



Plants in your workspace are good for you

Houseplants are good for your health — and not just for their visual beauty. Why? They essentially do the opposite of what we do when we breathe: release oxygen and absorb carbon dioxide. This not only freshens up the air, but also eliminates harmful toxins. Extensive research by NASA has revealed that houseplants can remove up to 87 per cent of air toxin in 24 hours. Studies have also proven that indoor plants improve concentration and productivity (by up to 15 percent!), reduce stress levels and boost your mood — making them perfect for not just your home but your work space, too.

At work, place plants, especially those with broad leaves, on your desk; they will help regulate humidity and increase levels of positivity — seeing greenery and nature help us feel more relaxed and calm, which in turn benefits your everyday mood. Indoor plants serve a practical and aesthetic purpose, and can enhance your life.

An indoor garden can be your refuge from the outside world, and for many people it is a source of great joy. Whether you work in a small office, or a large industrial complex, by introducing certain plants into your space, you will start to notice improvements to your health, and overall happiness. As well as enhancing your mood and creating a working space that is soothing to be in, plants can also help with loneliness and depression: caring for a living thing gives us a purpose and is rewarding — especially when you see that living thing bloom and thrive.

If you are new to gardening, here is a selection of plants that will provide you with lots of greenery, are easy to look after, and are reasonably priced.

- **Monstera deliciosa (Swiss cheese plant):** It is fairly inexpensive to buy a 12 inch Monstera and it grows quickly, so you could get some easy height and beautiful leaves in under 3 months.
- **Epipremnum aureum (golden pothos or devil's ivy):** This is a great group of plants to get started with as they are relatively low maintenance. The trailing varieties sprout new leaves regularly and are great in a hanging planter such as a macramé hanger. However, they are toxic to cats and dogs.
- **Hedera (ivy):** Ivy is almost indestructible and has a good telltale sign when it needs watering as the leaves will look limp and soft.
- **Chlorophytum comosum (spider plant):** These are great low maintenance plants, which need watering from the bottom perhaps once a week and a misting every now and then. They sprout babies regularly off the end of their leaves that are easy to propagate; you will be inundated with baby plants, which you can then share with friends and family.

Happy growing!

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