

# - Reduce Stress - The benefits of gardening



During stressful times, many have found gardening to be a beneficial hobby. As it turns out, gardeners have reaped the rewards of gardening for centuries. It's been found to relieve stress, support mental health and offer other lifelong benefits.

A study by the National Library of Medicine found that during the global pandemic many people turned to gardening as a way to connect with nature and overcome social hardships and distances. The study concluded that gardening can relieve human stress and boost nature connection during times when social interaction isn't possible.

This has led to many more studies about the effect of gardening and health benefits especially in mid-to-late adulthood.

Enjoying the beautiful sanctuary of fall flowers and planning for that amazing garden you have always dreamed about having are great ways to ease anxiety, boost mental health and increase physical activity.

Liz Miller-Galvond, owner of Another Season nursery in Benton, provides tips for fall gardeners, especially



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those wanting to start gardening.

“Follow what they love, what they like; I would go and look at plants and say, ‘Oh I love that!’ Then I would go and do the research; see if it would work. Like, would it fit in my yard? What is the height going to be? What is the width going to be? Is it going to come back next year? Is it a perennial or an annual?”

The biggest takeaway from Miller-Galvond was to take a look, shop and start educating yourself on those questions. Next steps include determining whether the plants should be planted in the fall or the spring

Gardening is a year-round process, especially for plants not established. According to Miller-Galvond, “You can plant almost any time of the year, as long as the ground is not frozen. It is tricky, you have to keep those roots drinking. Oftentimes, people stop watering during the rain and snow. Plants that are not established, you have to keep taking care of them.”

She suggested purchasing frost blankets for plants that prefer a hotter environment. “Just cover them...There are no guarantees.”

“There are so many factors that go into if a flower will survive. Sometimes they will go into a deep shock and you think they are dead and they will surprise you!” she said.

Whether you are looking for a new hobby, a beautiful lawn and garden, or just a natural way to relieve stress, fall is the best time to get started with gardening.

Whether it's an allotment (community or rented space) garden, small scenic garden, balconies, patios, decorating porches, or potted plants, here's three takeaways to remember before digging in your wallet and selecting the best plants for your garden:

1. What is your space, light, and type of soil?
2. Plan, envision, what is it you love?
3. What is it you want from your garden?

When you drive by and see all the beautiful lawns, flowers, and landscapes, there is more than just beauty, there is someone's vision, determination, patience and ongoing dedication to the beauty behind every root, bloom and color for you to admire.



By Marjorie Davis  
Special to the Saline Courier



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