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GROUP



The Benholm Guide 2020 guide to wellness in the workplace

Benholm Group | Falkirk, Scotland | 08000 724 723 | mail@benholm.com

We use plants creatively to enrich people, places and spaces | www.benholm.com

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WHAT IS WELLNESS?

wellness

/'welnəs/

noun

noun: **wellness**

The state of being in good health, especially as an actively pursued goal.

Wellness is an active process of becoming aware of, and making choices towards, a healthy and fulfilling life. ***Wellness is more than being free from illness, it is a dynamic process of change and growth.***

About this guide

- This guide focuses on workplace wellness for office workers, their managers and senior decision makers.
- Providing general advice and suggestions based on publicly available research.
- As planting specialists, nature is our focus.

WELLNESS IN THE WORKPLACE



Why is wellness at work so important?

Wellness crosses over many aspects. How we feel about our lives, jobs, and relationships.

We spend around a third of our lives at work, so your workplace itself can have a huge impact on overall wellness. Our feelings of wellbeing at work are influenced by day to day experiences, how purposeful we feel and the work that we do. Employers can have a major influence on an individual sense of wellbeing, which can have a multitude of benefits for the organisation itself.

Why wellness matters

Maintaining an optimal level of wellness is crucial to live a higher quality life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing cycle.

HOW CAN I BOOST MY WELLNESS?

Various factors can help boost wellness in the workplace...

- Nature

At Benholm, we love all things green, our aim is to *use plants creatively to enrich people, places and spaces*. Introducing nature through plants is one of the most time and cost efficient ways of boosting workplace wellness.

- Lighting

Sectors including healthcare and corporate, have also begun to explore the potential benefits of lighting systems. Circadian lighting follows the natural sleep/wake cycles of the human body. These carefully designed programmes may have the power to positively affect people's health, alertness, productivity, and more.

- Indoor Air Quality

Moss wall units incorporating water mists have a dramatic impact upon overall indoor air quality. The combination of moss and mist, just like in nature, capture and break down pollutants, greatly reducing CO₂ levels. Revitalising stale indoor air with lush moss and soothing sounds has been proven to enhance mood, reduce sick days, improve cognitive function and productivity.



"Humans are more generous, cooperative, and forward-thinking when surrounded by nature."

Tim Beatley, Architecture Professor, University of Virginia

LIFESTYLE

Diet

Sleep

Self-care

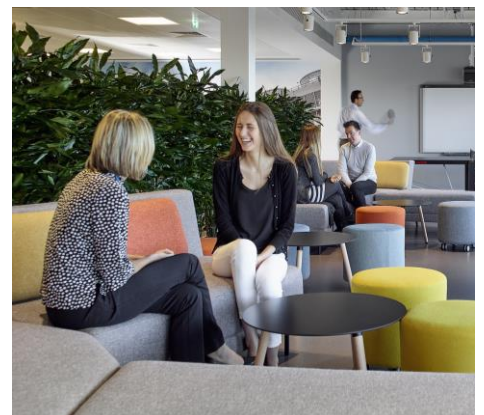
Evaluate your lifestyle and habits

Bad habits can creep up on us, especially if you lead a busy lifestyle and have other things taking up your attention. Having a think about your lifestyle is a good way to identify small changes that can make you feel a lot better.

How's your diet? What you eat and drink has a big impact on how you feel. Make sure you're drinking lots of water and eating lots of fresh fruit and vegetables. If you eating or drinking a lot of caffeine, sugar or processed food you'll see a positive impact from cutting down.

How well do you sleep? A good night's sleep can make a huge difference to how you feel. Although getting one can be easier said than done! Try winding down with some gentle yoga stretches or a book. Sleep at regular times and disconnect from the outside world - switch your phone off!

Are you making time for things you love? Don't feel guilty for taking some time for self-care. Whether that's reading a book, taking a long bath, or listening to your favourite music, make time for things you enjoy.



Spend time with your friends, your family and anyone in your life who makes you feel good. Doing some exercise or even just going for a walk around the block can really help your health and wellbeing.

Learning something new will make you feel more confident, and it can be a good way of taking your mind off anything negative for a while.

PLANTS

Studies by NASA show plants can remove up to 87% of air toxins in 24 hours

People generally agree that plants look nice in the office, adding colour and interest to a workspace. What they often don't realise is the science behind the significant benefits of having plants present for our health and wellbeing, both physical and mental.

Centred around Biophilic design principles, which, simply put is an innovative way to harness our affinity with nature to create natural environments for us to live, work and learn. By including nature to our interior and architectural design, we are subconsciously reconnecting; bringing the great outdoors in to our constructed world. It's a philosophy based on the principle that contact and exposure to nature is a basic human need, as opposed to a cultural amenity or individual choice.

Although this isn't a new concept, we've seen cities and offices designed in a way that separates us from nature in the past. By including plants and nature in the design of our workplaces now and in the future, designers can have a positive impact on happiness, creativity and productivity. That's why we are predicting that the plants in offices design trend is one that's here to stay. Especially when there are so many creative ways of incorporating plants.



'We use plants creatively to enrich people, places and spaces. We use our extensive experience to advise you on the right plants for the right spaces, and take care of them – so you can enjoy beautiful lush plants every day.'

Amazing plants...

New to plants? Here are some of our favourites....



Pothos

These plants thrive in a wide range of environments. They do well in bright indirect light as well as low light conditions. These plants have been proved to be very effective in cleaning the air.



Sansevieria

These plants are perfect for spaces with low light levels. NASA research has even shown that sansevieria or *snake plants* are able to help keep the air inside offices clean, removing toxins such as formaldehyde and benzene.

Amazing plants...

New to plants? Here are some of our favourites...



Philodendron

Great for adding height to small areas. Their heart-shaped leaves and trailing vines can grow to over 10 feet long. Perfect atop filing cabinets or in hanging baskets where floor space is tight.



Dracaena

Another great choice for eliminating pollutants. Makes a unique focal point or screening plant – perfect for creating feel good flexible zones in open plan offices.

Amazing plants...

New to plants? Here are some of our favourites....



Succulents

One of the most fashionable plants right now! With juicy leaves, stems, or roots, succulents form a diverse group of plants, eye-catching planted alone or in groups. With lots of colour variations and a tactile quality their popularity looks set to continue into 2020.



Ivy

Perfect draped from mesh, across ceilings, in hanging baskets or climbing up poles if floor space is at a premium. Thrives in a wide variety of environments including cooler spaces.

AMAZING PLANTS

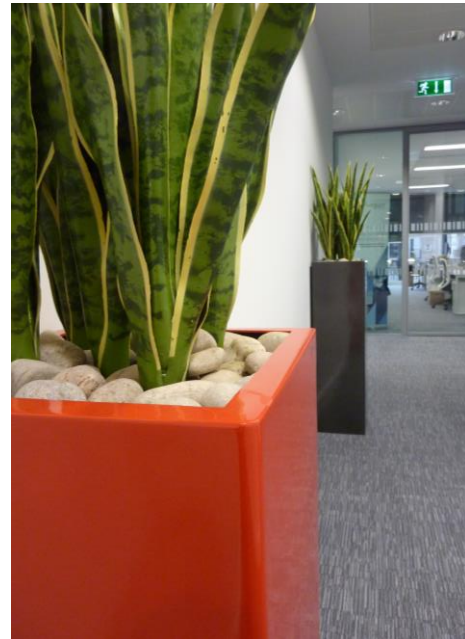
Real vs Artificial

Real plants are always our top recommendation with their numerous benefits including health, acoustics and humidity. Although sometimes due to access issues and lack of light, replica plants can also play a role in creating healthy office space. Both of these plants can successfully give employees a creative, inspiring space, clients a great first impression and breathe new life into a work space, depending on how you use them.



Real

- Health and wellbeing benefits
- Benefits of nurturing plants and watching them grow
- Clean the surrounding air



Artificial

- Little maintenance
- Can be placed even in the darkest office corner
- Artificial plants can go in cold or hot spaces and still look great

PLANTS MAINTENANCE SERVICE

Ensuring plants are kept looking their best requires skill and experience.

Our technicians are office plant service experts who have been fully trained to water, prune, feed, dust and clean your plants. They will take full responsibility for the health and wellbeing of your plants.

With our maintenance service, your plants will look healthy and vibrant all day, every day. We pay meticulous attention to each plant, allowing our customers to relax and enjoy all of the benefits office plants provide.



Top Tip:

Lush, healthy plants have a hugely positive effect on their surroundings. On the other hand, neglected, uncared for plants have a negative impact, so good maintenance is essential...

GREEN WALLS

Living Wall



Green walls, living walls, or vertical gardens, are specially designed collections of plants that have been intricately designed and arranged to create natural pieces of wall art. They can be designed to suit most interior conditions and can serve a variety of spaces, large or small. As features, they visually enhance a space and also bring many benefits for building occupants and visitors. Great uses of green walls include atriums, meeting rooms, hallways, reception areas or breakout spaces. They bring a health and vibrancy to any areas lacking in colour and inspiration.



Top Tip:

Living walls help purify the air, increase oxygen and humidity levels, and create beautiful sound absorbers...

GREEN WALLS

Nordik Moss



Nordik Moss walls are an excellent natural choice where living walls are not practical or cost-effective. This material is real moss that has been through a mineral-based preserving process and therefore adds a natural design element to a space whilst being virtually maintenance-free. It has excellent sound-absorbing properties, helping dampen noise and promote calm working environments. Similarly to plants, being surrounded by moss promotes creativity and productivity.

The design possibilities with Nordik Moss are endless. You can frame it like a picture or change a whole wall. Make patterns, incorporate logos and brand colours, curve it round surfaces, go for 3D-shapes or incorporate it into furniture. Available in a range of calming green or your brand colours, the only limit is your imagination.

GREEN WALLS

Artificial foliage walls



When you have the right plants, it's tricky to tell the difference between a natural living wall and an artificial one. Although it doesn't yield the benefits of air cleansing and increasing humidity, the touch of nature does still promote productivity and creativity. A much more aesthetically enjoyable environment. Real and artificial plants can also be mixed for durability and effectiveness.

BENEFITS OF PLANTS IN OFFICES

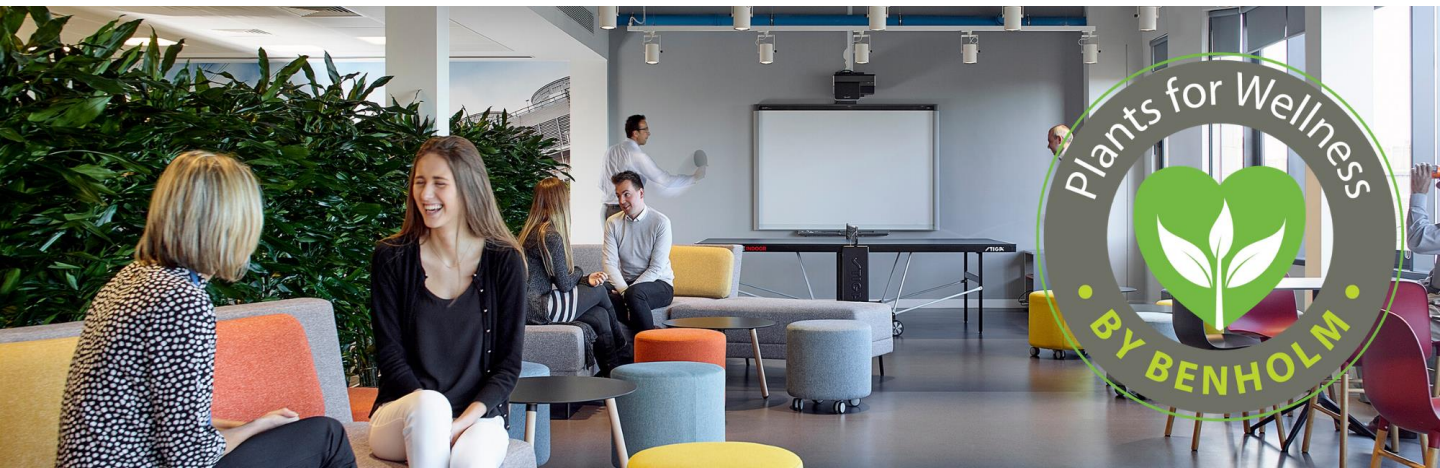


1. INCREASED PRODUCTIVITY

Plants essentially do the opposite of what we do when we breathe: release oxygen and absorb carbon dioxide...

Various studies have shown that including plants in workplace design can have a positive effect on perceived productivity. [The 2015 Human Spaces report](#), studying 7,600 offices workers in 16 countries, found nearly two-thirds (58%) of workers have no live plants in their workspaces. Those working in environments incorporating natural elements such as green plants and natural daylight reported a 15% higher wellbeing score and 6% higher productivity score than employees whose offices didn't.

BENEFITS OF PLANTS IN OFFICES



2. REDUCED STRESS

Nature has a special place in helping to relieve stress...

We often gravitate to the great outdoors to calm and soothe ourselves when we need to relax, quieten and re-charge. Spending time outdoors is as important for our mental health as it's ever been but, with 9-5 office jobs (and the colourful Scottish climate to overcome), it can be tricky to find time to enjoy the outdoors. Incorporating plants into workplaces is just one way of reconnecting with nature and bringing the outdoor world inside. Studies have shown that daily interaction with plants helps reduce psychological and physiological stress.

BENEFITS OF PLANTS IN OFFICES

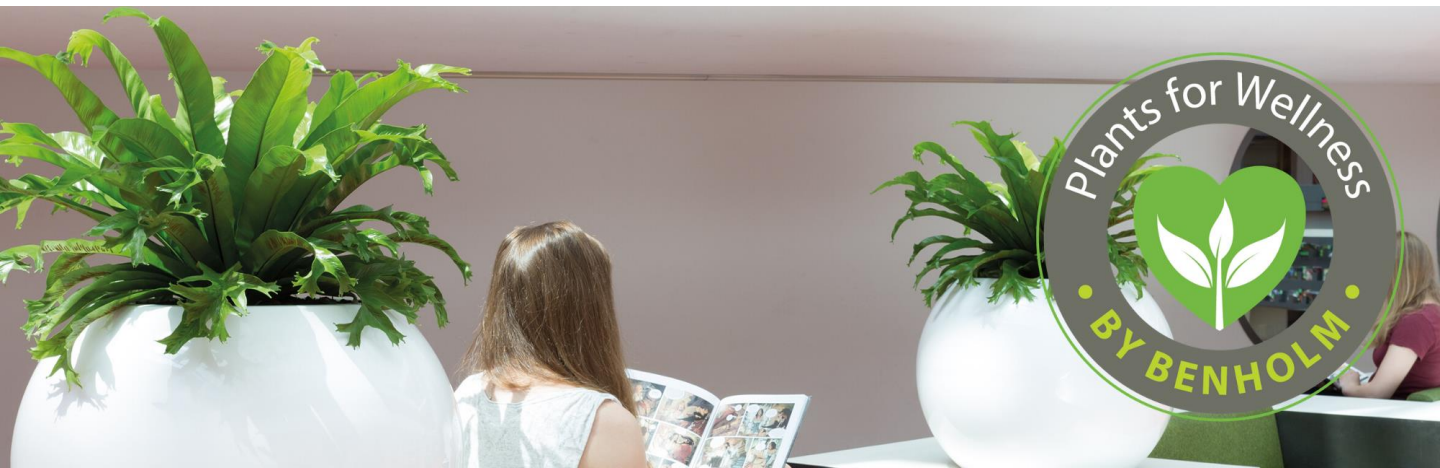


3. CREATES A PEACEFUL ENVIRONMENT

Some of the issues faced in open-plan office areas can be quickly resolved with the introduction of plants...

Open-plan offices can lead to a high volume of noise making it hard to focus as well as creating a lack of privacy for confidential conversations. Plants are a natural way to help absorb ambient noise and can also be used as screens to help define different 'zones'. This offers a higher degree of flexibility allowing employees to escape to a quieter part of the office if they need to concentrate.

BENEFITS OF PLANTS IN OFFICES



4. REDUCED ABSENTEEISM

Plants can help make the working environment more healthy which can directly effect the health of the workforce...

Plants in office spaces can help create a more healthy and productive working environment. It's easy for indoor air to become polluted – traditionally referred to as sick-building syndrome and opening a window, if you're based in the city, can just let in more pollutants! Plants have been proved to be able to help remove some of these toxins from the air. Good indoor air quality provides a healthier working environment which will have an impact on absenteeism. Offices embracing nature have seen a 26% boost in cognition and 30% drop in sickness-related absences among employees.

Workplaces with feel-good factor



Joany, LA



Etsy, HQ

Plants and greenery are a great medium for creativity



Top Tip:

You don't have to be a tech giant to enjoy the benefits of biophilic design. Few organisations have the wellness budget of these corporate giants – but they are great for inspiration..

Workplaces with feel-good factor



Martini, Milan

Amazon Spheres, Seattle



Nature can be incorporated into any size of building – large or small

NATURE IS THE KEY

Plants and greenery are one of the key components of any workplace wellness program...

The world is unlikely to slow down anytime soon but, as individuals, we must. The evidence is overwhelming: and it's time to do more than just put down your phone, tablet or laptop. It's time to immerse yourself with nature, indoors and out. Dust off your walking shoes and go outdoors, find the balance that exists in nature, and let it offer you its intrinsic gifts. It doesn't cost anything, and the benefits are priceless. Organisations that understand and embrace this, and offer an authentic experience of nature within the work environment, will see the benefits for years to come. And while you're heading outside, take the future generations along for the adventure too...



References:

Links to the research resources referred to in this document can be found at <https://www.benholm.com/biophilic-design-planting>

2020 SPECIAL OFFERS

Start the ball rolling by contacting the friendly design team at [Benholm Group](#) to chat through your requirements, request more information, or **arrange a free site visit and no-obligation planting proposal.**

There are various special offers available to help you make a start on your workplace wellness journey...



Call: 08000 724 723