity Center](#)
- [Conley-Guerrero Senior Activity Center](#)
- [South Austin Senior Activity Center](#)
- [Tennis](#)
- [Golfing at Golf ATX](#)
- Softball, flag football, Basketball leagues
<https://www.capitalcityathletics.com/home>
- [Disc Golf](#)
- [Pickleball](#)
- [Trail Directory](#)
- [Skate Parks](#)
- [Zilker Botanical Garden](#)
- [Pools](#)
- [Playgrounds](#)
- [Picnic Sites](#)
- [Austin Nature Science Center](#)

Other Organizations Around Austin with Upcoming Outdoor Events:

- [Texas Farmers Market at Lakeline](#)
- [SFC Farmer's Market Downtown](#)
- [Mueller Farmer's Market](#)
- [Boggy Creek Farm](#)
- [Lady Bird Johnson Wildflower Center](#)
 - gardening, yoga, etc.
- [Nature Rocks Austin](#)
 - Find Activities in Green Spaces & Parks in Your Community
- [Austin Movies Foundation](#)
 - Movies in the Park
- [Texas State Parks](#)
- [Tree Folks](#)
 - Volunteer & Calendar of events
- [Peace Park Conservancy](#)
- [Waterloo Greenway and Moody Amphitheatre](#)
- [Austin Public Library](#)
 - Outdoor Storytime

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Click the logo for more information on our website.



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