

10 TIPS

GROW YOUR WELL-BEING THROUGH GARDENING!

Dig into the joys of gardening and discover its benefits to your physical, psychological, and social well-being. Research by Mather Institute found that more frequent gardening was associated with better physical and mental health as well as lower stress in older adults age 55 and better.

Start growing your well-being today with these tips!

1 SPACE SAVVY

No yard? No problem! Grow plants indoors or give hydroponic or aeroponic gardening a try.

2 GO GREEN

Choose native plants and eco-friendly practices like rain gardens and permeable paving for sustainable gardening.

3 SHARE THE SOIL

Join a gardening club or dig in with friends and family for extra fun and connection.

4 TAKE IT EASY

Consider raised garden beds or modified tools to avoid the aches and pains of gardening.

5 PLANT TO PLATE

Grow your favorite fruits, veggies, or herbs and enjoy the nutritious rewards!

6 COMMUNITY ROOTS

Get to know your neighbors by snagging a plot at your local community garden or by sharing your harvests.



7 GARDEN STROLL

Take a walk through a public garden to help lift your spirits.

8 STRECH & SOW

Prevent soreness and injury by warming up and stretching before you start bending and lifting.

9 ACCESSIBLE OASIS

Design your garden with features like handrails, good lighting, and smooth paths for easier access.

10 EMBRACE NATURE'S IMPERFECTIONS

Remember that your garden may not grow exactly how you planned it—and that's okay!