



You Are a Gardener®

SEEDS

TECHNIQUE™

Turn your weeds into seeds.

Use SEEDS to bring awareness to challenging feelings
and find healthy ways to grow through them.

S

STOP

Take a
breath and
notice what
you're
feeling.



E

EXPLORE

Look around.
Notice what
you can see,
hear, smell,
and feel.



E

EXPRESS

Talk to
someone you
trust or write
about how
you feel.



D

DISCOVER

Choose a
gardening
tool that
helps you
feel calm,
confident, or
creative.



S

SEE

Notice your
flowers, the
things you're
grateful for
that bring
you joy.



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