

NICH

NATIONAL INITIATIVE FOR CONSUMER HORTICULTURE

#PlantsDoThat *Inside!* Where We Work



GREENING THE GREAT INDOORS

Having plants in workplace is an important component of creating a sustainable indoor ecology and healthy minds and bodies. Indoor plants remove air pollutants and stabilize CO2, while decreasing our stress and helping us heal faster.

RELAX AND REFOCUS

Hard task ahead on your computer? Add a plant nearby: it will help to lower your blood pressure and reduce stress and tension all while increasing your focus on the task at hand.



GET IN THE GROOVE

98% of respondents to a survey believe the presence of plants enhances work motivation.

LOVE YOUR JOB

People in offices with plants and windows have increased job satisfaction and report a higher quality of life.



PLANT APPEAL

Offices with plants are simply more appealing! More attractive spaces reduce stress.

PRODUCTIVITY BREAKTHROUGH

The more plants in view, the greater workplace productivity.



MODIFY YOUR MOOD

People say they're just in a better mood when they're around plants.



CREATIVITY IS KING

Workers in the office with plants felt more comfortable, productive, healthier and creative.

BE HEALTHIER

Plants at work—on your desk, in the office, out the window—reduce sick leave and reduce eye strain.



ENERGY BOOST

Offices containing plants have workers that are 30% less fatigued. Workers also coughed less and showed fewer signs of physical discomfort.



PLANTS MAKE PROS

Healthy plants inside the office/workplace promote professionalism and feelings of warmth and caring, thus fostering a more favorable business image.



ACCELERATE OUTPUT

Placing plants in windowless rooms resulted in 12% faster reaction times to the computer tasks at hand.

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AUTHORS

Hall, C., Thilmany, D., Mellard, S., Gray, J., Hamrick, D., Albin, C., Altman, K., Behe, B., Bumgarner, N., Calabro, J., Carson, J., Gordon, S., Gouge, D., Miller, M., Mostardi, S., Parker, P. and McBride, P. (2018). #PlantsDoThat Inside—Where We Work. National Initiative for Consumer Horticulture. Available from <http://consumerhort.org>.

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CREDITS

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MORE INFORMATION

- National Initiative for Consumer Horticulture, ConsumerHort.org
- Ellison Chair, Texas A&M, www.EllisonChair.TAMU.edu