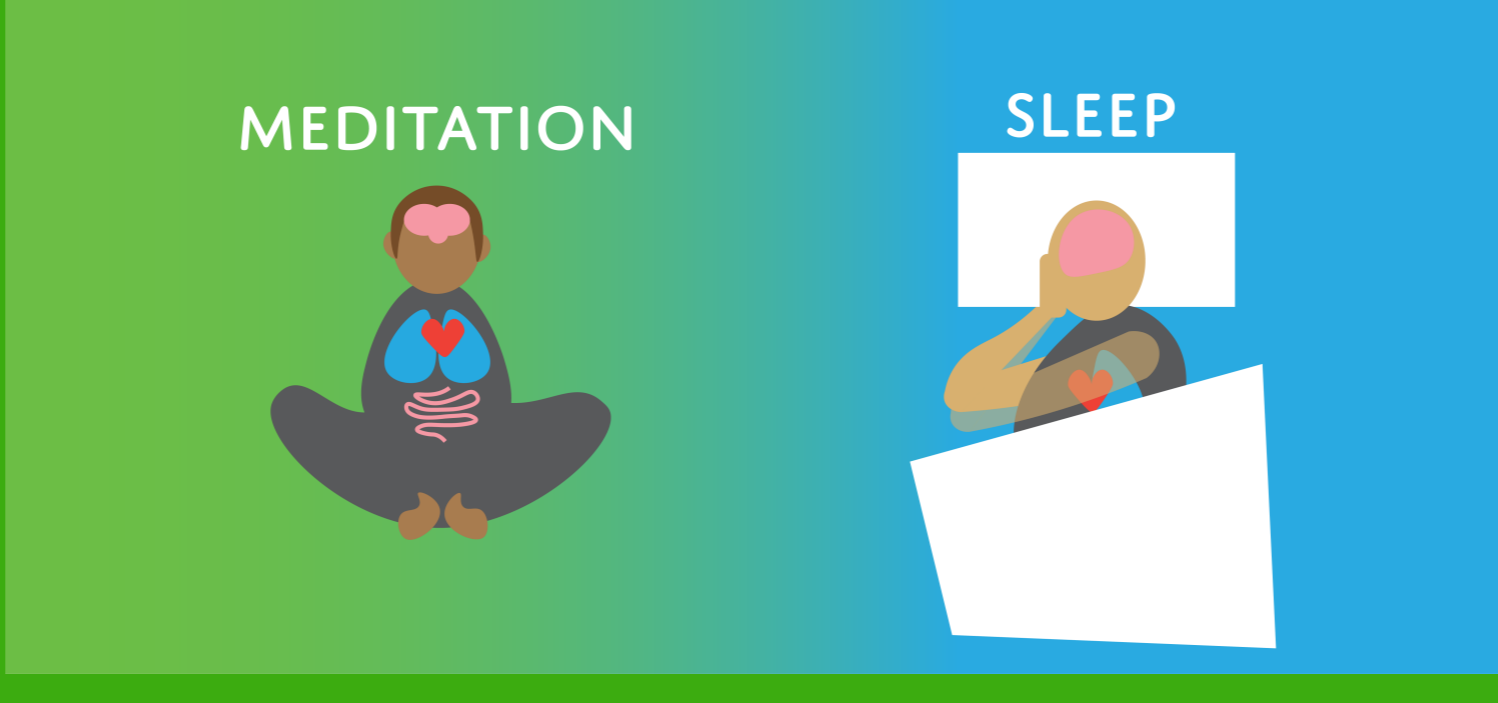


PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



Did you know getting enough sunlight in your daily routine can affect your sleep? Studies have shown us that experiencing at least 20 minutes of outdoor time everyday may counteract the effects of certain sleep disorders like insomnia. Daily exposure to natural light can help regulate our sleep cycles and reset our circadian rhythm.

- [Time spent outdoors and normality: A preliminary investigation](#)

Here are a few App suggestions for mindfulness and meditation:

Smiling Mind

The not-for-profit app features hundreds of meditations, enough to keep you engaged without overwhelming you with choice. They are organized into structured programs like Mindful Foundations (35 sessions), Sleep (6 sessions), Digital Detox (8 sessions), and Stress Management (10 sessions), but you have the flexibility to choose where to start and to easily jump between programs. Most meditations are in the five- to fifteen-minute range, with a few practices up to 45 minutes for advanced meditators. Smiling Mind also offers bite-sized meditations between 2 to 5 minutes for moments when you're in need of a quick, mindful pause in the day.

UCLA Mindful

With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the [UCLA Mindful Awareness Research Center](#). Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, cultivate positive emotions, and help improve overall physical health and well-being.

This app offers:

- Basic Meditations for getting started, in 14 Different languages
- Wellness Meditations for people suffering from challenging health conditions
- Informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness
- Weekly Hammer Podcasts and Drop-in Recordings -- 30 minute meditations on different themes you can search for and bookmark
- A timer to meditate on your own

Healthy Minds Program

With a combination of podcast-style lessons and both seated and active meditations, you'll learn what the science says about the brain while developing skills to tap into these learnings for a healthier, happier you.

March Highlighted Outdoor Events

[Calendar](#)

SOUND BATH IN THE TREEHOUSE: BRUISED SINATRA

<https://peasepark.org/events/2024/3/29/soundbath-in-the-treehouse-bruised-sinatra>

Friday, March 29
7:30 PM - 9 PM

Pease Park
1100 Kingsbury Street, Austin, TX, 78703

Visit Pease Park and immerse yourself in a blanket of sounds and feelings during a Sound Bath experience!

This Sound Bath will feature Bruised Sinatra, an original acoustic Austin-based sibling duo (guitar, stand up bass and vox) with a sultry blend of a rock-n-roll, blues and a hint of jazz.

Please be aware that there is a 20 person limit to the number of people who can be on the net of the Treehouse.

We encourage you to lay down and listen, but be mindful and give others the opportunity to do the same.

REGISTER TO ATTEND HERE

A note about Pease Park Conservancy's events:

If you sign up, please make every effort to show up. Our events are free so all of our community members can attend. But we plan our events to be meaningful for the number of people who register to be there, so please make every effort to attend if you have registered. We understand things come up from time to time, but if you have registered we look forward to having you there! Thank you!

TEXAS FARMERS' MARKET AT MUELLER

TEXAS FARMERS' MARKET AT MUELLER

<https://texasfarmersmarket.org/mueller/>

Every Sunday
9 AM - 1 PM

2006 Philomena St. Austin, TX 78723

FREE

Voted the Austin Chronicle's Best of Austin Farmers' Market 10 years in a row!

Join us year round to shop fresh produce and artisan goods from local farmers and vendors! Voted Austin's favorite farmers' market via Austin Chronicle for the past 10 years and counting, TFM at Mueller is a favorite activity among locals and families every Sunday.

March is...

NATIONAL NUTRITION 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
- Pease 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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