

THE BENEFITS OF PLANTS IN THE WORKPLACE

Were you aware that there has been extensive research done regarding the benefits of plants in the workplace? With full time employees spending approximately 1/4 of their lives at work it is important that these buildings provide an environment of beauty, health and comfort. Studies confirm that there are both physiological and psychological benefits to surrounding yourself with nature at work. An eight-month study conducted by a Texas A&M University research team has concluded that plants significantly reduce workplace stress and enhance employee productivity, a win-win situation for both employer and employee. Here are some of the findings of this study and of others.

Research concludes that the presence of plants in the workplace:

- lowers blood pressure
- reduces stress
- increases humidity
- reduces illness
- purifies air
- reduces dust
- lowers energy costs
- quickens employee response time
- enhances problem solving ability
- sparks creativity
- increases brain activity
- provides a positive outlook
- acts as a mood elevator
- has a calming affect
- boosts learning
- enhances productivity and performance
- contributes to noise reduction
- improves office appearance
- reduces distractions



For additional information on this fascinating subject check out these web sites:

www.plantsatwork.org
www.plants-for-people.org
www.plantsforlife.org