I found the following gardening article in these pandemic times, W. Anderson, RCMG

Health Benefits of Gardening

Introduction

…working in garden … feel better….

… benefit of green spaces…

Hospital recuperations heal faster, need fewer pain meds, released sooner

Time around trees, plants, wildlife…

reduce stress, improve physical & mental health, extend lifespan

Create garden spaces

Our own patch of nature

Resources

Lifelong Gardener

10 mental health gardening Benefits [a blog on Psychology Today website]

Improves physiological

Modest reduction in blood glucose, stress hormone, heart rate variability, cholesterol and triglycerides.

… most likely to garden…

45-65 year olds. Older gardener … more time in garden

Daily gardening: Flowers or vegetables, Longer survival, scored better on health and well being

Physical workout

Common activities: Planting, watering, raking, weeding

Moderate to high-intensity exercise

Lower BMI scores

Outside gardening-increase Vitamin D which is important for bones and vision

Enhancing Nutrition

253 sq ft plot-enough food for 9 months

10 std 4 by 6 ft raised beds

Eat more home grown vegs

Raising Spirits

Grow a Garden for Wellness: Bring the outside in. Don't overdo. Smooth the way. Make it yours.

Reduced stress, depression, anxiety

Feeling of escape, relaxation, joy

Enhancing Social Bonds: Improve relationships

Other references on gardening and wellness

[8 Surprising Health Benefits of Gardening | UNC Health Talk](#)
[10 Benefits of Gardening, Plus Helpful Tips & Recommendations](#)
[Wellbeing Gardening – Gardening for the Body, Mind & Spirit](#)
[Why gardening is good for your mental wellbeing - Thrive](#)

8 Surprising Health Benefits of Gardening

1. Gardening can build self-esteem.

2. Gardening is good for your heart.

3. Gardening reduces stress.

4. Gardening can make you happy.

5. Gardening can improve your hand strength.

6. Gardening is good for the whole family.

7. Gardening can give you a boost of vitamin D.

8. Growing your own food can help you eat healthier.

This article was originally published April 20, 2017 and was updated on May 18, 2020.

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