



# Self-care & Plant-care

## What's inside

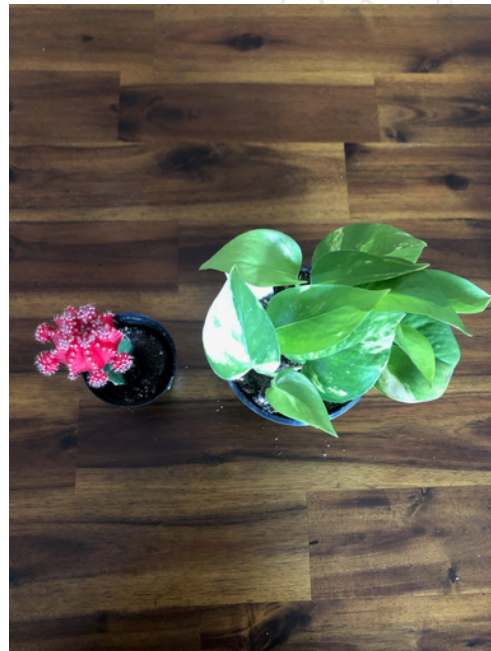
How to take care of:

Moon cactus

Golden pothos

Aloe vera

Self-care tips



# Moon Cactus



## Watering

- They should only be watered when the soil is completely dry (should be dry to about 1-2 inches deep) which is approximately every 14-21 days. In the summer/spring when they are in a period of growth, it is they may require a bit more water, but always make sure that the soil is completely dry before deciding to add more water. During the winter/fall period, they should be watered sparingly as they are not in a period of growth.
- It is important to water the soil directly and ensure that the water runs out of the drainage holes. If you plant does not have drainage holes, use less water. It is also important to avoid spraying water on the leaves directly to avoid molding
- Make sure your plant is not sitting in water to prevent rot from forming

## Sunlight

- Succulent plants require approximately 6 hours of sunlight per day, so it is important that you leave them in a place where they can get direct sunlight
- It is also important to rotate the plant often to ensure all part of the plant are getting equal amounts of sun
- In the summer months you can leave the plant outside

## Pests/ Disease

- Certain types of bugs are attracted to succulents like the moon cactus plant. This can be prevented by not overwatering the plant, or spraying the soil with 70% isopropyl alcohol to prevent eggs and larvae from accumulating
- Root rot, soft rot, fungal stem rot and leaf rot are all common disease in the aloe vera plant. They can be prevented by not watering the plant in excess

## Pets

The moon cactus plant can be toxic to pets if ingested be sure to keep the plant well out of their reach.



# Golden Pothos



## Watering

- Water once every 1-2 weeks or when the soil becomes dry. In the summer/spring when they are in a period of growth, it is they may require a bit more water, but always make sure that the soil is completely dry before deciding to add more water. During the winter/fall period, they should be watered sparingly as they are not in a period of growth.
- It is important to water the soil directly and ensure that the water runs out of the drainage holes. If you plant does not have drainage holes, use less water. It is also important to avoid spraying water on the leaves directly to avoid molding
- Make sure your plant is not sitting in water to prevent rot from forming

## Sunlight

- Succulent plants require approximately 6 hours of sunlight per day, so it is important that you leave them in a place where they can get direct sunlight
- It is also important to rotate the plant often to ensure all part of the plant are getting equal amounts of sun
- They do very well in bright and indirect light but can tolerate low indirect sunlight. They should not be placed in direct sunlight

## Pests/ Disease

- Mealybugs, spider mites and pathogen problems. Mealybug are the most common and can be removed with alcohol and cotton swabs.
- If the plant is wilted, and there is dry potting mix, the plant is most likely thirsty and needs to be watered
- If the plant has yellowed leaves, or has black stems the plant has most likely been overwatered

## Pets

The golden pothos plant can be toxic to pets if ingested be sure to keep the plant well out of their reach.



# Aloe Vera



## Watering

- Aloe plants are different from some other plants, and do not require as much water. They should only be watered when the soil is completely dry (should be dry to about 1-2 inches deep) which is approximately every 14-21 days. In the summer/spring when they are in a period of growth, it is they may require a bit more water, but always make sure that the soil is completely dry before deciding to add more water. During the winter/fall period, they should be watered sparingly as they are not in a period of growth.
- It is important to water the soil directly and ensure that the water runs out of the drainage holes. If your plant does not have drainage holes, use less water. It is also important to avoid spraying water on the leaves directly to avoid molding
- Make sure your plant is not sitting in water to prevent rot from forming

## Sunlight

- Aloe vera plants require approximately 6 hours of sunlight per day, so it is important that you leave them in a place where they can get direct sunlight
- It is also important to rotate the plant often to ensure all part of the plant are getting equal amounts of sun
- In the summer months you can leave the plant outside

## Pests/ Disease

- Certain types of bugs are attracted to succulents like the moon cactus plant. This can be prevented by not overwatering the plant, or spraying the soil with 70% isopropyl alcohol to prevent eggs and larvae from accumulating
- Root rot, soft rot, fungal stem rot and leaf rot are all common disease in the aloe vera plant. They can be prevented by not watering the plant in excess

## Pets

The aloe vera plant can be toxic to pets if ingested be sure to keep the plant well out of their reach.

## Medicinal Properties

When the aloe vera is matured, you can cut a leaf from the plant and cut it lengthwise and squeeze out the gel. This gel can be applied to burns and even sunburns. Do not ingest this gel, as it will induce nausea.



# Self-Care Analogies

## Watering



Just as it is important to water your aloe, it is just as important to make sure that you are drinking enough water every day. We require 8 cups of water per day.

## Sunlight



Plants require sun and we too should try and get some sunlight as we are able. Sunshine, fresh air, and little bit of physical activity help us both mentally and physically.

## Pests/ Disease



There are multiple demands in our life, especially as students. It can feel daunting and potentially impossible to strike a balance. Check-out our school/work/life balance package to help with finding balance as a student!



Just like plant, we can get sick of overwhelmed. It is important to check-in with ourselves daily so that we know how we are doing.

## Social Wellness



We take care of our pets and ensure they don't get harmed by plants that are toxic to them. We check-in on them and make sure they are doing okay. Our friends can also feel isolated and need our support. Take care of your friends by checking in on them. Suggest a zoom call or virtual game night!



# Apps for Self-Care

## Watering and drinking water



Plant Nanny



My Water



Aloe Bud

## Sunlight and movement



Couch to 5k (C25K)



## Checking in with ourselves

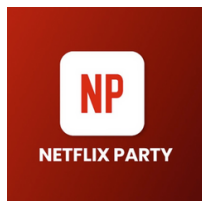


How We Feel

## Social Wellness



Houseparty



Teleparty



# References

<https://www.abc.net.au/life/common-poisonous-plants-to-dogs-and-cats/10105914>

<https://www.architecturaldigest.com/story/how-to-care-for-succulents>

<https://www.medicalnewstoday.com/articles/318591#wound-healing>

<https://gardenbeast.com/moon-cactus-guide/>

<https://www.flowershopnetwork.com/blog/flower-plant-care/plant-care/golden-pothos-plant-care/>

<https://www.thesill.com/blogs/plants-101/how-to-care-for-golden-pothos-epipremnum-aureum>

<https://www.gardenloversclub.com/ornamental/cacti-succulents/moon-cactus/how-to-grow-moon-cactus/>