

Here's How You Can Start Your Home Garden Today

If you're missing a stroll through the campus because of the pandemic, take a break from your lessons and appreciate nature in your own home.

Studies show that proximity to nature plays a factor in students' mental health and overall well-being. It improves the air in your home and it also improves your mood when you interact with living things.

To start building your own green space at home, here are a few tips to remember.



Start small

Start with plants that are low maintenance. Try keeping some succulents near your study area. You can also start raising herbs which are both fragrant and edible ingredients for cooking.



Read up

Not all plants are cared for in the same way. Some need sunlight while some do not. The same goes for watering. Read up about your plants so they will thrive.



Reach out

Reach out to communities of plant enthusiasts for your questions about your plants. There are a lot of people out there who willingly encourage newbies. They can walk you through the things you need to know.



Enjoy

Enjoy the benefits of your newly installed home garden. Reap the benefits of fresh air and the relaxing atmosphere it provides.

