

Healthy Plants Healthy You

**Just one plant
can make a difference**

Margaret Burchett's study shows that plants reduced stress by as much as 50%.

Her psychological survey shows reductions in negative mood states :

Depression - 58%

Overall stress - 50%

Anxiety - 37%

Fatigue - 38%

Confusion - 30%

Overall negativity - 65%

Anger - 44%

Plants improve our performance and productivity as much as 38%

The Global Impact of Biophilic Design in the Workplace report finds that a third (33%) of all respondents in this study say that the design of an office would affect their decision to work for a company with 20% citing plants as one of top 5 most wanted elements in the office design

50%

38%

33%

**For more information visit:
www.efig.co.uk**

