



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 shows 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.



Not all Zen gardens are the same. Be creative!

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