

# 7 Reasons Why You Should Try Gardening



Have you thought about trying gardening for a long time? What's holding you back? Sometimes people worry that they won't be good at it, that it's expensive, or that they don't have the time to do it properly. However, you can always start small and grow your garden later if you want to it. It's worth a try. Here are seven good reasons why you should try gardening.

## 1. Gardening Is Good For Your Mental Health

Many people started gardening or keeping plants during the pandemic. This is no coincidence. Gardening offers a variety of different [mental health benefits](#). It's a hands-on activity that keeps you focused and grounded, which reduces stress,

anxiety, and symptoms of depression. Growing something from seed helps you feel like you have a purpose and boosts self-confidence. Moreover, simply having plants around you has been shown to be good for your mental health. Feeling better is one of the most popular reasons why you should try gardening.

## **2. Gardening Is Also Good For Your Physical Health**

Getting out into the garden and moving your body in the sun is good for you. Even if you just enjoy a small garden on the deck or an indoor garden, the daily ritual of getting up and caring for the plants is good for you. If you eat healthy fruits and vegetables from your own garden, this can improve your overall health as well.

Additionally, when you're gardening, you aren't on your devices. Reducing screen time has both mental and physical health benefits.

## **3. Gardening Is Good For Families**

You can definitely enjoy gardening on your own. However, it's also a terrific family activity. [Research shows](#) that gardens are a safe space where families unify and bond. Kids learn responsibility. The entire family grows together. It's a great experience for people of all ages.

## **4. Gardening Is Fun**

Gardening offers an affordable, consistent form of entertainment. It's a great way to pass the time. If you're looking for good reasons why you should try gardening, the fact that it gives you something enjoyable to do every day should be at the top of your list.

## 5. There Might Be Financial Benefits

At Frugal Gardening, we're all about the fact that gardening doesn't have to be a costly endeavor. Moreover, you might actually experience [financial benefits of gardening](#). You can reduce your grocery bill, grow your own gifts for people, and maybe even start a small business selling what you grow!

## 6. You Can Build Community

Getting outside in your yard might mean that you connect more with your neighbors as they pass by. Alternatively, you might join a community garden, allowing you to really get to know the people living near you. Or you might engage in seed swapping, attend local gardening lectures, etc. These are all great way to build community. Community has lots of benefits.

## 7. There Isn't A Significant Downside

We can think of so many reasons why you should try gardening. More than that, though, we can't really think of many reasons not too. If you try it and you don't like it, there's really no harm done. So, why not give it a try?

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