

Wheel of Wellbeing

Place: *take notice, Share you Garden*

an activity from Robyn Wilson (WoW Practitioner, Townsville)



Overview of the activity

Create an oasis in your workplace.

Instructions



- Advertise 'share your garden at work' to colleagues.
- Encourage them to bring in seedlings, seeds, cuttings and produce to share and swap.
- Give some advance notice if possible so there is time for seeds to grow
- Assign a couple of days (2 or 3) so people have the chance to bring in more if they forget on the first day.
- If you want to add more into this activity, encourage everyone to share photos of their own gardens. Gardening and recycling hints and tips can also be shared during the week.
- Print out the 2nd page of this document and post up for people to read

Why do this?

Biophilia: *The inborn affinity human beings have for nature*

We have an innate affinity with the natural world based on an instinct for survival that draws us to places of plenty and abundance. The benefits of nature have been known for thousands of years. Advocates of nature as a 'tonic for the mind and body' range from Greek and Roman philosophers to ancient Indian and Chinese medical practitioners. In more recent times [research](#) has shown that spending time interacting with the natural world can [lower blood pressure](#), boost the immune system, reduce stress and anxiety, improve sleep and even speed up [hospital patient recovery](#) times.

So go on, share your garden at work, it's a great way to help colleagues connect with nature and each other.



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