

# PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program

November is filled with so many "starts" to the season and with it brings big meals, stressful holiday pressure and anxiety about large group parties, so we have to remember to care for ourselves. We can do this by being kind to our bodies, spending time outdoors where we can soak up the cooler weather and possibly enjoy a warm beverage. Taking a stroll in nature can aid in your digestion and mental health, it's also a great way to get some air if you are feeling overwhelmed with big gatherings.

Stress and your guts work together. We know that your mental health affects your gut health. Stress can impact gut function and the microbiome in unwanted ways, so anything which helps to manage stress will arguably have a positive impact on your gut health too.

Studies have shown that being in nature has a positive effect on our bodies by reducing cortisol levels, muscle tension, and demands on our cardiovascular systems, which we know we need especially in the winter months. It may feel hard sometimes to go outside in the winter cold, but it's a perfect excuse go for a stroll, dress up in a cute sweaters and grab a hot cocoa at your local coffee shop.

If you go on a stroll for 20 minutes a day your mental health will get a boost and your body will thank you.

## November Highlighted Outdoor Events

Calendar



### 57th Annual Zilker Tree Lighting

**November 26th**  
5:15 PM - Pre-event music  
6 PM - Ceremony

**Parking:** Free parking first-come first-served on the south side of Zilker Park. Carpool to the event or take Cap Metro [\(link\)](#). Overflow park and walk in the gravel area located just west of Stratford Drive and Lou Neff Road.

Watch official social media accounts for information in case of inclement weather.



### Green with Gratitude: A Forest Bathing Experience

[Peace Park Conservancy](#)

**Tuesday, November 21st**  
4pm - 6pm

The Great Lawn  
1100 Temporary Street  
Austin, TX 78704

**Free**

Forest Bathing is a practice encouraging individuals to spend time outdoors and in nature. The name itself comes from the 1980's Japanese ecotherapy practice known as *Shinrin-Yoku*. It is an immersive sensory experience that allows you to take in the natural world in order to receive all the incredible mental and physical benefits of being outdoors, such as...

- better sleep and more energy
- mood boosting effects
- alleviating anxiety and depression
- better immune system function
- decreased inflammation
- reduced risk of heart disease, diabetes, high blood pressure
- and other stress related diseases

*This event is best for ages 7 and up.*

[Register Here to Attend Green with Gratitude Forest Bathing](#)

## November Health Observances

Below are some of the health observances this month. Click on the box to learn more of about each health observance.

### AMERICAN DIABETES MONTH

### NATIONAL EPILEPSY AWARENESS MONTH

### BLADDER HEALTH MONTH

### LUNG CANCER AWARENESS MONTH

### COPD AWARENESS MONTH

### NATIONAL HEALTHY SKIN MONTH

### Get into Nature with the Austin Parks and Recreation Department.

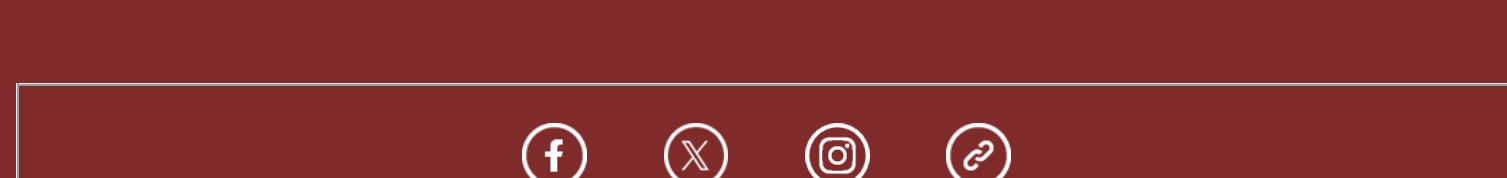
- [Lamar Senior Activity Center](#)
- [Conley-Guerrero Senior Activity Center](#)
- [South Austin Senior Activity Center](#)
- [Tennis](#)
- [Golfing at Golf ATX](#)
- [Softball, flag football, Basketball leagues](#)
- [Disc Golf](#)
- [Pickleball](#)
- [Trail Directory](#)
- [Skate Parks](#)
- [Zilker 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 Parks 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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