**How House Plants Can Reduce Your Stress**

Want a quick hack that can improve your stress *and* help your health in a number of other ways? Then just get some plants and put them around your home!

Plants in your home have been shown in countless studies to be highly effective for improving mood and general health and there are a number of reasons for this. Read on and we’ll examine why house plants are so useful for stress levels and how you can benefit from them.

**The Effect of Plants on Stress**

It has been known for a while now that having plants around can help to combat stress, depression and other negative emotions. In fact, many businesses are encouraged to add plants to their office environments in order to help their staff deal with large workloads and to combat feelings of stress.

So what’s going on?

Well, the effect harkens back to our days in the wild. When we were still evolving, we would have had to seek our vegetation in order to stay alive. In the African savanna, seeing large patches of green would have meant that we had found areas rich in natural resources. Here we would be able to find food, shelter, hydration and nourishment.

As such, it seems that we *still* have a similar response to seeing plants. Our bodies *still* respond by engaging our ‘rest and digest’ state via parasympathetic nervous system activation. Our heartrates slow down and we become more relaxed.

Even just seeing the color green has been shown to have this effect!

**Other Effects**

There are other benefits of having plants around too. One is that they can help to improve creativity. This is a byproduct of increased restfulness – and there’s a lot of evidence to suggest that we are at our most creative when we’re more relaxed. This way we lose the ‘tunnel vision’ that comes from stress and focus and instead we’re able to explore different ideas and alternative solutions to problems. Having plants around helps us to get into this state of mind and thus helps us discover more novel and creative solutions to our problems.

Plants can also help to boost our general health by cleaning the air and increasing oxygen. This has again been shown in several studies and it has been suggested that we should keep a few plants around for every family member to improve air quality.