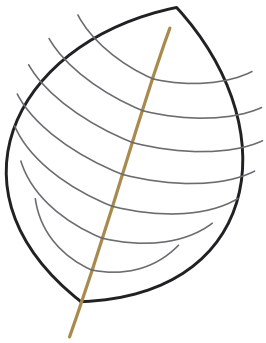
CELLULAR COHERENCE

7-Day Green Time Log



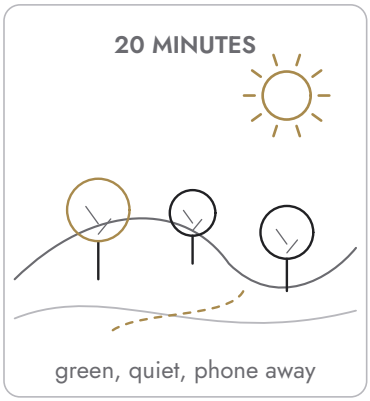
A gentle 20-minute nature break, and a place to notice what happens.

What this is

This is a seven-day experiment you run on yourself. Each day, spend about 20 minutes in a green or natural place with your phone put away, then note how you felt. In one small study with no control group, a stress-hormone marker in saliva fell most efficiently with 20 to 30 minutes of nature contact. This log helps you see what a nature break does for you, with no pressure to get a result.

The 20-minute practice

1. Choose a green or natural spot you can reach safely, such as a park, garden or trail.
2. Dress for the weather, and let someone know your plan if the place is quiet or remote.
3. Silence your phone and put it away. Skip social media and reading.
4. Sit, or stroll gently, for about 20 minutes. Keep it easy, not a workout. Let your eyes rest on what is around you.
5. Take three slow breaths, then fill in your log.



Safety note

Dress for the weather, bring water, and use sun protection if it is bright. Stay aware of traffic, uneven ground and ticks, and choose places that feel safe and familiar. Stop and go indoors if you feel unwell, and adjust or skip this if it does not suit your health or mobility. This is education, not medical advice, and does not replace care from a qualified health professional.

How to log

- ☐ Try for a similar time each day. Record the minutes you actually spent; any amount is useful.
- ☐ Before you start, circle how you feel from 1 (tense, stressed) to 5 (calm, settled). Circle again afterwards.
- ☐ Tick whether your phone stayed away, and note where you went.
- ☐ Write one honest sentence. If nothing changed, write that. It is useful data too.

Your 7-day log

Days 1 to 4

Day 1

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away:

☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

Day 2

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away:

☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

Day 3

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away:

☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

Day 4

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away:

☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

Your 7-day log

Days 5 to 7, then a look back

Day 5

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away: ☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

Day 6

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away: ☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

Day 7

Date _____ Minutes outside _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Phone put away: ☐ yes ☐ mostly ☐ no

Where _____

One sentence about what I noticed:

_____

_____

After seven days

Did my before and after ratings differ on most days?

_____

What did I notice about my mood, attention or body? (Or nothing at all.)

_____

_____

Would I keep a nature break in my week? Yes / No / Maybe

_____

Reflect, then check the evidence

Prompts for your notes, and what the research does and does not show.

Reflection prompts

Where did I go, and what drew my attention there?

What did I notice in my body, thoughts or mood as the 20 minutes went on?

What would I change next time: the place, the time of day or the length?

Evidence at a glance

ESTABLISHED	Cortisol is highest soon after waking and falls through the day. Any study of nature and cortisol has to show a change beyond that natural drop. [1]
EMERGING	In 36 adults (no control group), cortisol fell about 21% per hour beyond the daily drop, most efficiently at 20 to 30 minutes of nature time. [2]
EMERGING	A review of 143 studies, mostly observational, linked more greenspace with lower cortisol, heart rate and diastolic blood pressure. Association, not proof. [3]
EMERGING	Nature and attention: in a review of 31 studies, 3 of 13 meta-analyses favored nature (digit span, trail-making). The rest showed no clear benefit. Evidence is limited. [4]
SPECULATIVE	That 20 minutes is a universal threshold, that nature breaks treat or prevent any condition, or that the effect lasts after the visit. Not tested in [2-4].

Sources

[1] Stalder T, Oster H, Abelson JL, Huthsteiner K, Klucken T, Clow A. The cortisol awakening response: regulation and functional significance. Endocr Rev. 2025;46(1):43-59. doi:10.1210/endrev/bnae024

[2] Hunter MR, Gillespie BW, Chen SY-P. Urban nature experiences reduce stress in the context of daily life based on salivary biomarkers. Front Psychol. 2019;10:722. doi:10.3389/fpsyg.2019.00722

[3] Twohig-Bennett C, Jones A. The health benefits of the great outdoors: a systematic review and meta-analysis of greenspace exposure and health outcomes. Environ Res. 2018;166:628-637. doi:10.1016/j.envres.2018.06.030

[4] Ohly H, White MP, Wheeler BW, et al. Attention Restoration Theory: a systematic review of the attention restoration potential of exposure to natural environments. J Toxicol Environ Health B. 2016. doi:10.1080/10937404.2016.1196155

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