

## Make Your Own Terrarium



New Haven , CT

Did you know that gardening can actually improve your Mental Health? According to [Psychology Today](#) [1], gardening can help you to:

1. Practice acceptance
2. Move beyond perfectionism
3. Develop a growth mindset
4. Connect with others & your world
5. Be present in the moment
6. Reduce stress

We know many of you might not have access to a full gardening space, so we came up with an alternative idea for you to make your own terrarium, which will still give you all of the same mental health benefits of gardening!

What is a terrarium you ask? Basically it's a miniature garden housed inside of a small see-through container like a globe, bottle, or jar. We've compiled some easy DIY guides on making your own terrarium on our [Pinterest page](#) [2], so check them out and get started today.

Once you make your own terrarium, we would love to feature it on our social media accounts! [Email pictures](#) [3] of your terrarium to us today.

[Register Here](#) [4]

**Visibility:** 0.00

**On Demand?:** On Demand

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**Audience:** Students

Scholars

Families

Departments

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### Links

[1] <https://www.psychologytoday.com/us/blog/think-act-be/201906/10-mental-health-benefits-gardening> [2] <https://pin.it/6HoWes6> [3] [#109;#97;#105;#108;#116;#111;#58;#109;#111;#108;#108;#121;#46;#104;#97;#109;#112;#116;#111;#110;#64;#121;#97;#108;#101;#46;#101;#100;#117;](#) [4] <https://yaleconnect.yale.edu/OISS/rsvp?id=1097403>