

Planting for a Healthier Home



I spent a lot of time indoors during the major lockdown periods.

Most of my days were spent working on hobbies and making small changes to my home.

Shockingly, a survey in 2017 by Ribble Cycles concluded that in Britain alone, we spend an average of 92% of our day indoors.

The places you spend the most amount of time, whether that be; the office, your home or social locations can have a huge impact on your mental health and are a part of the environmental factors of mental health in psychology.

Studies such as those published in the Journal of Physiological Anthropology have found that indoor plants may help to reduce stress, increase attention, boost productivity and even help you heal. I wanted to make the best change for myself and my house on a budget, and that's where the roots of fascination sprouted.

I personally started with spider and snake plants (mainly because they're near impossible to kill) as well as being excellent natural air filters.

It should be noted that if you are looking pick your first plants and you're allergic to pollen, mould or other plant related stimuli, that you should consider these factors into your green renovation plans.

Have you planted a healthier home?

Sources:

https://www.ribblecycles.co.uk/blog/not-great-outdoors/?affwin=Y&affid=78888&utm_source=AffiliateWindow&utm_medium=Sub%20Networks&utm_campaign=78888&awc=5923_1675685450_0dd20bba45eebc50ece04591cd99eeee

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