

Stress Relief Garden

Managing your mental health can be a difficult thing to do. Between relationships with family, friends and at work, it's easy for a busy life to start taking a toll on your mental and physical wellbeing. There are many plants that can be used medicinally for stress relief and can easily be grown in your own garden. These plants can help improve your mood, relax your muscles and promote a good night's sleep. The act of gardening itself is stress-relieving, and may even inspire you to expand your garden.

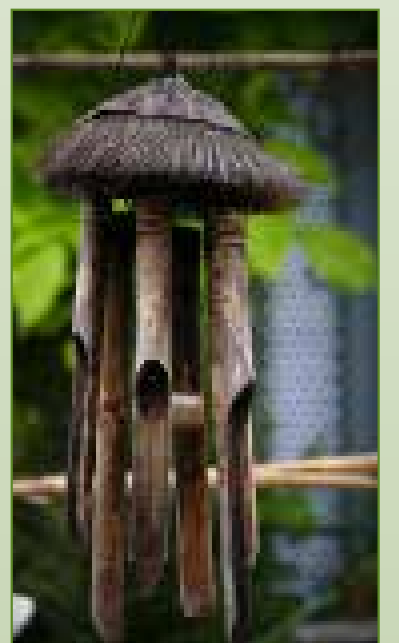
When choosing plants for your stress relief garden, think about what kinds of stress you are trying to relieve and how you want to use your plants, as many of them can be used in a variety of ways. Herbal teas are a very popular method of using herbs medicinally. It's smart to consult a physician or herbalist before using any stress-relieving herbs.

Did you know?

The sound of nature has been proven to induce a state of relaxation. Adding items such as a wind chime or a water fountain to your garden can help ease stress as you listen to their calming sounds.

This Stress Relief Garden is for demonstration purposes only. Green Bay Botanical Garden does not endorse the use of these herbs to treat any illness or disease. Use with caution and consult a physician before beginning any herbal treatments.

Do you use any of these plants as part of your self-care routine?



Find helpful Stress Relief Garden information at GBBG.org/Herbs