

The Psychological Benefits of Gardening

Sometimes things can get tough, and you need a break. A great way to give yourself a break and have some fun is with gardening. Gardening is a great way to get your hands dirty, create something out of nothing and get some fresh air. There are also heaps of psychological benefits of gardening that you may not have been aware of, so we've got some listed right here.



You Focus On The Senses

Dr Samantha Clarke from [Mind Body Resilience](#) offers her reasons why gardening is good for you psychologically. "Gardening is a great place to practice mindfulness as it encourages connection between the mind and the body, and the 5 senses are stimulated by all the colours, textures, smells and sounds, keeping us tuned into the present moment, as well as connection to something greater than ourselves." Find out more about Mind Body Resilience by following them on [Facebook](#). What's not to love?

It Releases Serotonin, Dopamine and Decreases Cortisol

There's no denying that gardening is a relaxing way to spend your time. You don't have to rush, you can keep yourself occupied for hours. It also keeps you happy. Seriously. Gardening produces and releases serotonin and dopamine (the happy hormones) and decreases levels of cortisol (the stress hormone).

Gardening is Easy

Gardening is such an easy hobby to pick up. You simply have to take some time out of your day to get it done. You don't need to wear your overalls with a big straw hat, you [just need some gardening supplies](#) and some spare time. You can even keep your furry pal by your side. [Get them out of their kennel](#) and let them join you. They can even help you dig things up! What's great about having such an easy hobby to have, is that you don't have to think you're doing it wrong. It's so easy, you can just focus on relaxing!

It Gets You Through Tough Times

Listen to **Rebecca Searles'** story, from [Family Garden Life](#). "2016 was a year full of challenges that lead a path straight into our garden. Gardening has always been something I enjoyed, but in 2016 it was a place I needed and cherished in so many ways. Getting my hands in the dirt, immersing myself in the environment brought clarity and a coping mechanism I will be forever grateful for. Nothing could have prepared me for the trifecta of emotional challenges I encountered and for me, my therapy was right outside my back door. I am a mum of 2 young children, who were 4 & 6 at the start of 2016 and at the beginning of the year I had to put my dad in a high care dementia home. To add to that, we also took a risk on an opportunity for financial freedom, and my son was diagnosed with a condition that affected his joints. I can honestly say that the reason I came through the other side, was because of my garden. It gave me a place to offset the emotional turmoil I lived every day, it allowed me to give back in a situation where I could make a difference and without realising it at the time, it also made me realise that this is what I wanted to do for my work. Now when I walk out the door with my boots on, hat on my head, and gloves in hand it's a pretty awesome feeling that I get. Not only because it's where I love to be and I know the benefits that come with it, but because right behind me is my 8-year-old daughter saying "what's on the list today mum?" - Priceless! Our garden is the heart of our Family Garden Life." Find out more about Family Garden Life by following them on [Facebook](#) and [Instagram](#).

Gardening is a great way to reduce stress, anxiety and it's a great way to keep yourself occupied. Pick up a new hobby and grow your green thumb!