

# Nature & Cancer 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.<sup>i</sup> Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes<sup>ii</sup> – hence our 20-minute rule.

## Spending time in nature

### 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.<sup>iii</sup>

### GIVES YOU STRENGTH AND STAMINA

90% of cancer survivors reported better strength, agility and endurance after participating in a gardening program.<sup>iv</sup>

### AIDS IN RECOVERY

Research suggests that everyday nature exposure is a powerful way to improve physical and psychological recovery in cancer survivors.<sup>v</sup>

### 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.<sup>vi</sup>

### 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.<sup>vii</sup>

## 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.

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



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