

Sitting in a forest for just 15 minutes reduces your cortisol levels and heart.

Contact with nature improves the “thinking” part of our brain including focus, problem solving, memory, planning, and creativity.

Spending at least 2 hours in nature each week significantly improves your health and well-being.

**GREEN SPACES …**

**Nature’s Prescription for Your Mind**

Berman, M. G., Kross, E., Krpan, K. M., Askren, M. K., Burson, A., Deldin, P. J., Kaplan, S., Sherdell, L., Gotlib, I. H., & Jonides, J. (2012). Interacting with nature improves cognition and affect for individuals with depression. Journal of Affective Disorders, 140(3), 300–305; https://doi.org/10.1016/j.jad.2012.03.012Hiromitsu, K. et al. (2015). Analysis of Individual Variation in Autonomic Responses to Urban and Forest Environments. Evidence-Based Complementary and Alternative Medicine. <https://doi.org/10.1155>; Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. Journal of Environmental Psychology, 15(3), 169–182. https://doi.org/10.1016/0272-4944(95)90001-2;

Parks and nature prescriptions by healthcare and social service providers successfully promote health behavior changes, improved health outcomes, and address health inequalities.

A 50 minute walk in a natural setting, versus an urban setting, can improve your mood.