GROWING GREEN: A WAY OF RELIEVING STRESS THROUGH GARDENING

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We cannot spare ourselves from the stress brought about by this pandemic. Having enough time at home had made way of discovering our talents and skills which relieve us from anxiety. Many of us possess the green thumb- which has been a way of many to engage in gardening while at home. Though it is said that gardening is not the answer, but studies have proven that able to work with plants is a popular creative outlet for stress.

Certain health journals have showed evidence that gardening encourages respite from severe stress. Furthermore, working with soil tends to make us all more feel good. More so, having surrounded by greenery can even make life more controllable and manageable. Another study revealed that being enthused with plants enhances our self-worth as we observe our plants to grow, witness the allure of the blossoms that we grow and harvest the produce like vegetables and fruits from the orchards that we tend.

Having no yard or lawn for a garden is not a problem at all, creativity and resourcefulness is what we need. We can enjoy plants in pots, have it planted or hanging. Every household is encouraged to grow vegetables at home to minimized food shortage during this situation. Seeds are given and distributed to households for them to enjoy growing plants in pots at home.

Spending more time tackling weeds, trimming unwanted and wilted parts, removing yellow leaves and debris from soil will be of great past time with your plants. Take extra hours to enjoy the warm of the sun while relishing the landscape, listen to the sound around and look for colorful foliage of flowers.
Certain factors that makes gardening a fantastic stress-reliever:

• Sunlight- it provides a good exposure to Vitamin D and a breath of fresh air.

• Getting in touch with Nature- Being one with nature like gardening aside from camping and outing can help relive stressors from daily life.

• Creating Beauty- Making your own piece of paradise accessible as a place to try meditating, contemplate and recharge can provide quite some relief from anxiety. All of this is part of creating your home a fortress without tension.

Now that we are piled with works at home, spending hours in front of computers, absorbing radiation from the screen, it will be helpful for you to take a break and start tilling soil in you pots. Take a breath and start growing greens dear teacher and surely, it will be a relief for you!

References: