

# Gardening— It's Good for You!



## Gardening Is Enriching in Many Ways!

- Financially—growing your own food saves you money
- Physically—gets your blood moving
- Emotionally—takes focus away from stress of work
- Spiritually—provides time in nature for prayer
- Socially—share garden activities with family and friends

## The Goodness of Gardening

- Reconnects you to the earth
- Proven to reduce stress hormones
- Dirt components may encourage the release of mood-boosting serotonin—similar to anti-depressant drugs but on a lower level
- Provides plentiful low-impact exercise—potential for more vigorous exercise with tasks such as wheelbarrowing
- Yields the freshest and tastiest food you can eat
- According to studies, may reduce the risk of dementia

## Tips

- If you have very little space or experience, you can try gardening in containers
- Explore starting a garden at church or school—or look into community garden options
- Join or start a local garden club
- Most gardeners love to share their knowledge—start a conversation next time you see a gardener

Adapted from articles at [cnn.com](http://cnn.com)

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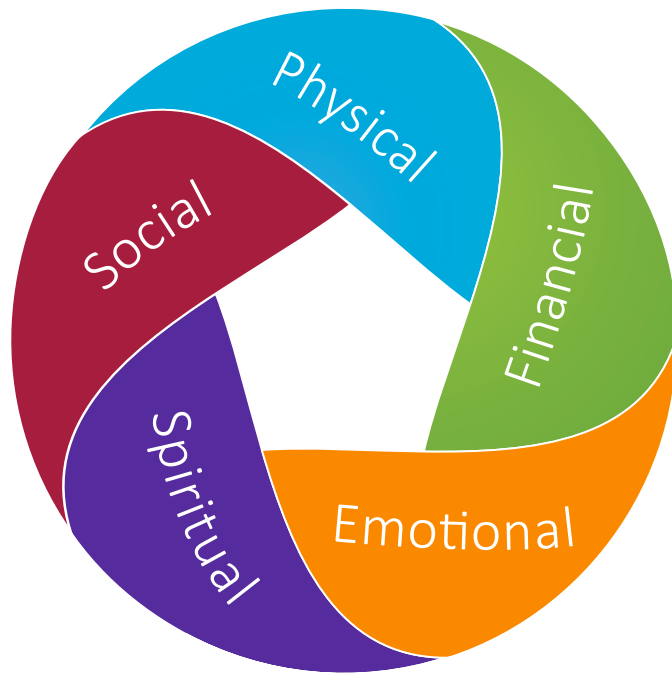
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# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



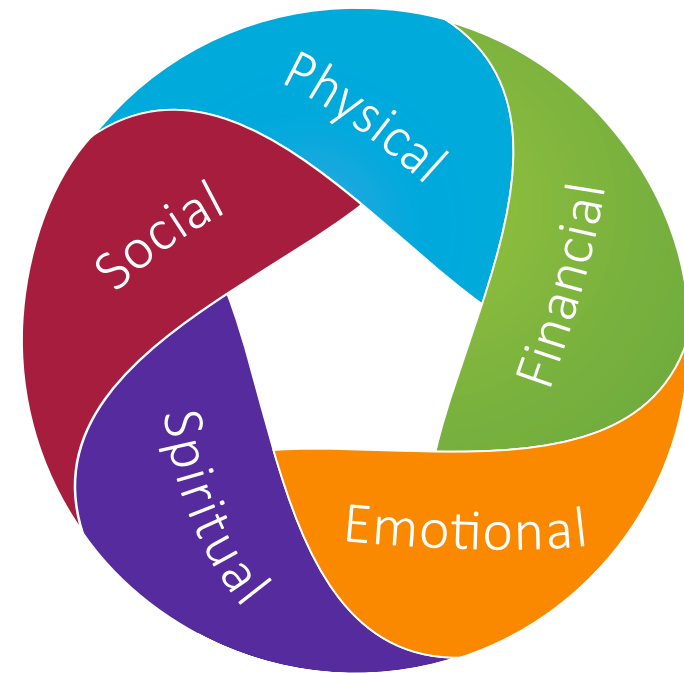
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