

Design Your Nature Habit

What

The best way to build and commit to a new nature routine is to personalize it. In this activity, you will brainstorm how to build your own nature habit, unique to you!

Where

Any indoor or outdoor space.

Instructions

1. Go through the list below and design your personalized nature habit.
2. Brainstorm **together or individually**.
3. Writing it down will help you remember your plan and using our handy worksheet (optional) may help!

Questions

1. How much time should I spend in nature?
 - a. Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing, and the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes—which is why healthcare providers recommend at least 2 hours/week, 20+ minutes at a time.
 - b. Think about how much time you already spend in nature. Can you keep up your current habit? Could you set a higher goal?
2. What should I do in nature?
 - a. Health benefits start to add up whenever you feel like you've had meaningful contact with nature, whether you're sitting on a park bench or hiking up a mountain peak.
 - b. Think about what you already like to do in nature. Do you go walking? Biking? Birdwatching? With or without other people? Do you want to try something new?
3. Where should I go for nature time?
 - a. What green spaces are near you? Are there green spaces you're familiar with or particularly enjoy visiting? Check out a map or ask around for somewhere new to explore.
4. When should I spend time in nature?
 - a. Think about ways to add more nature to your life without adding extra time or effort. Are there green tweaks you can make to your daily routine to substitute outdoor activities for indoor ones?
5. How can I stay accountable?
 - a. Just like a doctor's appointment or coffee date, you're more likely to stick to a commitment when it's written down.
 - b. Prioritize your date with nature by entering it into your day planner. What works for your schedule? Can you set an alarm on your phone?
 - c. Involving others increases your chances of meeting your goals, so tell a friend or family member about your plan or ask them to join you on your nature date.



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6. How can I be prepared?
 - a. Follow the 3 T's at <http://www.adventuresmart.ca>: Trip Plan, Train, and Take the essentials.
7. Follow it up with your healthcare provider.
 - a. Tell your healthcare provider about PaRx at your next scheduled appointment, how it's helped your health, and ask if they'll consider registering for the program. Spreading the word about nature prescribing means more people building a nature habit and enjoying the health benefits of spending time in nature, just like you are.
 - b. Describing your nature habit to your healthcare provider will also help keep you accountable.



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Design Your Nature Habit Worksheet

Use this worksheet to help build and commit to a new nature routine!

1. How much time should I spend in nature?

I will spend _____ hours/week, _____ minutes at a time

2. What should I do in nature?

3. Where should I go for nature time?

4. When should I spend time in nature?

3 easy green tweaks: _____

5. How can I stay accountable?

My nature date is on (circle)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

at ____ : ____ AM/PM (circle)

To stay accountable, I will _____



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6. How can I be prepared? (check ✓)

- Trip Plan (plan your route, check the weather, fill out a trip plan)
- Train (know and stay within your limits, obtain knowledge and skills you need before heading out)
- Take the essentials (first aid kit, food and water, extra clothing for changes in weather, navigation/communication devices, flashlight/headlamp and extra batteries, sun protection, signaling device (whistle, mirror, etc.))

7. Follow it up with your healthcare provider. (check ✓)

- I will follow my nature habit up with my healthcare provider.

Nature Habit Commitment

I, _____, commit to my nature habit as written on this worksheet to the best of my abilities.

Signature

Date



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