

## Gardening and Your Well-Being – Part 2

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In this segment we will discuss how gardening can impact your mental well-being and sense of community.

Connecting with nature has clear mental health benefits to reduce stress and anxiety. It promotes mindfulness and a sense of accomplishment when you see the fruits of your labor. Gardening builds resilience in that difficult growing seasons help you learn and try again to be successful. In addition, the sensory aspects of gardening are calming – the feel of the earth in your hands, the smell of fresh herbs or flowers, the sense of quiet and stillness to the joy of seeing butterflies, birds, and bees enjoying the plants.

Gardening helps you build a community of people with similar interests who celebrate your success and help you with your more difficult growing situations. If you are a beginning or have tried and been unsuccessful, the Powhatan-Goochland Master Gardeners and Extension Office are here to help and their services are free. If you love gardening, join us as we tend our community gardens.

Growing a garden not only supports healthy ecosystems and water supply but provides food and shelter for pollinators and a wide variety of species around your home. Even the smallest action helps, such as cultivating an indoor plant that helps to clean the air in your home and give you something pleasant to see in your home. Take some time, try something new that nurtures both your soul and the environment around you.



*Photo credit: Copilot*

### References:

- <https://hsph.harvard.edu/mahalingaiah-lab/news/growing-healthier-together-the-benefits-of-gardening-for-body-and-mind/>
- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/dig-into-the-benefits-of-gardening>