



13th – 17th July 2015

**National Plants at Work Week and Biophilia
7 x 7**

We all know that surrounding ourselves with plants makes a difference.

Use this week to get involved with nature - it will make you feel good, improve your general health, reduce your stress levels, help you to concentrate and make you more productive.

Just 7 minutes each day for a week...

Daily tips

1. Bring nature inside: make sure your desk has plants on it or nearby and take the time to look at them and see if they have grown or changed



2. Gaze on the beauty of nature: can you see a green space, trees, or roof garden? Use your 7 minutes to really look at and enjoy your green view



3. Get outside: take your lunch break outside, kick off your shoes and 'breathe in' nature from the feet up



4. Nature at home: buy a new plant for your home office and plant bee-friendly plants outside
5. Read our guide about why nature is good for you, preferably somewhere 'green'
6. Suggest a way a colleague could use their 7 minutes to get back to nature
7. Take a 'greenie' –a green selfie of you enjoying your 7 minutes of nature- upload to Twitter @eFIG_Ltd #plantsatworkweek

Don't stop when National Plants at Work Week is over.

Make that 7 minutes a day a lifetime habit – you'll really feel the benefits that plants can bring!

