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.



YOUAREAGARDENER.COM