

# Pleasure As the Key To Returning to Emotional Health

Post by “Kalosyni” of December 21, 2021 at 9:04 PM

Quote

## 20 Minutes

**That’s the amount** of time you should spend outside in nature, like a neighborhood park, three times a week. Hopman led a new study that concluded that something as painless as a 20-minute stroll through a city botanical garden can boost cognition and memory as well as improve feelings of well-being. “But,” she said, “we found that people who used their cell phone on the walk saw none of those benefits.”

Other research discovered that 20 minutes outside three times a week is the dose of nature that had the greatest effect on reducing an urban dweller’s levels of the stress hormone cortisol.

Excerpt from the above article 😊