

Thrive 365

Dragonfly: Impact Education



Did you know?

It's Growing for Wellbeing week 6th-12th June – an initiative started two years ago by Life at No27[1].

Gardening not only helps physical fitness, but it's good for your mental health too. There's a strong evidence base suggesting that time in a green environment reduces stress, improves mood, concentration, communication, concentration and self-belief [2]. That's quite a strong case for getting out the gardening gloves!

With the Samaritans reporting one call every six seconds [3], it's more important than ever to think about how we can build ways of looking after our mental health into our everyday lives.

1

Slowing down

Research has suggested that gardening can be particularly helpful for people who are experiencing a time of stress or difficulty. If your life feels slightly out of control, physically connecting with the world around you – and quite literally, getting your hands dirty – can help to slow down a racing mind.

Finding the motivation to start anything can be hard when we feel stressed or overwhelmed, but starting with one small thing – one pot, or one corner, can create a positive ripple effect.

2

Connection

Not only does gardening help us to get out of our mind and connect with our senses and the physical world, it also helps us to connect with other people.

Having a sense of community is central to wellbeing and there have been many examples of community gardens and projects that illustrate the difference that these initiatives can make to people's lives. Perhaps consider how creating a garden in the school environment could help to connect the school with its local community. You can find more about gardening and the five ways to wellbeing here via the link on our online platform.

3

Accomplishment

Gardening is also good for wellbeing because it provides a huge sense of accomplishment. It allows you to see the impact of your hard work and the evidence of your success – be that through a patch of garden that's now clear of weeds, or flowers growing from bulbs or seeds that you've planted.

Growing your own vegetables and harvesting them to eat can be hugely satisfying: we all need to see the fruits of our labour and this is a very literal way of achieving just that.

[1] <https://lifeatno27.com/>

[2] www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/

[3] www.samaritans.org/about-samaritans/our-organisation/what-we-do/

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