



# Grow a Healthy Outlook

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# Grow a Healthy Outlook...

Whether you are relaxing with your family and friends in the unspoiled surroundings of our magnificent Western Australian parks, participating in a community activity as a volunteer, digging in a garden or simply taking time out on your own to appreciate the beauty of our environment, you are planting the seeds for a healthy outlook.

**Contact with nature** — whether through parks, gardens, beaches, natural bush, pets or farm animals — helps us recover from stress and mental fatigue, assists us to relax and puts us in a good frame of mind.

Connecting with people in the outdoors by belonging to a community group or volunteering are other ways to contribute to happiness and mental well-being.

Nurture your mind, body and soul by connecting with nature; opportunities abound in our natural environments and the broader community.

**So ready, set, go outside...and grow a healthy outlook!**

**Act** – Get into a park, walk in the bush, do some gardening or watch a sunset...

**Belong** – Connect with others by joining a bird watching group, organising a family picnic or learning to sail with friends...

**Commit** – Join a tree planting group or volunteer to Adopt-a-Spot to keep litter-free...



Department of Environment and Conservation



Healthy Parks  
Healthy People

