



SHANNON FISCHER

HARDER & WARNER LANDSCAPES &
BOUTIQUE GARDENS
CALEDONIA, MICHIGAN

How are you doing... really?

In an increasingly fast-paced and digitally saturated world, green spaces offer something rare: a pause, a breath, a moment of peace. As members of Michigan's Nursery and Landscape Industry, we don't just plant trees and lay patios – we create environments that support human well-being.

And that matters now more than ever.

Decades of research confirm what many of us have always felt intuitively; time spent in nature improves mental health. Whether it's walking through a thoughtfully designed garden, enjoying lunch on a shaded patio, or simply gazing out at trees from an office window, green spaces reduce stress, improve mood, and even enhance cognitive function.

As landscape professionals, we have the unique opportunity and responsibility to create spaces that do more than look good. We can build places that feel good. Pollinator gardens, water features, sensory plantings, native meadows, shaded seating – these are more than trends. They're tools for restoration.

While we're busy creating wellness for others, it's easy to overlook the mental health of the people doing the work.

The Green Industry's busy seasons are intense. Long hours, physical labor, unpredictable weather, and demanding deadlines can take a toll on crews and business owners alike. The pressure to "push through" spring can leave many feeling burned out before summer even begins.

But this industry is also full of resilience, and we can take meaningful steps to support mental health on the job.

Incorporating mental health awareness into your company's culture doesn't have to be complicated or expensive. It starts with asking one question more often: How are you doing... really?

When we prioritize wellness... for ourselves, our crews, and our clients... we strengthen the roots of our entire industry. Because healthy landscapes begin with healthy people. 

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