

HEALTH & WELL-BEING BENEFITS GARDENING

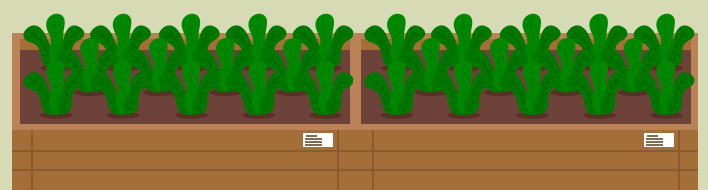


WELL-BEING

Daily gardeners have 6.6% higher well-being than those who do not garden, and report a sense of purpose⁽¹⁾.



Simply having plants in your front garden can lead to improved health, reduced stress, and a 30% increase in healthy cortisol levels!⁽²⁾



GARDENS FOR THE MIND

Scientists even found that the more plant cover there is in a garden, the more people feel satisfied with their gardens. If food was grown, many people share surplus produce, as well as knowledge, with their neighbours, increasing social cohesion!

COLOUR ME IMPRESSED

If a person's favourite colour is present in a flower this can increase feelings of relaxation or positivity.



According to research, white, blue, and orange flowers are the most popular due to their ability to evoke feelings of happiness, calmness, and peacefulness⁽³⁾.

PHYSICAL HEALTH



Gardening is a fantastic source of exercise, and those who garden typically engage in more physical activity than those who don't⁽¹⁾.

References

(1) Chalmin-Pui, L.S., Griffiths, A., Roe, J., Heaton, T. and Cameron, R., 2021. Why garden?—Attitudes and the perceived health benefits of home gardening. *Cities*, 112, p.103118.

(2) Chalmin-Pui, L.S., Roe, J., Griffiths, A., Smyth, N., Heaton, T., Clayden, A. and Cameron, R., 2021. "It made me feel brighter in myself": The health and well-being impacts of a residential front garden horticultural intervention. *Landscape and Urban Planning*, 205, p.103958.

(3) Zhang, L., Dempsey, N. and Cameron, R., 2023. Flowers—Sunshine for the soul! How does floral colour influence preference, feelings of relaxation and positive up-lift?. *Urban Forestry & Urban Greening*, 79, p.127795.