



## 4 Ways to Boost Your Well-Being with Garden Therapy

**Embrace the joys of summer gardening with Beacon® Impatiens and discover the powerful wellness benefits of spending time outdoors and connecting with nature.**

Step into the world of gardening, a blossoming trend that's captivating people of all ages. If you've already spent time in the garden, you understand the excitement of seeing vibrant colors coming to life as your plants grow and bloom. Beyond enhancing your outdoor spaces, gardening also provides meaningful benefits for your health and well-being.

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### **Get physical**

Take part in the physical nature of gardening — a hands-on activity that gets you moving, improves joint flexibility and enhances your range of motion.

Your body will thank you as the activity boosts endorphin production — feel-good hormones that relieve stress, reduce pain and elevate your mood. Plus, tending to your Beacon® Impatiens outdoors helps regulate endorphins, increase serotonin and expose you to blue light wavelengths from the sun, which are [key for regulating healthy sleep-wake cycles](#).

### **Elevate your mental wellness**

Many gardeners look forward to losing themselves in their outdoor oasis, where stress begins to melt away and mindful focus on the present moment takes over. [Connecting with nature and being outdoors are believed to benefit your mental health](#). Gardening with Beacon® Impatiens invites a sense of calm, allowing you to move at your own pace and embrace the experience. This gentle, meditative feeling is often seen as one of gardening's greatest benefits. As you begin to feel more at peace, your brain responds by continuing to release endorphins.

Gardening also exercises your mind, encouraging goal setting, planning and problem-solving as your garden evolves throughout the season.

### **Nurture your soul**

Gardening often inspires generosity — and with PanAmerican Seed, the breeders of Beacon® Impatiens, that spirit extends beyond the garden bed. Each year, the company allocates a portion of its global sales for Beacon® Impatiens to grow goodness and support charitable organizations. For the 2025 gardening season, Beacon® Impatiens is proud to support two inspiring charities: [esp, inc.](#) in Georgia and [Greenfingers Charity](#) in the U.K. Both organizations are dedicated to enriching the lives of children and adults with life-limiting conditions by creating joyful, meaningful experiences rooted in emotional well-being.

You can join these efforts and support garden therapy by [visiting the Beacon website](#) to learn more about this year's charitable partnerships, and help shine a light on these worthy organizations by including your favorite Beacon® Impatiens in your shade garden this season.

### **Choose color that captivates**

Adding a pop of color to your garden with Beacon Impatiens® lifts your mood and builds excitement as you watch the vibrant blooms come to life. Available in ten bold colors and eight mix variations, Beacon Impatiens® enhances any shade garden

with healthy vitality. New for 2025, the brand has introduced [Impatiens Beacon® Chicago Mixture](#), named for the Chicago Harbor Lighthouse, including Violet Shades, White and the new Blue Pearl, and [Impatiens Beacon® Otway Mixture](#), featuring clear, bright colors in warm shades including Lipstick, Rose and the new Light Pink. Beacon® Impatiens are disease-resistant varieties and their mixes are named after renowned lighthouses worldwide, particularly where the disease impatiens downy mildew has caused intense challenges that Beacon® Impatiens has solved.

These new varieties will quickly fill your gardens and landscapes with bright, long-lasting color, from spring through late summer.

Visit [BeaconImpatiens.com/HelloBeacon](#) to find more inspiration for your garden therapy from [PanAmerican Seed](#).