




PLANTS FOR WELLBEING



Stay healthy, happy
and more productive
with
plants@work



National plants@work Week

The need for plants in your working environment Ten key facts

1. Bring nature inside so that we can connect with nature while we work (biophilia)
2. To refresh and clean the air we breathe - improving air quality in our work place
3. To keep us calm - plants help to reduce our stress levels
4. Because plants have a positive effect on our moods - they make us feel happier
5. They up the ante on productivity
6. Plants help us concentrate (+23%)
7. Plants absorb noise especially in open plan offices
8. Plants can raise humidity levels to keep us more comfortable & reduce dust particles
9. Green walls buffer outside noises and insulate the building
10. Green roofs act as thermal insulation and offer a good view

#plantsatworkweek
www.plantsatwork.org.uk

**PLANTS
FOR
WELLBEING**



**Stay healthy, happy
and more productive
with
plants@work**



National plants@work Week

The need for plants in your working environment Ten key facts

1. Bring nature inside so that we can connect with nature while we work (biophilia)
2. To refresh and clean the air we breathe - improving air quality in our work place
3. To keep us calm - plants help to reduce our stress levels
4. Because plants have a positive effect on our moods - they make us feel happier
5. They up the ante on productivity
6. Plants help us concentrate (+23%)
7. Plants absorb noise especially in open plan offices
8. Plants can raise humidity levels to keep us more comfortable & reduce dust particles
9. Green walls buffer outside noises and insulate the building
10. Green roofs act as thermal insulation and offer a good view



#plantsatworkweek

www.plantsatwork.org.uk