



NATURE AND MOOD

PRESCRIPTION

2 hours/week in nature

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.

- Sitting in a forest for just 15 minutes significantly reduces your cortisol levels and heart rate variability.
- Exposure to forests and trees reduces stress, improves mood, increases ability to focus.
- Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes.

LINKS

- <https://www.dec.ny.gov/lands/90720.html#Research>
 - <https://www.nature.com/articles/s41598-019-44097-3>
 - <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00722/full>
 - <https://www.apa.org/monitor/2020/04/nurtured-nature>
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