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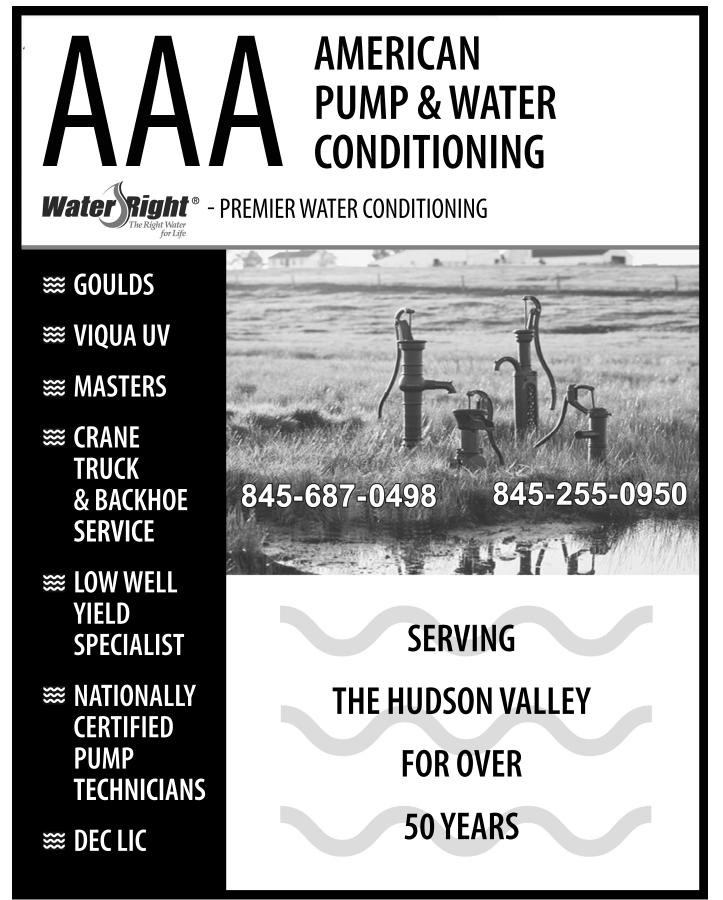






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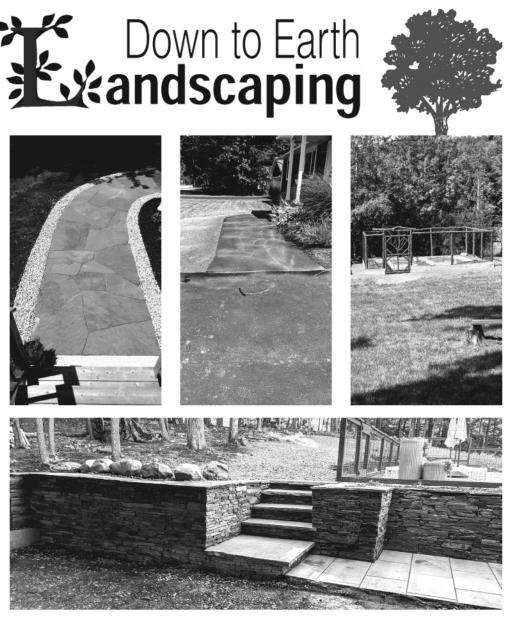


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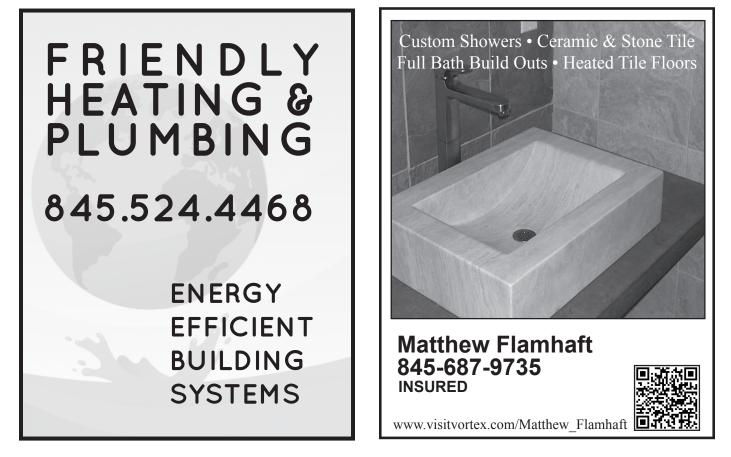
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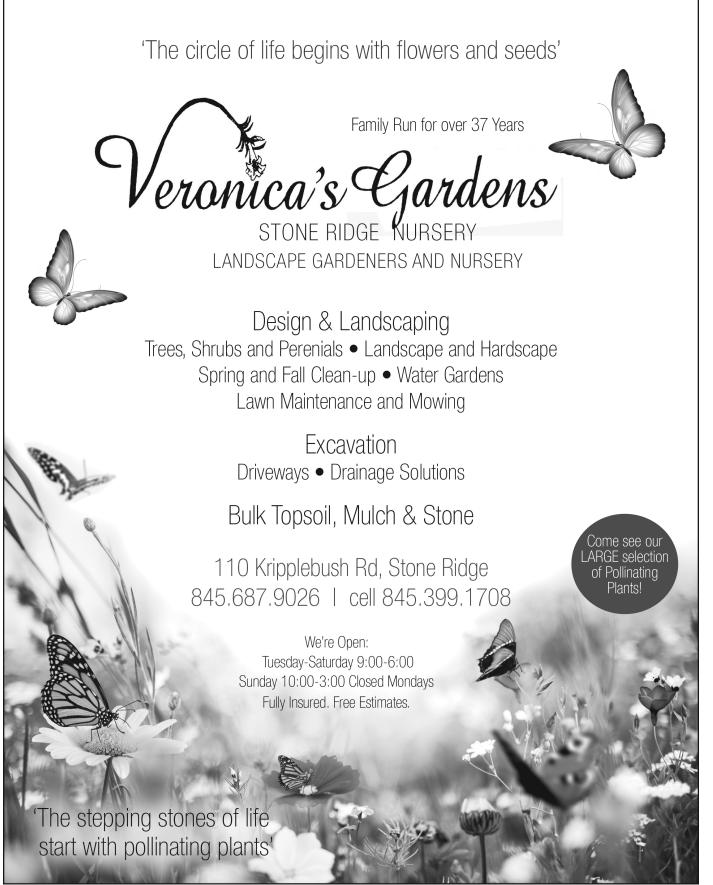
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Selfcare: Gardening Is Hope Made Visible

by Victoria Coyne

Let's be honest: the world outside your garden fence has gone absolutely feral. Chaos and uncertainty seem to be our new normal. Here's the secret I've unearthed—gardening helps. Not just with the stress, but with the grief, the rage, the anxiety. Gardening is part of how I stay sane:

It's Cheaper Than Therapy (And Just as Cathartic)

Sure, I could process my existential dread with a licensed professional—and to be clear, I absolutely support that—but there's something about ripping a weed out by the roots that really scratches a specific emotional itch. Gardening is where I go to think, to feel, and sometimes, to ugly cry behind the lilacs. Every bed I plant is a positive change in the world. Every compost heap is proof that even our messiest parts can transform into nourishment.

Gardening Is Hope Made Visible

When you plant a seed, you're choosing hope. You're believing in tomorrow. In seasons. In second chances. You're saying, "Yes, the world feels hard—but I still believe something beautiful is possible." And sometimes, that belief is the bravest thing you can do. Whether it's planting bulbs in fall or seeds in the spring, every garden is a quiet love letter to the future.

A Little Control in an Uncontrollable World

When headlines feel like chaos and everything's on fire (figuratively, but also sometimes literally), my garden gives me one sweet, steady truth: if I plant it, water it, and tend it, something beautiful will grow. And that kind of control? That kind of gentle predictability? It's deeply comforting. Whether I'm planting violets or carving out a path of stepping stones, I'm designing a tiny world where good things still happen.

The Dirt Literally Makes You Happier

No, really. Soil contains friendly bacteria (Mycobacterium vaccae) that actually boost serotonin. So when I tell you that playing in the dirt makes me feel better, I'm not being poetic—I'm being medically sound. Gardening gives me permission to make a mess, to connect with the earth, and to remember that joy doesn't always come from grand gestures. Sometimes it comes from planting snapdragons and feeling the sun on your back.

Look, gardening won't make the chaos in the world go away. It won't lower the price of eggs, save your 401k, or eliminate the sense of dread we all carry. But it will give you a space to breathe. To reconnect. To feel something other than panic or burnout.

So if the world feels too heavy today, come plant something. Even a single pot of herbs on your windowsill. Remind yourself that growth and change is still possible.



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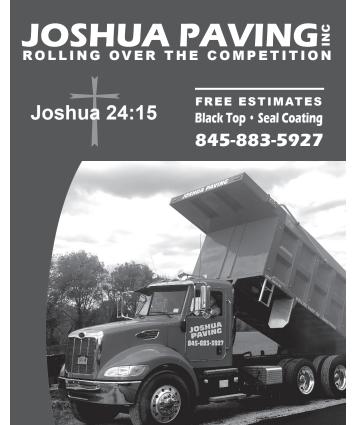
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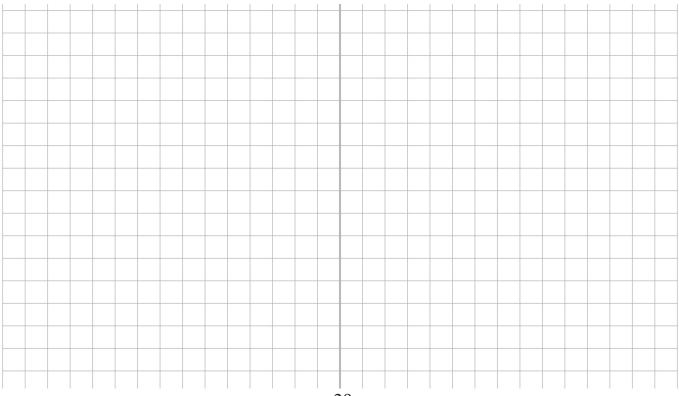
Thank You It was great working with all of you Have a GREAT 2025 season!!

BlueStone Press is published semi-monthly, 24 times a year by BlueStone Press, 4301 Rt. 209, P.O. Box 149, Stone Ridge, NY 12484.

Periodicals Postage rates are paid at Stone Ridge, NY 12484. POSTMASTER: Send address changes to: BlueStone Press P.O. Box 149, Stone Ridge, NY 12484

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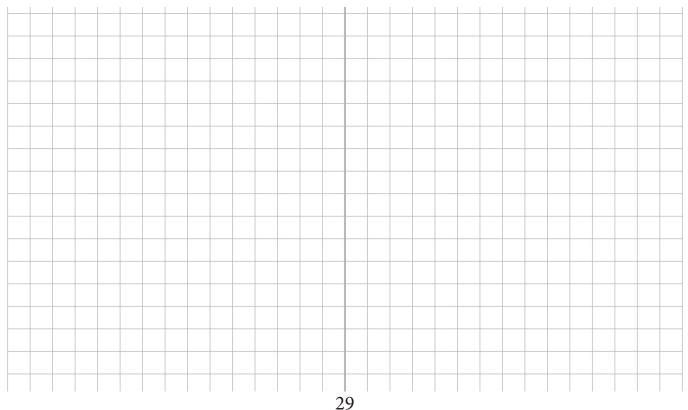
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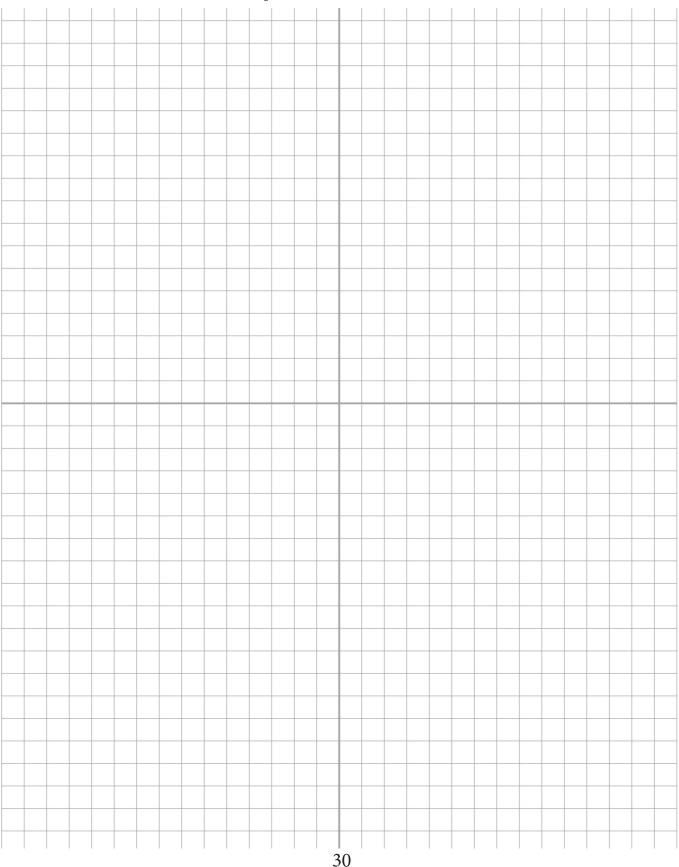


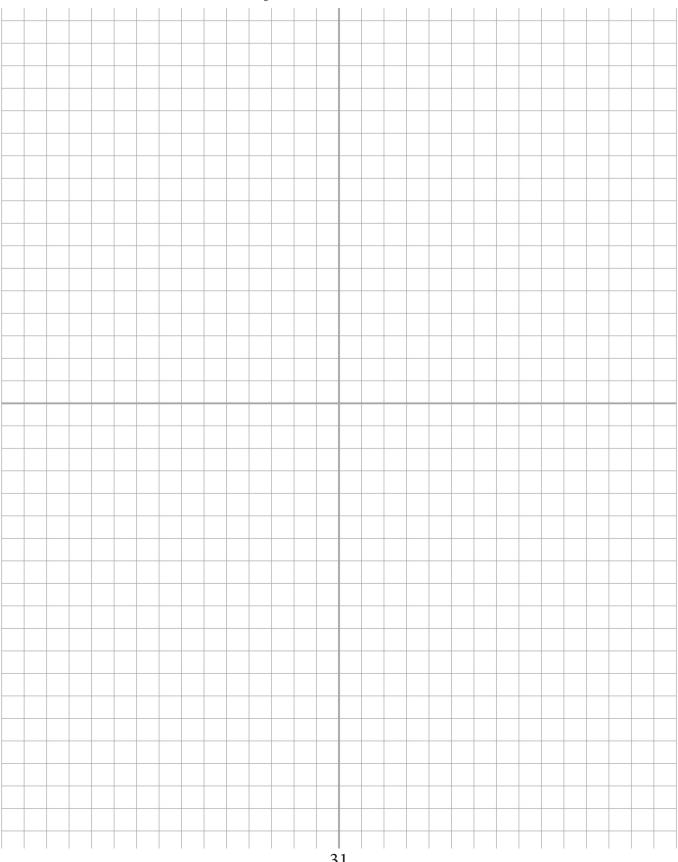
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