

## Greening your workspace

A study published in the *Journal of Physiological Anthropology* found that having plants in your office or home is good for your well-being and may help reduce your stress levels.

Other possible benefits of bringing plants into your workspace include increased:

- Increased focus
- Increased creativity
- Increased workplace satisfaction
- Increased task completion
- Reduced noise

Some plants that make a good choice for your home or workspace include:

- **Snake plant** – A slow growing desk plant that requires little attention
- **African violet** – Requires indirect sunlight
- **English ivy** – Requires medium light and average water
- **ZZ plant** – Tolerant to low light and requires little water
- **Aloe** – Place near a sunny window, water every couple of weeks
- **Philodendron** – Requires regular watering
- **Pothos** – Easy to care for and tolerant to low light
- **Oxalis** – Does well in low humidity but requires bright light
- **Rex begonia** – Does well in low light but requires sufficient humidity to thrive
- **Fiddle leaf fig tree** – Requires filtered bright to full sun and moist soil
- **Rubber tree** – A low maintenance plant requiring medium to bright indirect light and moist soil
- **Spider plant** – Easy to care for; requires bright indirect sunlight and moist soil
- **Peace lily** – Easy to care for plant that requires moderate indirect light and frequent watering
- **Lucky bamboo** – Easy to grow in low light and can grow without soil when stems are submerged in water



Sources: [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov), [epa.gov](https://www.epa.gov)