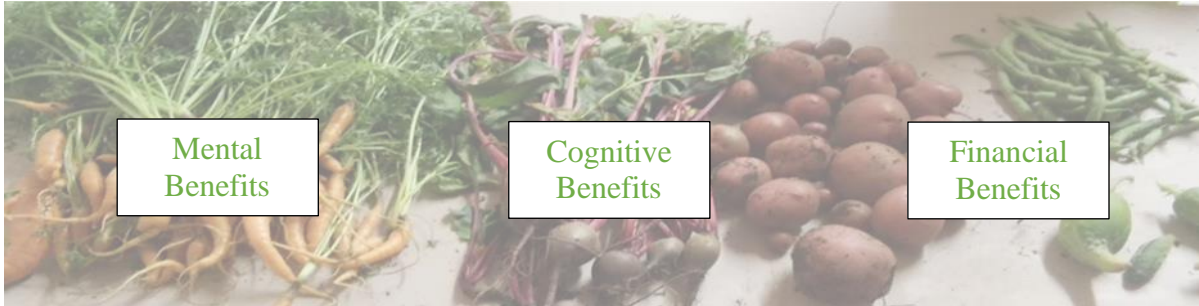


# Mental Benefits of Agriculture

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Agricultural Safety and Health



## Mental Benefits

- Stress Relief
- Exercise
- Brain Health
- Improved Sleep
- Mood Enhancer
- Increased Endorphins

## Cognitive Benefits

- Enhance Cognitive Functioning
- Improve Concentration
- Stimulate Memory
- Improve Goal Achievement
- Improve Attention Capacity
- Give a sense of purpose

## Financial Benefits

- Save on food costs
- Save on Health Costs
- Increase Home Value