



Healthy Options that
Promote Excellence

Gardening Does the Body Good – Dig Into Mental Health

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Mental Benefits:

- Gardening allows you to focus on the present moment.
- Weeding a flower bed is one way to visualize having the power to remove roadblocks and obstacles by clearing your brain of clutter.
- Sense of accomplishment, responsibility.
- Reduction in stress, anxiety, and depression – all are very common mental health conditions.

Physical Benefits:

- Lifting, digging, and physical exertion is a great way to get your blood flowing, circulating and refreshing your body with some blood movement is a way to help knock out feelings of stagnation.

- Create a connection to the ecosystem: birds, plants, insects, snakes, water, soil.
- Long cultural history of appreciation of the sun for healing purposes (*Note: make sure skin is covered in clothing or sunscreen and to avoid exposure to the sun between 10 AM and 4 PM*)
- Exposure to healthy microbes that can help with the immune system.
- Restorative

Social Benefits:

- Gardening with a friend or family member builds a bond and encourages team player cooperation.
- Relief of social pressures.
- Shared interests.
- Increasing self-esteem

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