



# KEEP CALM AND TAKE ME TO WORK

Research by Margaret Burchett:  
plants reduce stress



# ENJOY FRESH AIR? TAKE ME TO WORK

I'LL PUMP FRESH OXYGEN FOR  
YOU TO BREATHE AND EAT UP ANY  
NASTY CHEMICALS IN THE AIR

Research by NASA, Fjeld and others: plants absorb  
chemicals in the air



# **BUSY DAY? TAKE ME TO WORK!**

**I'LL HELP YOU GET THROUGH IT  
FASTER WITH A SMILE ON YOUR FACE**

**Research by Dr Craig Knight: plants raise productivity by 32%  
Margaret Burchett: plants improve your mood**