

The Emotional Positive Impact of Flowers

Flowers are a universal instrument that conveys various messages on any occasions. It is always been considered a symbol of sharing and positive feeling. Research shows that flowers have a positive impact on emotional health which helps relieve stress, illness, and depression. Flowers are also known to improve memory and they exude a sense of community. Flowers have a life of its own, and produce positive energies which bring about happiness, creativity, compassion, and tranquility.

When it comes to **Home Decorating**, the presence of flowers gives life to the space as it does not only beautify, but also promotes a warm and welcoming atmosphere to anyone. This confirms by another study conducted at Harvard University entitled "Home Ecology Flower Study", which shows that people feel more compassionate, less prone to anxiety and depression when flowers are placed around home, office, or other areas flowers are situated.

A behavioral study was conducted by Rutgers, The State University of New Jersey headed by Jeannette Haviland-Jones, Ph.D., Professor of Psychology Research Findings. A team of researchers explored the link between flowers and life satisfaction in a 10-month study of participants' behavioral and emotional responses to receiving flowers. The results show that flowers are a natural and healthful moderator of moods.

- 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 satisfaction.
- 3. Flowers make intimate connections.** The presence of flowers leads to increased contact with family and friends.

