

Greenspace Project

DELIVERABLES

Greenspace Project

Dear Students,

Are you feeling overwhelmed from unni? Are you interested in promoting sustainability and environmental awareness on campus? Do you want to gain skills and knowledge to help manage your well-being and self-care skills? If so, we invite you to join the Greenspace Project!

The Greenspace Project aims to cultivate a nurturing and inclusive environment that enhances students mental health and well-being. Engage in sustainable practices, feel a sense of community, develop resilience and self-care skills through nature with fellow students. We are encouraging students from any degree to get involved.

What you can expect to gain from Project Greenspace:

- Self-care skills
- Enhanced mental well-being
- Gardening skills and tips
- Building resilience
- Mindfulness
- A sense of community



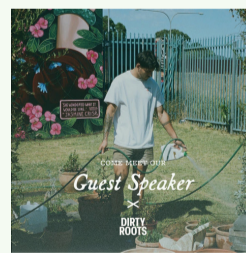
By getting involved in the Greenspace Project, you will not only be making a positive impact on the environment, but you will also be engaging in mindfulness activities and learning self-care skills that will benefit you throughout your time here at Uni SA and beyond.

If you're interested in getting involved or would like to learn more, please email us or come visit our budding garden, located at the City West Campus on level 5 of the Kurna Building. We can't wait for you to grow with us!

Kind regards,

Greenspace Project Team

Follow our Instagram @greenspace__project to learn more!



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City West Campus
Kurna Building
Level 5





GreenSpace
Project

Grow with us



City West Campus | Karna Building | Level 5

Gardening activities have been linked to many benefits relating to mental well-being, including reduced symptoms of anxiety and depression and increased self-esteem.* Our mission is to cultivate a nurturing and inclusive environment that enhances students mental health and well-being. Engage in sustainable practices, feel a sense of community, develop resilience and self-care skills through nature.

* Soga, M., Gaston, K. J., & Yamaura, Y. (2017). Gardening is beneficial for health: A meta-analysis. Preventive Medicine Reports.



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Spring Harvest



City West Campus | Karna Building | Level 5

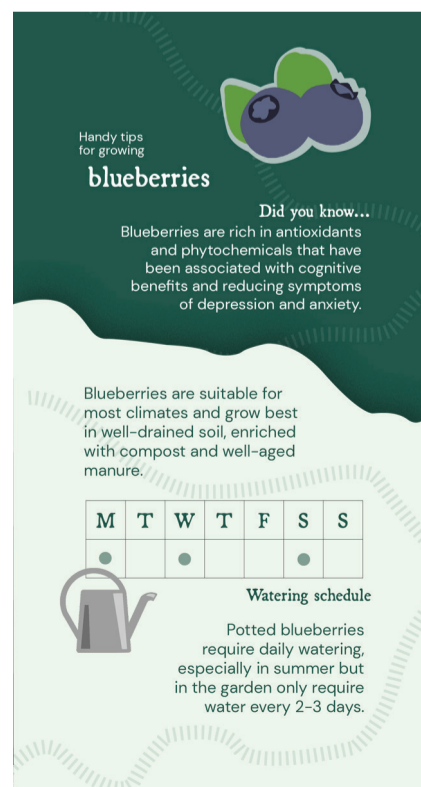
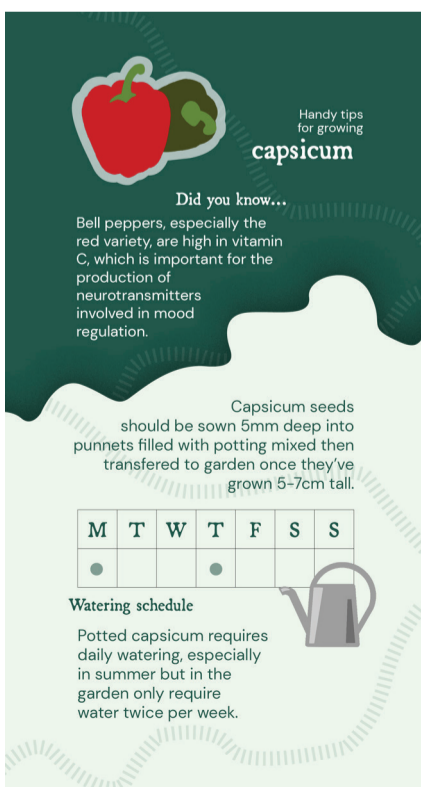
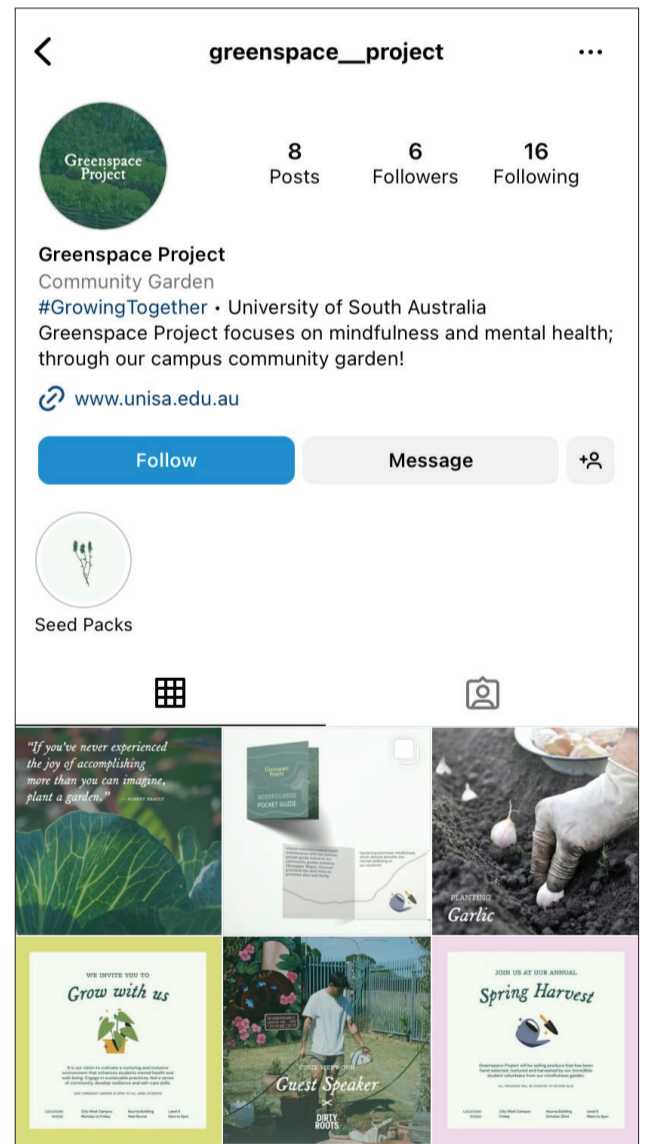
Join us for our Annual Spring harvest where we will be selling all our produce that has been grown and cared for by students in our garden – a place where all students are invited to reap the benefits that gardening offers including a sense of accomplishment, stress reduction and improved moods.*

All proceeds will donated to Beyond Blue.

*Van Den Berg, A. E., & Custers, M. H. (2011). Gardening promotes neuroendocrine and affective restoration from stress. *Journal of Health Psychology*.



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MINDFULNESS POCKET GUIDE

Greenspace Project

FOLLOW & DISCOVER

#GROWINGTOGETHER @GREENSPACEPROJECT



Adopt the pace of nature: her secret is patience. — RALPH WALDO EMERSON

Greenspace Project has a distinct focus on mental health and community building. We provide a sustainable and inclusive environment for students and strive to raise awareness about the importance of student mental health.

Unlock essential mental health maintenance with our concise pocket guide, linked to our community garden initiative, Greenspace Project. Discover practical tips and tricks to prioritize your well-being.

Gardening promotes mindfulness, which directly benefits the mental wellbeing of our students!

This will be your take-home guide, filled with activities and journaling prompts, helpful information and seasonal gardening tips.



Engaging Your Senses:
Pay attention to the texture, colour, scents and sounds in the garden. Try focusing on one sense at a time to deepen the mindfulness experience.

Slow Down & Observe:
Slow down and observe the plants and their surroundings mindfully. When we slow down and observe plants, we become fully present in the moment. This practice of mindfulness helps calm the mind, reduce stress, and increase our overall sense of well-being.

Journaling:
This can be a powerful tool to assist in developing mindfulness when gardening. Journaling creates a safe space in an intimate setting, where the writer can focus on reflection, gratitude, observation, learning, self-care and intention setting.

We understand that trying something new can often be difficult. So, here a few journaling prompts to get you started.

Breathing Exercises:
Simple breathing exercises can be practiced while at home or gardening. This anchors you in the present moment.

One-Minute-Breath: This technique helps to center and refocus your mind.


Here's how to practice it:
Step 1: Inhale deeply through your nose for a count of 5.
Step 2: Hold your breath for a count of 5.
Step 3: Exhale slowly through your mouth for a count of 5. Repeat.

Recall a mindful gardening moment.
What did you notice with your senses?
How did it make you feel?

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Reflect on the concept of impermanence in the garden. How do you embrace the beauty of change and imperfection?

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SEASONAL PLANTING GUIDE

Follow this planting guide and engage in mindfulness practices! You'll be able to enjoy the mental health benefits of gardening throughout the Australian seasons, while cultivating a deeper connection with nature and yourself.



<p>SPRING September to November:</p> <p>Planting:</p> <ul style="list-style-type: none"> ➤ Spinach ➤ Kale ➤ Peas ➤ Strawberries ➤ Lavender ➤ Lemon balm <p>As you plant the seeds or seedlings, take a moment to observe the textures and colors of the plants. Reflect on the potential for growth and renewal in your own life.</p>	<p>SUMMER December to February:</p> <p>Planting:</p> <ul style="list-style-type: none"> ➤ Tomatoes ➤ Capsicum ➤ Blueberries ➤ Basil ➤ Rosemary ➤ Mint <p>While tending to your garden, engage your senses fully. Notice the warmth of the sun on your skin, the fragrant aroma of the herbs, and the vibrant colors of the fruits and vegetables. Allow yourself to be present in the moment.</p>	<p>AUTUMN March to May:</p> <p>Planting:</p> <ul style="list-style-type: none"> ➤ Pumpkins ➤ Butternut squash ➤ Sage ➤ Calendula ➤ St. John's Wort <p>As you harvest the produce, take a moment to appreciate the abundance of nature and the nourishment it provides. Reflect on gratitude for the season's harvest and the positive impact gardening has on your mental well-being.</p>	<p>WINTER June to August:</p> <p>Indoor Herb Garden: Grow herbs like thyme, oregano, lemon verbena, and chamomile indoors during the winter season.</p> <p>During the colder months, tend to your indoor herb garden with care and attention. Take a moment each day to observe the growth and progress of the plants. Use the herbs in soothing teas or meals, and savor the flavors mindfully.</p>
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GARDENING ACTIVITIES

Planting Seeds:
Once you have selected the seeds you will be planting this season, take a moment to observe and appreciate the seeds you have chosen.

Notice the texture, shape, and color of the seeds. Reflect on the potential within each tiny seed, symbolizing the potential within yourself. Carry the sensations and intentions involved in this mindful seed planting activity into your daily life, nurturing intentions and watching them grow.


Weeding Meditation:
Weeding can be transformed into a mindful activity, focusing on the sensations and the act of letting go. As you remove the weeds, imagine that you are not only removing unwanted plants but also letting go of any negative or unwanted thoughts or emotions. With each weed you pull, visualize releasing any mental or emotional burdens. Allow the act of weeding to become a metaphorical process of letting go and creating space for growth and renewal.

MINDFULNESS & CONNECTION THROUGHOUT THE YEAR

Mindfulness Practice:
Set aside a few minutes each day to engage in mindfulness while in the garden. Focus on your breath, sensations in your body, and the sights and sounds around you. Use gardening as an opportunity to practice being fully present and cultivating a sense of peace and calm.

Connection with Nature:
Reflect on the interconnectedness of all living beings. Observe how plants, insects, and birds thrive in your garden. Recognize the role you play in fostering this harmony and how it contributes to your own well-being.





HARVEST BOX



SEED PACKS

