

Top 3 Proven Ways to Restore Your Mental Health With Nature



Your mental health and wellbeing is precious!

Amid the daily obligations, the big and small stresses of life, major life events, and changes around the world, continuing to find ways to nurture your own mental health is one of the most important things you can do.

Did you know that some mental health activities are proven to be more effective than others? Chadwick Arboretum & Learning Gardens on campus showcases three ways that involve getting outside in nature.

1 // Take Walks Outside

paying special attention to the trees and greenery.

While the mental health benefits of walking is well known, more and more research suggests that walks *in nature* are even more effective.

In fact, just 10 minutes of walking through green spaces can have a meaningful impact in reducing stress, anger, anxiety, and in increasing vigor, comfort, positive affect, and a sense of feeling refreshed.

2// Nurture your Green Thumb

Gardening uniquely provides important mental well-being benefits.

Not only do gardeners list mental health benefits such as a sense of purpose, relaxing, and forgetting worries from gardening, but the physical activity also provides health benefits!

Even growing a few houseplants indoors and placing them next to your desk has proven mental health benefits.

3// Add in Friends

You can nurture your green thumb in your own garden or with houseplants but community gardening or volunteering in gardens adds another level of mental health benefits – a feeling of social cohesion and community.

Getting involved in group volunteer projects like garden work sessions, tree planting activities, growing food to donate to the food bank all provide proven mental health benefits.



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Joining into group activities outside has the added mental health benefits of getting social, too!

Chadwick Arboretum

Did you know that there is a 30+ acre arboretum and public garden on campus?

Composed of 4 different garden sites, Chadwick Arboretum is located just west of the Olentangy River. Whether you are looking for a great location to have a picnic, bird watch, take a walk or learn about gardening, Chadwick Arboretum & Learning Gardens is here for you.

The gardens are open from dawn to dusk every day and there is no admission fee.

Highlights include:

- Expansive, highly curated themed gardens
- 3.5-acre lake surrounded by a tree-lined walking path
- Meditative labyrinth
- Walking trails
- Picnic tables and benches
- Volunteer opportunities for students year-round

For information on events, volunteer opportunities, a map of the gardens, and more, please visit our website at ChadwickArboretum@osu.edu.