

2 hours/week, 20+ minutes at a time. That's all it takes.

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.ⁱ Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutesⁱⁱ — hence our 20-minute rule.

Spending time in nature:

Improves your resilience as you navigate diagnosis and treatment.

A review of 11 studies of patients with cancer showed that spending time in nature helped them connect to loved ones, create a safe space to contemplate the future, and stay more active.ⁱⁱⁱ

Boosts your immune defences.

An integrated medicine intervention that connected cancer patients to nature increased their tumour-killing cell activity—along with their quality of life and spiritual wellbeing.^{iv}

Helps you focus on what's important.

A green-time intervention significantly improved concentration and attention in women after surgical treatment for breast cancer compared to those who didn't spend time in nature.^v

Gives you strength and stamina.

90 per cent of cancer survivors reported better strength, agility and endurance after participating in a gardening program.^{vi}

Aids in recovery.

Research suggests that everyday nature exposure is a powerful way to improve physical and psychological recovery in cancer survivors.^{vii}

Make the most of your nature prescription with these simple tips:

1. Make easy green tweaks to your routine.

Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

2. Write nature into your schedule.

Prioritize your date with nature by entering it into your day planner.

3. Phone a friend or family member.

Involving others increases your chances of meeting your goals.

4. Respect nature—and yourself.

Dress for the weather, stay on the trail and pack out what you pack in.

5. Do what feels right for you. The health benefits of nature start to add up when you feel like you've had a meaningful nature experience.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019). ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). ⁱⁱⁱ Blaschke, S. *BMC Cancer* 17, 370 (2017). ^{iv} Nakau, M. et al. *EXPLORE* 9, 87 (2013). ^v Cimprich, B., Ronis D.L. *Cancer Nurs* 26, 284 (2003). ^{vi} Blair, C.K. et al. *Acta Oncol.* 52, 1110 (2013). ^{vii} English, J. et al. *Soc Sci Med* 67, 68 (2008).

