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.\(^1\) Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes\(^2\) — hence our 20-minute rule.

### Spending time in nature:

**Busts stress.**
Sitting in a forest for just 15 minutes significantly reduces your cortisol levels and heart rate variability—while sitting on a urban street does nothing.\(^3\)

**Makes you feel richer.**
Living in a neighbourhood with 10 more trees per block improves your health perception similar to an increase in your personal income of $10,000 per year.\(^4\)

**Increases your happiness.**
9 in 10 Canadians say they feel happier when they’re more connected to nature.\(^5\)

**Gives your brain a rest.**
People who take a walk in green space instead of on a busy street have fewer repetitive, racing thoughts.\(^6\)

**Connects you to others.**
Spending time in neighbourhood green spaces makes you feel more connected to your community and improves social cohesion.\(^7\)

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.

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\(^5\) https://www.ipsos.com/en-ca/nine-ten-87-canadians-say-when-connected-nature-they-feel-happier