

Time In Nature (TIN) Strategies

1. Spend a minimum of 20 minutes in Nature

- This can be at a park, walking beside a river, in a forest or standing under a tree in the playground (try it barefoot- 'touching grass')
- Studies have shown that as little as 20 minutes increases cognitive capability (more time is better)
- Children and youth with ADHD specifically have been shown to experience the same benefit as a dose of Ritalin

2. Spend at least 2 hours per week in Nature

- If it is a struggle to have daily Time In Nature, plan for a hike, walk, day at the park or something else that is at least 2 hours long
- This cumulative effect can be similar to a 20 min dose of nature

3. Go for a walk or a run in a natural setting without distractions (phone, music or podcasts)

- Being in nature without distractions allows your brain to process the soft fascinations
- This encourages rest and recharge of the attention system

4. Simulated nature sounds or pictures can also be effective

- Studies have shown that listening to nature soundtracks or looking at pictures of nature scenes can give your brain the same soft fascination that allows the attention system to rest
- Although not as effective as the real thing it is better than screen breaks or strictly urban walks

5. Ensure that Time in Nature is expansive and feels like you are away

- The nature environment needs enough expanse and interesting things to look at to hold your attention
- You need to feel removed enough from your workspace that your brain gets a chance to shift and refocus