

The Benefits of Gardening



Promotes Relaxation & Stress Relief

Gardening can help reduce the level of stress hormone Cortisol and increase 'feel good' endorphins. The sights, smells, and sounds of the garden are said to promote relaxation and reduce stress.



Immunity Booster

Direct exposure to dirt and plants can help boost your immune system and reduce the likely-hood of allergies and illnesses. Research has shown that bacteria commonly found living in soil may have a positive effect on our mood and give an increased sense of vitality.



Healthy Diet

Those who grow their own fruit and vegetable are more conscious about having a healthy diet. Growing your own also means you can control the use of pesticides, growth hormones and toxic additives.



Rehabilitation

The gentle physical exercise that gardening offers can aid disability or help with rehabilitation from injury or illness. It can help people to learn to use or strengthen muscles, increase mobility, gain better balance, improve mood, behaviour and sensory perception.



Builds Confidence & Social Skills

Community gardening, joining a gardening club or getting an allotment are great ways of meeting new people, building relationships and gaining confidence.

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Creativity

Gardening helps you connect with the earth, your body, mind & spirit, allowing space for creative thoughts to flow. It allows you express yourself, improves assertiveness, decision making, and can give you a great sense of achievement.



Exercise

Stretching, pushing, pulling and lifting - 3 hours of moderate gardening could equal a 1 hour gym session. Digging for an hour can burn 272 calories! Gardening can help build your endurance and increases flexibility and stamina.



Physical Health

Working on your garden is an excellent way to increase all-round levels of physical activity which can reduce the risk of high blood pressure, heart disease, diabetes, obesity, osteoporosis and other medical conditions.



Vitamin D

Being outside in the sun safely provides Vitamin D which maintains the health of bones and teeth, supports the health of the immune system, brain, and nervous system and protects against a range of illnesses and conditions.



Mental Health

Gardening can greatly improve your mental health by reducing depression, anxiety and stress. A study revealed that regular gardening can reduce the risk of developing dementia by 36%.