Zen — Meaning peaceful or relaxed. “Being Zen” is essentially a state of being at peace with your own thoughts, and being self-aware of your place within the universe, inconsequential (and simultaneously essential).

Find peace: Create your own indoor zen garden

Create a zen garden for under $5 or less by using items found in and around your home.

You will need:

- **Mini rake** – Other alternatives: mini back scratchers, skewers, toothpicks or forks.
- **Container** – The container depends on your own personal taste. A glass container is great for an elegant approach to the traditional zen garden while a wood box takes a more natural route.
- **Sand** – Fine grain sand show patterns better, but you can also add a fun twist with colored sand. Pick up sand at craft stores.
- **Plants** – Air plants are popular plant choice for zen gardens since they don’t require soil to grow. Other popular plants include succulents, moss and mini trees.
- **Essential oils (optional)** – Add your favorite essential oils to enhance the relaxing benefits of your mini zen garden. You can add a few drops directly to the sand.
- **Stones** – Use outdoor stones for an authentic, natural look. You can use polished stones or gravel at craft stores.

How to:

- **Step 1: Fill your container with sand and essential oils.** Pour the sand in the container, shake to even it out. You can add a few drops of essential oils if you want an aromatic garden.
- **Step 2: Place stones and trinkets.** Stones are one of the most important aspects of a zen garden. Place a group of them in one corner of the garden or place them far apart. Trinkets are great for personalization, especially if you’re giving this as a gift, but don’t go overboard.
- **Step 3: Add plants for a touch of green.** Plants aren’t a part of traditional zen gardens, but they are a great way to bring in other elements of nature.
- **Step 4: Create your sand pattern with a mini rake or skewer.** Since this is a zen garden, you can rake the patterns however many times you want. The raking is a great mindfulness practice and can ease the mind when you need to destress or process your thoughts.

Visit our website for more tips on stress relief: www.Health.Solutions

Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

**VISIT**

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

**CALL**

Health Solutions
Crisis Services
719.545.2746

**STATE HOTLINE**

Colorado Crisis Services
1.844.493.8255

**OR TEXT**

Colorado Crisis Services, text TALK to 38255