

GREEN SPACES ...

Nature's Prescription for Your Mind

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

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

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

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

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

