

# Pleasure As the Key To Returning to Emotional Health

Post by “Joshua” of December 23, 2021 at 11:58 AM

Quote

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.

I'm outside 35+ hours a week, I must be as beatific as the Dalai Lama!

For me, it's the evening walks that I find restorative, and mostly when the stars are out—walking *caeli subter labentia signa*, under the gliding signs of heaven. Or, *below that heraldry of star and planet*, as Humphries renders it.