

GARDENING TOOLS TO HELP YOU FEAR LESS



1

Connect with Gratitude

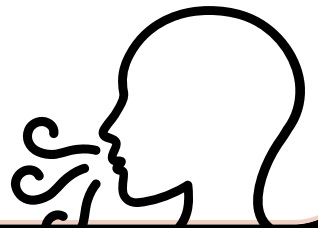
Take a moment to focus on positive aspects of your day. Journal, list, or reflect on something you're thankful for, as gratitude shifts energy from fear to clarity.



2

Pause and Breathe

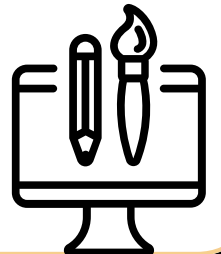
Inhale deeply, exhale slowly. Breathing tells our mind and body, "We are safe right now."



3

Create Something

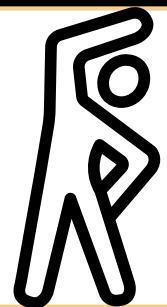
Make a recipe that feels comforting. Paint or color something with warm, bright tones. Crafting creates calm.



4

Move Your Body

Stretch, take a walk, dance around the kitchen. Movement helps fear flow through us, instead of staying stuck.



5

Talk to a Trusted Gardener

Share what you're feeling with someone who helps you grow. We all need help sometimes to grow through what we go through.

