Introduction

- According to a 2018 survey, 45% of high school students report feeling stressed "all the time"

- High levels of chronic stress impede academic success, compromises mental health functioning, and fosters risk behavior, and if not addressed, can lead to physical & mental health issues in emerging adults

- Strong emotional health has been found to contribute to work success, relationships and overall health

- Some schools are working to provide holistic environments where emotional, social & physical health are priority for staff and students.

- The biophilia hypothesis suggests that humans have an innately emotional affiliation to other living organisms

- When people are exposed to scenes of natural environments, productivity can increase and perceived mental stress can decrease

- The presence of plants has a positive impact on the human mind, both consciously and subconsciously

Objective

The purpose of this project is to help reduce the overall feelings of stress in students at Joel Barlow High School by introducing green plants into the school community

Benefits of Nature

- Reduces stress
- Improves attention
- Promotes longevity
- Improves mood
- Boosts immune function
- Increases productivity
- Reduces stress
- Improves attention
- Promotes longevity
- Improves mood
- Boosts immune function
- Increases productivity

Project Phases

Phase 1: Plant Collection and Training

Phase 2: Classroom Integration & Student Volunteers

Phase 3: Unified Wellness Gardening

Responses from educator volunteers as to why they participate:

- Home gardener and hobby interest
- Promoting healthier productive environment for students

Improving Emotional Strength

Regulating Thoughts
- Ignoring self-doubt
- Replacing self-criticism with self-compassion

Managing Emotions
- Acknowledging & embracing all emotions (even the uncomfortable ones)
- Understanding how our feelings influence the way we think and behave

Behaving Productively
- Choosing to take actions that will improve our lives
- Motivation
- Delayed gratification

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