

We know how stressful university life can be. You enter a labyrinth made out of deadlines and expectations you have to meet. You become lost trying to navigate through the path of self discovery. Loneliness grows, and to add up to that, anxiety and depression have somehow crept up on you, too. Life becomes overwhelming. You need a break.

What if on that path you saw a garden? A garden filled with your favourite flowers, blooming gracefully, inviting you with their fresh scent. You sit on a bench, taking in the beautiful view of the small pond in front of you. Nature has done its magic and you feel at ease again.

Next to you is a little shelf packed with books other students left there just for you to enjoy. With birds singing away, you become immersed in reading. You don't even notice how the sky has darkened, or how for the first time ever, you could read a book without getting distracted. You promise that you'll bring your own book to add to the collection next time you come here.

On your way out you notice a board with the title "Today, I feel..." full of post-it notes from students expressing their deepest thoughts and worries. It surprises you to how many of them you can relate to. That growing loneliness stops for a moment and you find yourself writing a post-it note. "Today I feel. seen".

What if. this was your reality?

Studies show numerous benefits:

- vitamin D exposure - growth of calcium, boosted immune system, healthy heart and lungs, reduced risk of cancer
- mental focus and mindfulness - it's a moment to simply exist, and concentrate on your breathing
- reduction of cortisol - lowered stress levels

When we spend time in the garden, we regulate our emotions more efficiently than we would if we were cooped up indoors.

But what if you wanted to take it a step further? What if you could work with other students on maintaining the Community Garden?

- physical activity - gardening tends to be a full-body workout that reduces the symptoms of stress, anxiety and depression
- boosted immune system - getting your hands dirty is healthy not only for your mental health, but for your physical health as well
- growing your own food - what can possibly be better than knowing exactly where your food comes from?
- gaining organisational skills - you can be part of the planning team at the garden
- personal creativity - reduces stress levels

Help us bring this project to life and let us colour your world green!