

Gardening as Self-Care Practice

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OSU Extension in Lucas County

Stay Calm and Well

Part IV

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



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OFFICE OF THE CHIEF WELLNESS OFFICER



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Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life

Skills Building - Week #3

- Adopt a positive perspective to overcome pandemic paralysis and approach your #quarantine15
- Chunk your goals and celebrate small achievements, like finding and trying new recipes
- Identify your cues and modify your environment to set yourself up for success
- Seek out additional support when you're ready



This Week! Skills Building

- Use gardening to complement your other wellness practices
- Identify your self-care needs and use plants to set yourself up for success
- Dream big and start small
- Seek out additional support to learn more and connect with local resources



EVERYONE CAN GARDEN



Containers,
salad tables,
raised beds



Garden
(in ground,
raised beds,
edible
landscaping)



Market Garden,
Schools,
Community
Gardens



All interests:
food, beauty,
pollinators, fun,
share

← All ages ... all abilities ... all neighborhoods ... all interests →



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GARDENING IN OHIO

- County Extension office
- Online Ask A Master Gardener Volunteer
- Local greenhouses, farms and markets

About me

June 2020

#OSUFacultyandStaffWeek

#LandGrantFierce

#FCSsuccess

#LucasTheGnome



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SELF-CARE

“the ability of individuals, families and communities to *promote health, prevent disease, maintain health*, and to *cope with illness and disability* with or without the support of a healthcare provider”

World Health Organization



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MINDFULNESS

“Mindfulness means paying
attention in a particular way:
on purpose,
in the present moment, and
nonjudgmentally.”

~ Jon Kabat-Zinn



MINDFULNESS PRACTICE



FIVE SENSES IN THE GARDEN



SEE

- Colors
- Textures
- Changes in plant growth
- Tiny beneficial insects
- Tendrils on plant vines



HEAR

- Expected sounds (traffic, birds, neighbors, etc.)
- Subtle sounds
 - Leaves
 - Buzzing
 - Drip or splash



STOP AND SMELL THE ROSES

- Flowers
- Herbs
- Sweet berries
- Fresh vegetables
- Soil
- Rain



TASTE



- Sweet clover
- Spicy peppers
- All types of vegetables, fruits, herbs, flowers
- Infused water



FEEL



- Weather
- Warmth of the sun
- Coolness breeze or mist
- Softness of leaves and flowers
- Firm ripe produce
- Physical feeling of stretching and moving



MINDFULNESS

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SELF CARE INDOORS

- Houseplants
- Daydream
- Photos of nature
- Bouquets
- Herbs
- Fresh produce
- Gratitude

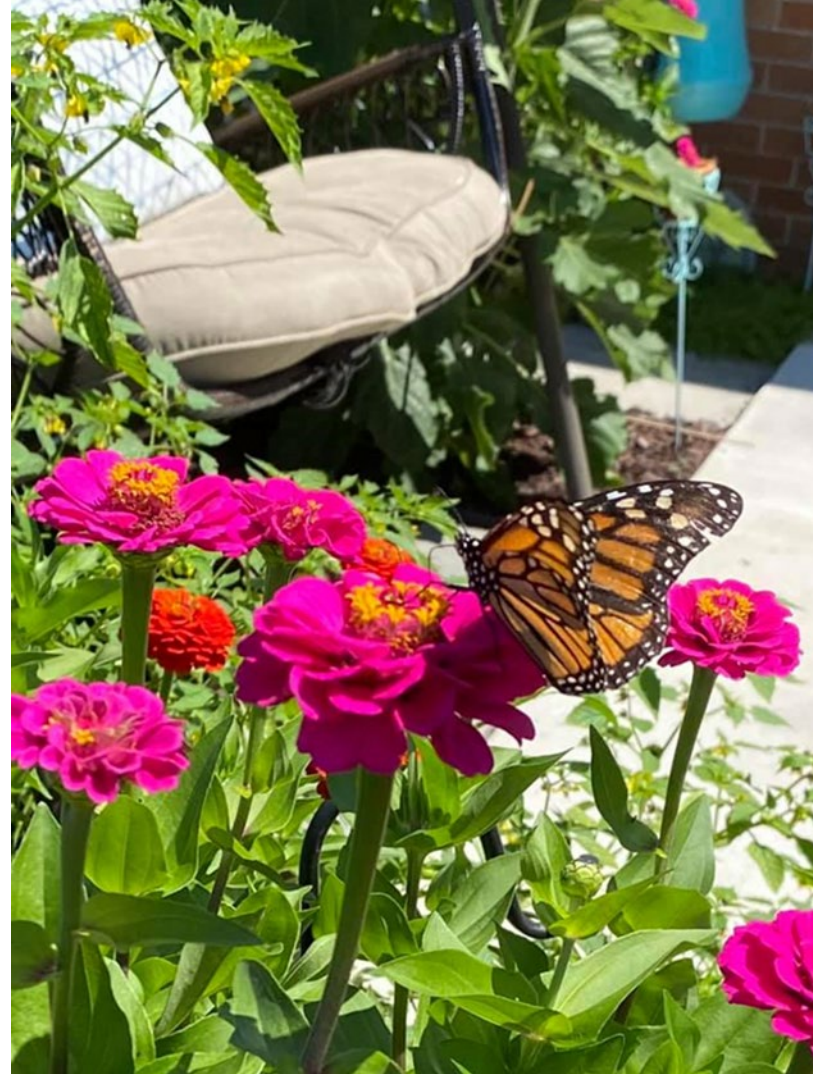


NEXT STEPS:

- Dream big, start small
- Learn/ Seek Assistance
- Enjoy yourself

How will you use gardening for self-care?

go.osu.edu/familygarden



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Skills Building - Week #4

- Use gardening to complement your other wellness practices
- Identify your self-care needs and use plants to set yourself up for success
- Dream big and start small
- Seek out additional support to learn more and connect with local resources (go.osu.edu/familygarden)



Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation

This survey will be sent via email to all registrants.

This and all future series recordings can be found at:

<https://u.osu.edu/keepcalmcovid194/recorded-webinars/>



Next Week

April 14, 2021 12:30 - 1:00 pm EST

Sustainability at Home

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Ohio State Extension in Cuyahoga County

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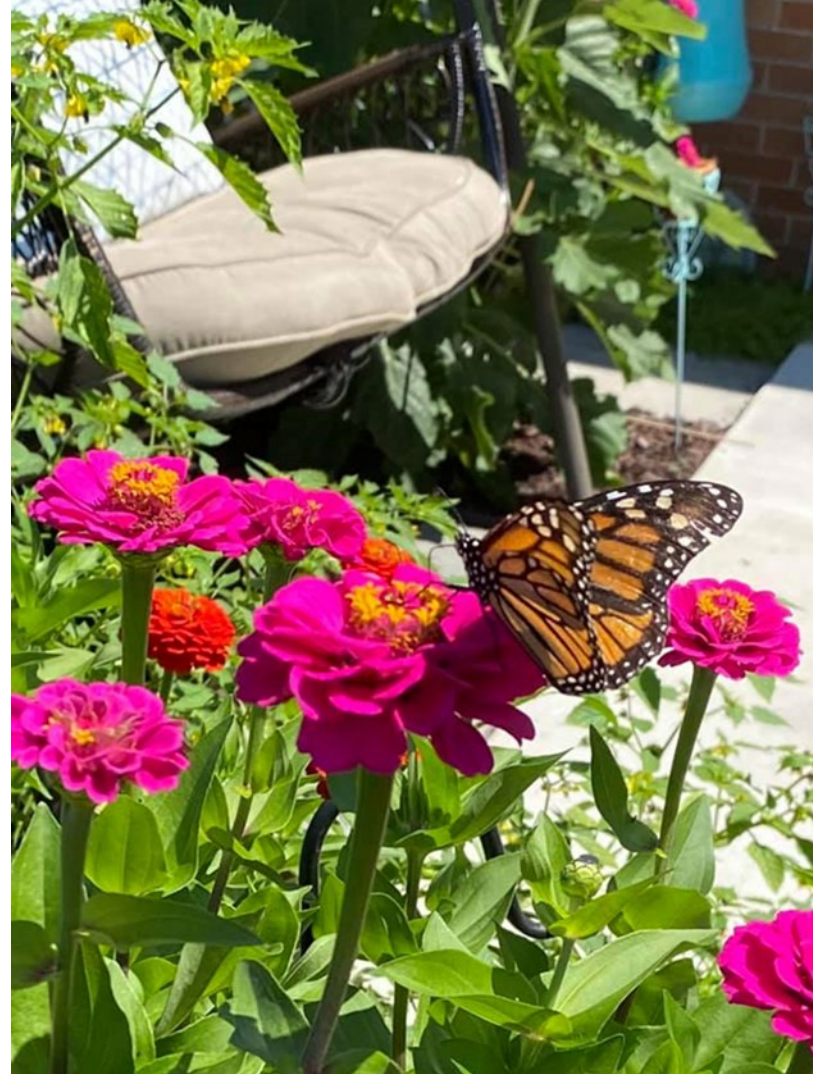
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How will you use gardening for self-care?

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