

Plants as Therapy

Biophilia – a Love of nature and its healing ways in our physical, emotional and spiritual lives.

Many of us feel much better when we have spent time in nature. Science now backs what we have always inherently known.

In the 1980's Japanese scientists discovered that Forest Bathing, known as Shinrin Yoku, had a beneficial impact on human anti-microbial systems, anti-fungal systems, anti-inflammatory systems, and anti-bacterial systems. Blood pressure was reduced. Stress levels were reduced. Sleep was improved. Anxiety and depression decreased. Vitality increased.

Research confirms that *being in* nature is best for us, *viewing* nature is good for us, and even *seeing a natural picture* is better for us than a non-natural scene.

The Directors of Life Therapies Victoria are trained in Forest Therapy. We take our clients outside when we are able, but also bring nature inside, utilising indoor plants, terrariums, and having pictures on our walls to look at throughout the day.

Forest Therapy Victoria offers group and individual experiences of Forest Therapy (www.foresttherapyvictoria.com.au). Having living plants in and around our home is beneficial. Having a plant you choose and tend to yourself can reduce your pulse and stress by an average of 27%.

Simple works.

Choosing a plant, creating something simple and beautiful, tending to it, and watching it grow keeps our homes and bodies healthy. In addition, getting out in nature for some Forest Therapy gives an additional boost to our wellbeing.

Some of the benefits of having plants in your home for mental health and well-being include:

- Increased empathy (Emily Wolf McMane:2013)
- Employees who are able to choose and look after their own desk plant can reduce their pulse and stress levels by an average of 27% with a single plant. (Today:2020)
- Photosynthesis is a plant turning sunlight into food. They turn our household carbon dioxide and into clean oxygen for us to breath.
- A few extra plants in your bedroom may improve your sleep quality due to the improved air quality. (Web MD 2019)

- Students in a classroom with three plants improved results in reading, science and math's, over students who did not have any plants in the classroom. (Web MD 2019)
- Patients in hospital settings were found to recover faster and with less pain medication when they have plants or flowers in their rooms, than those who had no natural elements. (Web MD 2019)

So why not treat yourself and go out to buy a new indoor plant? Better still, join us to build a terrarium and create a whole ecosystem and care for your new little plant world.

