

Want to Learn More?
Here's
The Evidence

Nature Prescriptions Video Series



The Benefits of Nature



What is Nature Rx?



Nature Rx 'How To'

Possible Benefits of Nature Prescriptions Articles



Nature Rx: Nature prescribing in
general practice.



Nature prescriptions for health: A
review of evidence and research
opportunities.



Effect of nature prescriptions on
cardiometabolic and mental health, and
physical activity: a systematic review.

Ask your doctor
about nature
prescriptions!

Want to learn more about nature
prescribing at the Children's
Hospital, London Health Sciences
Centre? Visit natureforhealing.org or
scan the QR code!

Healing in Green: Your Guide to Nature Prescriptions



**SMALL MOMENTS, BIG
IMPACT**



What are Nature Prescriptions?

Nature prescriptions are recommendations to spend more time in, and connect with, nature, and may benefit your overall health and well-being!

What are the possible benefits?

- Reduced feelings of:
 - Depression
 - Stress
 - Anxiety
- improved:
 - Self-esteem
 - Self-worth
 - Resilience
 - Positive emotions,
- **And more!**



Potential outcomes to target from a nature prescription:

- Physical Health
- Mental Health & Well-being
- Connection

What can I do for a Nature Prescription?



Taking care of a plant!

Collecting your favourite nature items!



Bird Watching!



A walk in your favourite park!



Journaling in your backyard!

And more!

You can do many things for a nature prescription, as long as you are connecting with nature!