

6 Health Benefits of Gardening: How It Boosts your Physical and Mental Health

The health benefits of gardening are not limited to supplying your food. Gardening is also a form of self-care. You can reap several tangible benefits from growing your food, including physical and mental changes.

Improves Mood

Exercise, eating more veggies, and sunlight are all linked to improved mood.

Exercise and eating more veggies keep your [blood sugar steady](#), and you avoid the ups and downs of mood that are associated with unhealthy blood sugar levels.

[Sunlight](#) and [engaging in natural spaces](#) correlate with improved moods, although we do not know why exactly. Both have been shown to reduce depression symptoms and alleviate anxiety.

Improves Physical Health

Gardening involves carrying heavy things, bending and

stretching, and walking. That's a whole workout: stretching, weight training, and aerobics.

And since gardens need almost daily attention, you can get regular exercise which is a key to preserving your health.

Reduces Risk of Lifestyle Diseases

The increased veggie intake and exercise levels in gardeners are associated with lower risks of things like diabetes and heart disease.

These diseases are called lifestyle diseases because your lifestyle heavily influences them. For example, high sugar, low-nutrient diets, and little exercise can exacerbate these conditions, while increased veggie eating and exercise can relieve them.

Reduces Stress

Gardening has been shown to reduce cortisol levels. Cortisol is the hormone we use to measure stress levels. High cortisol levels are associated with elevated blood sugar levels and reduced immune system efficacy and can alter your mood.

So while you are out weeding and feeding your garden, you are giving your body the tools it needs to deal with stress on a chemical level.

Time for Yourself

Gardening gives you time to pursue your curiosities. You can try different gardening experiments like growing exciting or exotic things, trying out other gardening tonics, or using your creativity to decorate and create beautiful sitting spaces to enjoy your garden even when you aren't working in it.

Self-Esteem

Gardening allows you to show yourself you can do amazing things. It is the perfect way to prove to yourself that you can solve complicated problems, set goals and achieve them, and be consistent enough to help another living thing thrive.

Accomplishing these things will raise your self-esteem and make you feel more capable and robust.

Conclusion: Health Benefits of Gardening

Gardening is a great way to improve the overall quality of your life while saving money and providing your food. For example, improved mood, nutrition, and exercise result in significant physical and mental health benefits.