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Thread: [A Quiet Way of Healing the Mind and Heart](#)

Yanix - May 12, 2026, 8:50 pm

I was just thinking about how gardening can be such a simple but powerful way to heal the mind and heart. There's something about being outside, touching the soil, watering plants and watching them slowly grow that brings a different kind of peace.

It may sound simple, but sometimes taking care of plants feels like taking care of ourselves too. It teaches patience, gives us quiet time to think and somehow helps ease stress and heavy thoughts.

Just like plants, healing takes time, care and the right environment to grow. Sometimes seeing something bloom reminds us that even after hard seasons, better days can still come.

Do you think gardening can be a form of healing? Has it ever helped you clear your mind or get through difficult times?

Riddler - May 13, 2026, 4:52 am

i definitely think so. i still remember a book i read years ago about hangovers, where the author argued that the best cure for a hangover is gardening

something meditative, fresh soil, being out in nature.

he even went so far as to say that he almost looked forward to the hangover, because he knew how healing the gardening afterwards would feel :)

Yanix - May 13, 2026, 7:02 am

(May 13, 2026 04:52 AM)Riddler Wrote: [\[CITE\]](#) i definitely think so. i still remember a book i read years ago about hangovers, where the author argued that the best cure for a hangover is gardening

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Oh yeah, there's just something calming and refreshing about being around nature and it's funny how gardening can turn even a rough day into something peaceful and healing.?

Eran - May 17, 2026, 2:19 am

You have no idea how much you actually need and crave nature until one day you go and spend the entire day in the forests, by the oceanside, mountains, whatever you prefer. It's literally medicine for the soul.