

Therapeutic Gardening

Just what is Therapeutic Gardening?



Have you ever been to a hospital that didn't have a garden? Not only do patients "sometimes" have the the ability to sit in the gardens, but you will find family, friends, and staff enjoying a lunch, a break, or a walk through a garden as a means to destress or to enhance a good mood.

A **therapeutic garden** is an outdoor garden space that has been specifically designed to meet the physical, psychological, social and spiritual needs of the people using the garden as well as their caregivers, family members and friends. [*Wikipedia, therapeutic gardening explained.](#) A Therapeutic Garden is designed to meet the needs of a specific population with active involved.

Therapeutic gardening may sometimes be referred to as Healing Gardens and Spiritual Gardens. While each are focussed on specific needs, the basics are the same.

As we develop our therapeutic section, check out these links:

- [CNN: Why gardening is good for your health.](#)
- [Can Gardening Help Trouble Minds Heal?](#)
- [Better Homes and Gardens: A Therapeutic Garden](#)
- [Psychology Today: Petal Power – Why is Gardening So Good For Our Mental Health](#)
- [YouTube: Therapeutic Gardening](#)
- [How Hospital Gardens Help Patients Heal](#)
- [Health Benefits of Gardens in Hospitals](#)
- [What is a Healing Garden](#)

Nature is the doorway to peace.

