

# Nature & Work Performance

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

### REFRESHES YOUR MOOD

After a regular workday, adults who took a 25-minute walk in the forest experienced improved mood, reduced anxiety, and increased working memory.<sup>iii</sup>

### BOOSTS YOUR CREATIVITY

Plan your next vacation around a nature experience. Hikers who spent four days in nature increased their creativity levels by 50%.<sup>iv</sup>

### BUSTS STRESS

Sitting in a forest for just 15 minutes significantly reduces your heart rate variability—while sitting on a urban street does nothing.<sup>v</sup>

### INCREASES YOUR JOB SATISFACTION

Workers whose offices have live indoor plants and windows looking out onto green spaces are more satisfied with their jobs than those without.<sup>vi</sup>

### MAKES YOU FEEL RICHER

Living in a neighbourhood with 10 more trees per block improves your health perception similar to a \$10,000 increase in your personal annual income.<sup>vii</sup>

### IMPROVES YOUR MEMORY

Memory and focus improve significantly after a short nature walk compared to a walk on a city street.<sup>viii</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> Koselka E.P.D. et al. *Int J Environ Res Public Health* 16, 4338 (2019); <sup>iv</sup> Atchley, R.A. et al. *PLoS One* 7, e51474 (2012); <sup>v</sup> Kobayashi, H. et al. *Altern Med* 2015, 671094 (2015); <sup>vi</sup> Dravigne, A. et al. *HortScience* 43, 183 (2008); <sup>vii</sup> Kardan, O. et al. *Sci Rep* 5, 11610 (2015); <sup>viii</sup> Berman, M.G. et al. *J Affect Disord* 140, 300 (2012).



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