



**Green Rehab** is housed in the Gardener's Cottage in Lilla Änggården, about a kilometer south of the Botanical Garden in Gothenburg. The cottage is surrounded by the rehabilitation garden and adjacent to the Nature Reserve Änggårdsbergen.

Visits for study purposes are frequently held.

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# Green Rehab

Gothenburg Botanical Garden

## *A place for recovery*

Green Rehab provides rehabilitation in garden surroundings for employees in the Region Västra Götaland with stress related diseases or mild depression. The approach is based on the insights gained from research on how gardens and nature can help humans recover. The program combines these new ideas with established methods and the staff includes a biologist, a gardener, an occupational therapist, a psychotherapist and a physiotherapist.

Participants sow and harvest in the garden and take guided walks together in the surrounding forest or in the Botanical Garden. During the winter, pruning trees and bushes and handicrafts are in focus. Body awareness, stress management and art therapy, as well as taking part in support groups, are other activities. The group consists of eight to ten participants.

## *A new beginning*

Green Rehab offers a new beginning for employees on long-term sick leave. The goal is that a participant who completes the program will go back to work again and achieve a better quality of life.

The program is work oriented and is carried out in collaboration with the participant's employers as well as the Social Insurance Office and the physician approving sick leave.

## *Stress management courses*

Green Rehab also offers courses in stress management. As in the rehabilitation program, nature and gardening are combined with established methods from occupational therapy, physiotherapy and psychotherapy. The courses combine lectures with practical exercises.

