#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.

Productivity Breakthrough
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.

Infographic produced by National Initiative for Consumer Horticulture (NICH). Discover more about the power of plants in this series at ConsumerHort.org.
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REFERENCES

CREDITS
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MORE INFORMATION
• National Initiative for Consumer Horticulture, ConsumerHort.org
• Ellison Chair, Texas A&M, www.EllisonChair.TAMU.edu