

PRESS RELEASE

13 July 2020

**Plants are good for us wherever we work
National Plants at Work Week 2020**

This National Plants at Work Week taking place from 13 – 17 July, we are concentrating on helping those who have found the last few months harrowing. From worrying about catching COVID-19 to passing it on, plus missing loved ones and concerns over job and business security, lockdown has certainly made many of us a mental mess.

But it seems there could be a simple solution to ease our pain. Several studies have shown that houseplants help to reduce mental stress at work. So during this week, plants@work will be encouraging everyone to use plants in their home or commercial offices to help reduce stress levels.

Working from home

We recommend including houseplants as part of your home office set up. Knowing that being able to see houseplants from your desk has a very positive effect on our mental health makes them an easy decoration choice. In fact we'd go as far as to say an essential need rather than just decoration.

Plants@work Chair, Madeleine Evans of Tivoli Services confirms that houseplants in your home office are beneficial, "Bringing the outside in ensures we are surrounded by nature, something we innately crave, and helps to keep us calm. Houseplants also freshen the air, improve our productivity and up our creativity. All positive reasons to include houseplants in your home-working set-up.

"I would recommend plants wherever you work."

Plants@work will be promoting ***plants are good for us wherever we work*** during **National Plants at Work Week 13-17 July** sponsored by [Koberg Bv.](#)

Our featured home office belongs to plants@work Ambassador Ian Drummond of Indoor Garden Design.

Ends



For more information please contact Coll Smith, Marketing Manager at plants@work
email: marketing@plantatwork.org.uk
mob: 07758 215661
website: www.plantsatwork.org.uk

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>

Study from The Netherlands and the UK

https://www.researchgate.net/publication/264395358_The_Relative_Benefits_of_Green_Versus_Lean_Office_Space_Three_Field_Experiments

RHS choice Sansevieria stands tall to take the title Favourite Office Plant of the Year 2020

<https://www.plantsatwork.org.uk/index.php/item/rhs-choice-sansevieria-stands-tall-to-take-the-title>



A home office isn't complete without houseplants; featured office belongs to plants@work Ambassador Ian Drummond of Indoor Garden Design

