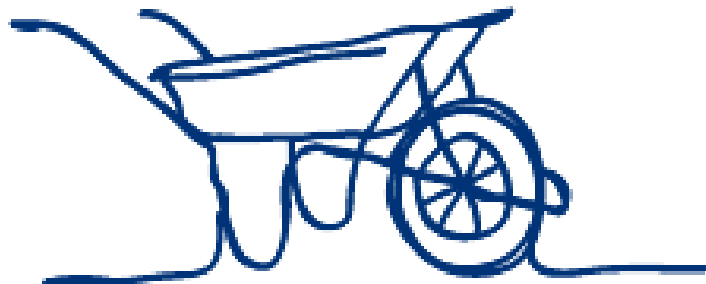


Horticultural Toolkit

Looking after your wellbeing during the coronavirus outbreak

The current situation is difficult for everyone, social distancing has resulted in face to face services temporarily cancelled, and working from home amidst school closures, all mean big changes in our day to day lives, so we've put together some ways for you to continue your wellbeing journeys through horticulture and nature at home.



Mayfield
Nurseries

Gardening for better mental health

...this short guide will give you tips to keep you and your family connected to nature in this difficult time.

Benefits of connecting to nature

- Reduces stress and helps with relaxation.
- Can inspire ideas and boost creativity.
- Improves cognitive ability, memory, concentration and retention of information.
- Connecting to something bigger than yourself, gives a sense of purpose.
- Encourages exercise.
- Boosts your desire to gain knowledge and try new things.
- Generates feelings of gratitude, respect, connection and a desire to maintain the environment.



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Some useful resources:

- [The Garden](#) podcast delving deeper into a range of horticultural topics, meeting garden designers and wildlife experts.
- [The Royal Horticultural Society](#) free online resource full of gardening inspiration.
- [Gardeners World](#) BBC show packed with ideas and tips.

Contact Rebecca White -
Wellbeing Coordinator at
Mayfield Nurseries for ideas
and support: 07973 802 901



5 ways to connect to nature ...

Bring the outside in

Create an indoor herb garden with jars or cans.

Grow a window vegetable garden.

Rock and pot painting.

Draw or paint indoor plants or your window landscape view.

Indoor plants

Research suggests that indoor plants help to rid the air of common toxins and indoor pollutants.

Having plants inside has been shown to reduce stress.

Indoor plants add colour and liveliness to your space, improving productivity.

Research has shown physical health benefits eg. reduced blood pressure and increased energy.

Creative ideas

Recycle or make a birdfeeder.

Paint positive quotes on natural timber and place around the garden.

Pot a plant in something different, like old boots or unwanted furniture.

Create a bug hotel.

Urban gardeners

Create a window box, if you don't have a windowsill you could get hanging planters.

Use your vertical spaces by planting succulents in holes and gaps in the wall.

Hanging baskets are ideal for urban gardeners.

You can grow plants on windows, walls, woodwork.

Outdoor Mindfulness

Bring your attention to your breathing - what did you notice?

Look for colours - what did you see?

Listen to sounds of nature - what did you hear?

Take notice of smells - what could you smell?