

PRESS RELEASE

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Plants our perfect partners wherever we work

Whilst COVID-19 and lockdown have certainly played havoc with our mental health, something as simple as the humble houseplant can make a difference.

From worrying about catching the virus to passing it on, to missing loved ones and concerns over job and business security, the last few months have certainly made many of us a mental mess.

One of the positives some people have found during this time is getting out and enjoying a walk or run or to enjoy their garden. For those who have had to face working from home even the humble house plant can make a difference to their mental welfare.

Houseplants have been shown to reduce mental stress at work in several studies. Apparently even being able to see one plant from your desk can reduce feelings of stress and anxiety; while a study carried out in Japan and California confirmed that one plant on your desk made a great deal of difference to stress levels.

Plants at Work will be promoting *#plantsaregoodforuswhereverwework* during **National Plants at Work Week 13-17 July**.

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Editor's notes

Margaret Burchett et al study in Australia:

<http://interiorplantscape.asn.au/wp-content/uploads/2016/04/Greening-the-Great-Indoors-for-Human-Health-and-Well-Being-Final-Report-to-HAL-2010.pdf>

Study from Japan and California:

<https://journals.ashs.org/horttech/view/journals/horttech/30/1/article-p55.xml?rskey=mviVyz>





Image courtesy of The Joy of Plants

