

BE WELL WITH FLOWERS

It is no secret that flowers have a positive impact on boosting your mood, delivering happiness, and reducing stress. Thanks to a 10-month long study by Rutgers University, the benefits that we have been taken for granted are now scientifically proven. A few major takeaways of the study are:



Research conducted at Rutgers shows that flowers have a positive impact on emotional health. Overall happiness, well-being, calm and intimacy benefit from surrounding yourself with flowers.

“...Science shows that not only do flowers make us happier than we know, they have strong positive effects on our emotional well being.”

**-Jeannette Haviland-Jones, Ph.D.,
Professor of Psychology at Rutgers University**

1. Flowers have an immediate impact on happiness. All study participants expressed “true” or “excited” smiles upon receiving flowers, demonstrating extraordinary delight and gratitude. This reaction was universal, occurring in all age groups.
2. Flowers have a long-term positive effect on moods. Specifically, study participants reported feeling less depressed, anxious and agitated after receiving flowers, and demonstrated a higher sense of enjoyment and life satisfactions.
3. Flowers make intimate connections. The presence of flowers led to increased contact with family and friends.



INSTANT ATTITUDE ADJUSTMENT
According to research conducted at Rutgers, feelings such as happiness, surprise and enjoyment increase when in the presence of flowers.