

# TIME AS A BARRIER TO AN AMAZING PLANT LIFE

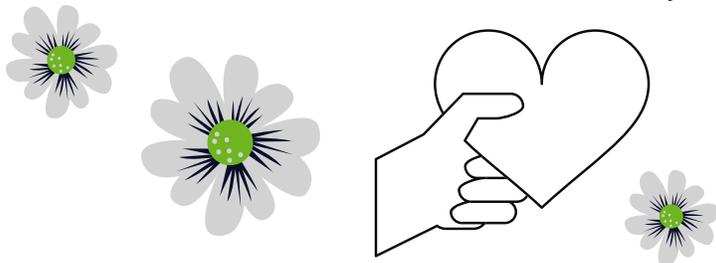
Time is an interesting concept. We often feel we never have enough time, but we can admit to using our time in low value ways. Examine time as a constraint to growing your plant life by considering the following:

How much time do you think you need to maintain your best plant life?

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If you don't have that much time, do you have half as much? One fourth? It's okay to start small!



How much time can you give to your plant life?

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Instead of thinking of gardening as a task on your to-do-list, move it to the category of self-care. Science shows gardening is a mood booster that helps us deal with stress. Think of gardening as healthy and joyful and give yourself permission to take time for it.



DID  
YOU  
KNOW?

*Increasing the **variety** of plants you have will increase your zen.*

You may know that being around plants reduces stress in your body. But did you know that the greater the variety of plants the greater the impact? A **recent study in the journal "Web Ecology"** found that plant species richness positively impacted stress recovery (measured by systolic blood pressure levels). This means that when people were exposed to a greater variety of different plants, their blood pressure levels were better than when viewing a single type of plant.

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## MAKE GOALS.

Where do you want your plant life to be a month from now? 3, 6, and 12 months from now?

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Tip: Start small. You may not have time to take care of a dozen more plants right now. That's okay! Do you have time to take care of one more?

Use the chart below to keep track of how much time you spend caring for your plants.

	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
Time Spent (mins)							
Quality of Time							
Notes							

Also track the quality of the time. Is it relaxing for you or are you stressed? If you aren't enjoying it, why? If you feel stressed caring for your plants, it may be that time isn't the real issue but something else. We will address other stress points later in the series.