



# IFMA Insider

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## **Greenery inspires creativity, problem-solving at work**

Having a few green companions in the office can turn workers as sluggish as vegetables into more productive beings, a new survey by Texas A&M University shows. In “The Impact of Flowers and Plants on Workplace Productivity,” behavioral scientists in the university’s Center for Health Systems and Design found that men who work among live plants and flowers generate 15 percent more ideas, and women generate more creative, flexible solutions to problems.

During the eight-month study, research subjects were instructed to perform a series of tasks in one of three office environments: one with fresh flowers and plants, one with abstract sculpture and one with no decorations at all.

Throughout the sessions, subjects recorded their moods, executed two creativity tasks and completed one test on attention demands. The results support a beneficial impact of plants on humans’ state of mind and emotions.