



# GARDENING FOR WELLBEING 101

A STEP-BY-STEP GUIDE TO NATURE CONNECTION.



## OBSERVE & SHOW GRATITUDE

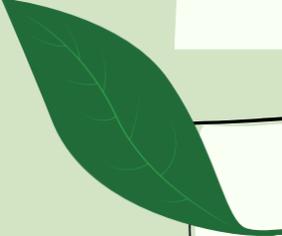
In the rush of life or even to get your seeds sown, it is easy to forget that observation is key. Before you start gardening, just take a look around you. What can you see?

There are many aspects of your garden that you have never seen before, from individual petals & blades of grass to textures on stones & trees. Every day you will see something different if you just take a few moments to observe. Focus on your breath & be thankful not just for the natural world around you but also for what you have achieved so far, however big or small. You've already come so far.



## FOCUS ON YOUR SENSES

A garden can fulfil the senses in every way possible. As you garden, focus in on each of your senses. Can you pinpoint a fragrance? What can you feel? Can you hear a single leaf rustling in the wind? What plants are edible? What one sight brings you joy? Calmly focus on each, one at a time, & breathe in the absolute joy of the moment. Then count 3 x things you can see, 3 x things you can hear, 2 x things to touch, 2 x things you can smell & 1 x thing to taste. Enjoy the moment & notice how calm you feel.



## SPEAK TO MOTHER NATURE

Mother nature is everywhere & what a beautiful garden she helps you to grow. When you show appreciation for the natural world it's quite amazing how uplifting it can be. Tell

Mother Nature how very beautiful the blossom is, how wonderfully fragrant your roses are & how thankful you are for the rainfall just when you need it. She may answer you in ways you are least expecting.



## GO WITH YOUR OWN FLOW

When you are in the garden, remember to garden for yourself.

Clear your mind of anything you have seen online, in your neighbours garden or on TV. Garden the way you want to, at your own pace, with your own wellbeing in mind. When you garden & allow yourself the time & space to put your wellbeing first, you will find more enjoyment in the activity of gardening & your harvest will be so much more satisfying.



## GROW WITH YOUR GARDEN

As your garden grows throughout the seasons, know that you are growing with it. Each plant you nurture, every success or task that didn't go so well has provided you with opportunity, learning, realisation, joy & so much more. As each bud opens, as each leaf falls know that you are part of the big beautiful planet we live on & you are growing everyday - just like your garden.

Connect with me:



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