

HOUSEPLANTS FOR YOUR MENTAL HEALTH



A simple way to improve your mental health is to bring houseplants into your home. The advantage of owning plants is extensive and well worth considering.

Here is a highlight reel of some of the benefits that a plant can bring to any environment:

- They clean the air by absorbing pollutants
- They provide us with oxygen
- By having something natural in your home it can help you feel relaxed and safe
- A result of the above listed benefits can help to reduce stress, blood pressure and various anxieties
- Plants can give us a sense of purpose by having something to care for
- Studies show that plants can help to improve concentration and productivity levels
- They can improve sleep quality
- Some plants can be applied to the skin for physical pain relief
- They add a nice touch to any room décor and provide an increased sense of pride in your home.



While any house plant can help achieve the benefits listed above, different plants can serve different purposes. Here are some plants to consider based on your individual needs:

- Plants to improve sleep: jasmine, lavender, snake plant, valerian, aloe vera
- Plants to purify air: English ivy, aloe vera, spider plant, gerbera daisy, snake plant, Chinese evergreen
- Plants to help with anxiety: golden pothos, jasmine, chamomile, aloe vera, areca palm, bonsai, and succulents
- Plants that provide homoeopathic purposes: lemongrass, aloe vera, lavender, chamomile, mint, sage
- Plants that require minimal sunlight: maidenhair, ferns, begonias, mint, Swedish ivy, spider plant, and snake plant
- Plants to improve mood: English ivy, Boston fern, peace lily, Chinese evergreen, lady palm, and spider plant



If you have the means, purchasing a plant can be a great investment for yourself or the perfect gift. Many local greenhouses are offering delivery or curbside pick-up, so in addition to the health benefits, you can also shop and support local.