

# Plants help to make us happier

04 May 2012

A series has started on [e-Nation](#) called 5 ways to increase happiness (and decrease stress) at work.

Number 1 is listed as choice; choosing work that suits you and your skill set.

Number 2 is rest – making sure you get enough sleep and if that's not possible work in 90 minute bursts taking a break in between ... and get away from that computer.

Number 3 is prioritise – if you face a huge job list, you'll never get through it. Break it down into bit-size chunks. Tackling your top three first gives you an achievable goal.

Stress awareness comes in at number 4. Learning which jobs cause us to stress and ways to tackle them is the advice.

## Importance of workplace well-being

The first blog also mentioned the importance of well-being at work. Quoting a survey from last year which found that 50% of the 2,400 sample (in the UK) weren't happy at work, they also noted that work-related stress is now the top reason for long-term sick leave beating back problems, strokes, heart disease and cancer (Chartered Institute of Personnel and Development).

Invited to comment on the blog eFIG left the following message:

'Include some plants in your working environment. They really do help to de-stress you. A study in Australia found that even [one plant can have a positive effect](#) reducing stress by 50%, anxiety by 37%, anger by 44%, fatigue by 38%; at the same time making us happier by 58% and 65% more positive. A study in the UK found that having a say in how our office is decorated and including plants makes us as much as 32% more productive. Let's hear it for plants!

eFIG – the European Federation of Interior Landscape Groups

