

Gardening as a therapy

Going on times of COVID-19 talking about normal life or having a routine could be a bit cynical, even though it feels as if everyone is trying to come back to normal or at least trying to do something productive. Keeping in a healthy and comfortable state of mind can be challenging but if you try to look at this whole situation in a positive way for sure you will take the best of it. Not everyone owns a garden or a small area to do some gardening but just having a couple of pots with beautiful flowers at home can make you feel more positive.

Another reason, several research have revealed the beneficial effects on mood and mental health of gardening. A Japanese study simply found that it is more beneficial physiologically to view a green hedge rather than a concrete fence, showing that doing small changes can actually create a better environment affecting directly your wellbeing.

Finally, gardening is a great way to keep you in good form, just a simple activity such as cutting the grass or watering the plants can be excellent exercises plus very relaxing. Therapeutic gardens have been used in hospitals for thousands of years demonstrating that having green areas can be helpful for the recovery of many injuries as physical or mental.

In conclusion, complementary therapies have been convincingly shown to be effective, but gardening and nature, which are alternative therapies, offer a proven helping and improving a lot in mental health issues.