



biophilia

noun

1. an innate love for the natural world, supposed to be felt universally by humankind



BLYTHE VALLEY PARK



biophilia

THE TERM BIOPHILIA IS NOW MOST COMMONLY LINKED WITH BUILDING DESIGN – NEW BUILDINGS ARE OFTEN BEING DESIGNED WITH BIOPHILIA IN MIND, AND STUDIES HAVE SHOWN THAT NATURE INSPIRED CHANGES IN THE OFFICE CAN HAVE A DRAMATIC IMPACT ON WORKER'S WELLBEING.

At BVP we want to promote 'Wellness at Work' and think that having plants in the office will help us to do so.

Most offices nowadays, including the offices at BVP, contain many electronic devices such as printers, computers, phones and more. These kinds of electronic devices can emit gases into the air in the office buildings, such as volatile organic compounds (VOCs) comprising of gases like benzene and xylene which can be released into the air when photocopying. Nitrogen oxide and carbon monoxide are also gases found in office environments. It has been scientifically proven that having plants in the office can help to remove these kinds of gases from the air. Below is some research that supports this theory and the idea of biophilia, demonstrating that plants can increase our wellness in the workplace...

NASA conducted a study and found that houseplants benefit us psychologically. NASA believe that because people spend on average 90 per cent of their day indoors, our daily stress may be caused by "nature deprivation", therefore bringing nature into the office should help to reduce our stress levels.

Another study undertaken by Cardiff University found that having greenery in the office can increase worker's productivity. Marlon Nieuwenhuis, from Cardiff University's School of Psychology said "simply enriching a previously Spartan space with plants served to increase productivity by 15 per cent". The study, which conducted experiments in the UK and The Netherlands, found that having plants in the office increased workplace satisfaction, focus levels and air quality.

'AMBIUS', A COMPANY WHOSE FOCUS IS CHANGING THE WAY WE THINK ABOUT OUR WORKPLACE, AS WELL AS THE ENVIRONMENT THAT SURROUNDS US, RECOMMEND THAT THE TOP 10 PLANTS FOR THE OFFICE ARE (IN NO PARTICULAR ORDER):



Devil's Ivy or Scindapsus

(Scindapsus aureus)

Benefits:

- Adapts well to different office environments, so will flourish in both low and brightly lit offices
- Easy to care for
- They help to purify the air by removing indoor pollutants such as formaldehyde, xylene, and benzene



Chinese Evergreen or Aglaonema

Benefits:

- Easy to care for
- They help to purify the air, will filter out pollutants, and remove more toxins as time goes by
- Increases a room's humidity which can reduce the likelihood of respiratory sickness



Weeping Fig

(Ficus Benjamina)

Benefits:

- They can help to filter out such toxins as formaldehyde, benzene and trichloroethylene
- Long lasting, if looked after well



The ZZ Plant

(Zamioculcas Zamiifolia)

Benefits:

- Hardy – can handle low light, neglect and has low water requirements
- They can help to filter out volatile organic compounds (VOC's), therefore are excellent at purifying the air
- Cheap!



Bromeliads

Benefits:

- Once they bloom they require very little care
- They release oxygen and remove toxins throughout the night, so, combined with other air purifying plants, your office could have around the clock air purification!
- Some species of bromeliads can survive in low light conditions



Philodendron

Benefits:

- Low maintenance plants
- They are recognised by NASA to be one of the best plants at removing formaldehyde from the air, especially so at higher concentrations



Peace Lily

(Spathiphyllum)

Benefits:

- They do not need a lot of light
- They are well known for cleaning up the air, and helping to neutralise toxins such as benzene, formaldehyde, and carbon monoxide
- Fast growers

*Keep an eye out for me
in your office!*



Dracaena

Benefits:

- Easy to care for
- They help to remove toxins from the air such as formaldehyde, trichloroethylene, carbon dioxide, and are considered one of the best houseplants at removing benzene
- Increases a room's humidity which can reduce the likelihood of respiratory sickness



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Mother-in-Law's Tongue, Snake Plant or Bow String Hemp

(Sansevieria)

Benefits:

- Hardy – can last up to a month without water, can survive in bright sunlight or low light conditions
- They are excellent at removing toxins such as formaldehyde, xylene, toluene, and nitrogen oxides from the air – so if you work in an environment where these toxins are released, this plant is perfect for purifying the air
- Helps to clean the air to prevent 'Sick Building Syndrome' where people experience sickness and colds due to the poor air quality



Cactus Plant

Benefits:

- Extremely hardy plants, so they are perfect for the office environment
- Just simply seeing a plant in the office, or having one on your desk can increase productivity – and cacti are ideal plants to keep on the desk
- Easy to care for



biophilia

plant a smile in your office

(Want to learn more? visit: blythevalleypark.co.uk/bulletin)

References (click links):

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#feelgoodfoliage

#poweroftheflower

#plantasmileinyouroffice

#biophilliaatBVP



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