

BENEFITS OF SPENDING TIME IN nature

Research has shown that spending time in nature benefits us both physically and mentally.

Positive impacts include:

- **Improve memory and creativity:** research has shown that creativity levels increased by 50% for hikers who spent four days in nature. It also improves your memory and focus.
- **Relieve stress:** being outside in a natural environment has been shown to lower stress and anxiety. Comparing to walking in a city, nature has more stress-reducing abilities.
- **Boost your self-esteem:** spotting a species or completing a short walk can provide a sense of accomplishment and boost your self-esteem. It also brings families and friends together and can provide a greater personal appreciation of nature.
- **Improve physical wellness:** being in nature can lower your heart rate and blood pressure, which reduces the chance of heart disease.

You can read more in NCC's [Prescribing Nature](#) article.



Photos (clockwise from top left): Reginald Hill, BC; photo by Virginia Hermanson. Conservation volunteering at Ontario, photo by Chelsea Marcantonio. Waterton, AB; photo by Sean Feagan.