

NEWS

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FOR IMMEDIATE RELEASE

INTERIOR PLANTS HELP REDUCE STRESS IN WORKPLACES THROUGHOUT AMERICA

Granada Hills, CA, September 27, 2001- Research indicates that interior plants can play a critical role in reducing stress throughout corporate America. Our security uncertainties and current economic environment are placing added stress on American workers. When stress escalates, employers report greater rates of absenteeism and lower productivity. Any slump in asset performance is always detrimental but even more consequential now as America rebuilds its economy and spirit.

Human Resource experts are reinforcing the rule of providing employees with an environment that includes elements known to comfort and inspire workers during their "off" time. Gallup polls indicate that two thirds of Americans cite gardening as their favorite hobby. Similarly, studies conducted by Dr. Roger Ulrich, (*Texas A&M University*) and Dr. Virginia Lohr, (*Washington State University*) confirm that visual exposure to plant settings has produced significant recovery from stress within five minutes while enhancing productivity by twelve percent. Another study out of Washington State University (Lohr and Pearson-Mims) verifies that once exposed to plant settings, test persons demonstrated more positive emotions such as happiness, friendliness and assertiveness and less negative emotions such as sadness and fear. Interior plants offer employees a much needed touch of humanity while stimulating a more productive environment.

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