

Nature & Kids' Mental Health

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

INCREASES YOUR CHANCES OF BETTER MENTAL HEALTH AS A GROWN-UP

A study of over 900,000 people showed that children who grew up around more green space had a significantly lower risk of developing psychiatric illness as adults.ⁱⁱⁱ

INSPIRES CONFIDENCE

4 in 5 kids feel more confident in their abilities to do new things if they try after they participate in outdoor nature activities.^{iv}

REDUCES YOUR RISK OF CHRONIC DISEASE

Spending more time in green space drops your risk of asthma, diabetes, heart disease, high blood pressure and stroke.^v

ENCOURAGES TEAMWORK AND KINDNESS

Kids who play in recently greened school grounds play more cooperatively, communicate better and decrease aggressive behaviour.^{vi}

BOOSTS YOUR SELF-ESTEEM

Taking group walks in parks and the countryside improves kids' self-esteem even more than a social club after 6 weeks.^{vii}

IMPROVES RESILIENCE

Each extra day a child spends in a park per week steadily increases their resilience against stress.^{viii}

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 Engemann, K. et al. *Proc Natl Acad Sci* 116, 5188 (2019). iv Sheldrake, R. et al. *Children and Nature*. London, UK (2019). v Dymont, J. *Gaining ground*. Toronto, Canada: Evergreen (2005). vi Dymont, J. *Gaining ground*. Toronto, Canada: Evergreen (2005). vii Barton, J. et al. *Perspect Public Health* 132, 89 (2012). viii Razani, N. et al. *Health Place* 57, 179 (2019).



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