

Nature & Inpatient Care

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

SEEK OUT GREEN SPACES

Sitting in outdoor nature for just 15 minutes significantly reduces your cortisol levels and heart rate variability—while sitting on an urban street does nothing.ⁱⁱⁱ

LOOK OUT A WINDOW

Patients recovering from surgery needed less pain medication and had shorter hospital stays when they could see trees outside their windows.^{iv}

LISTEN TO NATURE SOUNDS

Hearing natural sounds like water or birdsong decreases stress and improves health.^{vi}

FOCUS ON NATURE PHOTOS

Viewing scenes of urban green spaces instead of buildings speeds up recovery after a stressful event.^{vii}

GREEN YOUR ROOM

People are happier and more content when their indoor spaces have plants.^v

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 adding it to your calendar or day planner.

3. PHONE A FRIEND OR FAMILY MEMBER

Making it a team effort 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. For more on how to get outside safely and responsibly, visit our friends at [AdventureSmart](#).

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.

ⁱⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019). ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). ⁱⁱⁱ Kobayashi, H. et al. *Altern Med* 2015, 671094 (2015). ^{iv} Ulrich, R. *Science* 224, 4647 (1984). ^v Dravigne, A. et al. *HortScience* 43, 183 (2008). ^v Buxton, R. et al. *PNAS* 118, 14 (2021). ^{vi} van den Berg, M. et al. *Int J Environ Res Public Health* 12, 12 (2015).



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