

GARDENING & YOUR MENTAL HEALTH

APRIL 5TH - 9TH

National Community Gardening Week.

An online article published by Psychology Today, stated, "Spending time outside is good for our bodies and our minds." How many of us on a beautiful spring day have left the folds of our comfy couches and traded our house slippers for a sturdy pair of boots so that we can spend the day outside.

For many people, the sensation of dirt under their nails while plucking pesky weeds for their gardens brings great joy and relaxation. For some, the planning of what they will plant this year and picturing how their garden will look in full bloom brings a sense of pride.

According to the US National Library of Medicine, National Institute of Health, and the National Health Services, " There is increasing evidence that exposure to plants and green space, and particularly to gardening, is beneficial to mental and physical health." Health professionals are encouraged to make use of green space through gardens and plants within the walls of hospitals whenever possible.

Bakersfield Behavioral understands that it takes a wide variety of approaches to help individuals heal. There is not one way and one way alone to help guide someone down their unique path to a healthier life. It is for this reason that Bakersfield Behavioral does its part to incorporate a holistic approach through yoga, meditation, music and movement therapies, pet therapy, and of course the more traditional one-on-one and group therapies.

In recognition of National Community Garden Week, during the first week in April, Bakersfield Behavioral will also be dedicating space throughout their campus to start gardens.

In partnership with Jim Burke Ford and Kern County Superintendent of Schools, Bakersfield Behavioral will be offering gardening therapies to all of its patients as well as planting a garden for all of its employees to enjoy.



J I M B U R K E



L I N C O L N



Invite your children or partner to help you in the garden, create a shared time to promote communication and a shared experience of healing

Benefits of "Green Care"

- Moving past perfectionism
 - For those that are prone to perfectionism, you are aware of how exhausting it can be.
 - A garden has no guarantees, it has no rhyme or rhythm at times, it has various colors, aromas, and is unpredictable.
 - Gardens can help perfectionists let go and find a place of peace.
- Acceptance
 - Mother Nature listens to no one and therefore as we delve into the creation or tending to a garden we have to accept that things will oftentimes happen that are out of our control.
 - Bugs, winds, storms, or even our own misstep can damage what we invested time and energy into nurturing.
 - Learning to accept our limitations can be humbling and healing.

