

Mental Health Benefits

- Lowers levels of anxiety, depression, and stress
- Increases creativity, productivity, and attention
- Attention deficit recovery
- Improved happiness and satisfaction
- Enhanced self esteem
- Mitigation of PTSD

Physical Health Benefits

The pulling, digging, reaching, twisting, and bending of gardening amounts to light aerobic exercise. This improves heart and lung health, helps prevent obesity and high blood pressure, as well as diabetes, and osteoporosis.

Sunshine has been found to increase serum Vitamin D levels. Vitamin D increases calcium, keeping bones and joints strong and lubricated, and boosts the immune system.

Sources:

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Carver, Leo. "The 7 Spiritual Laws of Gardening." Chopra, Chopra, 7 Aug. 2020, chopra.com/articles/the-7-spiritual-laws-of-gardening.

For more information, check out our websites!
www.natureandhealthutah.org
www.wasatchcommunitygardens.org



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Health Benefits of Gardening

Mental, Physical, Emotional, Social, and Spiritual Benefits from Gardening



Social Health Benefits

Community gardens break down social barriers. People of different economic levels, ethnicities, and life experiences share space, activities, and concerns. A sense of community is the glue that creates community and the potential to understand and mutually support each other.



Emotional Health Benefits

Due to the light aerobic exercise, gardening has been found to increase levels of serotonin and dopamine. These two hormones are also known as the "happy" hormones, and their presence can improve one's overall mood. In addition to the increase in happy hormones, gardening directly lowers the stress hormone cortisol.

Spiritual Health Benefits

Spirituality is about connections to other people, to nature and to oneself. When we garden together, we enhance all of those. The care you must give to plants and soil when gardening will foster the blessings of food they produce. The consideration you give and get from other gardeners produces supportive relationships. And the reflective time you spend in the garden yields a stronger sense of self.

