



inspire

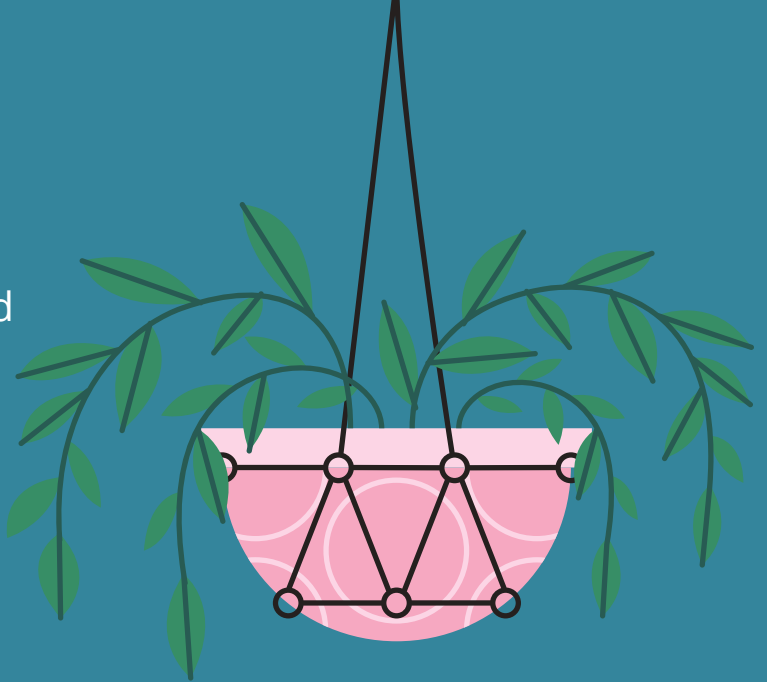
wellbeing, ability, recovery



HOW TO MAKE YOUR OWN TERRARIUM

***(AND INFORMATION ON OTHER PLANTS TO HELP
WITH YOUR MENTAL HEALTH AND WELLBEING)***

Having plants in your home, caring for them and watching them grow can reduce stress & anxiety, boost productivity, improve air quality and combat conditions such as blood pressure, fatigue and headaches. Spending time in nature and green space can have a positive effect on mental health, houseplants are a way to bring that outside feeling in.



Studies show a positive link between nature and a reduced risk of mental health problems. It's how our senses connect us to the environment around us, from the shapes in nature to the fragrances that trees and plants have & the calming effect that nature has on the brain to reset our minds, boost wellbeing and reduce feelings of anger. Taking care of plants can also provide us with a few moments of calm each day.

Allergy Relief: rooms with plants have less dust and mould than rooms without any foliage. Leaves and other parts of the plants act as natural filters to catch allergens and other airborne particles. Common houseplants ferns, spider plants, palms can do the job, avoid plants with pollen or spores.

Herbs for Better Digestion: Mint may help with bloating, gas, and other problems after you eat. Common varieties you can grow in containers include peppermint and spearmint. Basil, another herb for cooking, also can help calm your stomach. Try steeping the leaves in hot water.

Restful Sleep: Plants take in carbon dioxide and give off oxygen. It's how they turn sunlight into food, a process called photosynthesis. Some, like gerbera daisies, keep giving off oxygen even after the sun goes down. Put a few cheerful pots in your bedroom and the extra oxygen may help you sleep more soundly.



HOW TO MAKE YOUR OWN TERRANIUM

STEP 1:

Collect large glass containers with lids you already own or purchase some. Maybe a jam jar or an old coffee jar. The terrariums look best when the top of the plant hits about the 1/2 to 2/3 mark inside the container. So you will want to keep this in mind when purchasing both the containers and plants. Also keep in mind the diameter of the bottom of your jar if you would like to use more than one plant per container.



STEP 2:

Pick your plants. Just as the jars need to be larger than you think, the plants need to be smaller. Take into account the roots of the plant. Plants need roots to survive. Our favourites are some small cacti or spider plants- there are lots to choose from.

STEP 3:

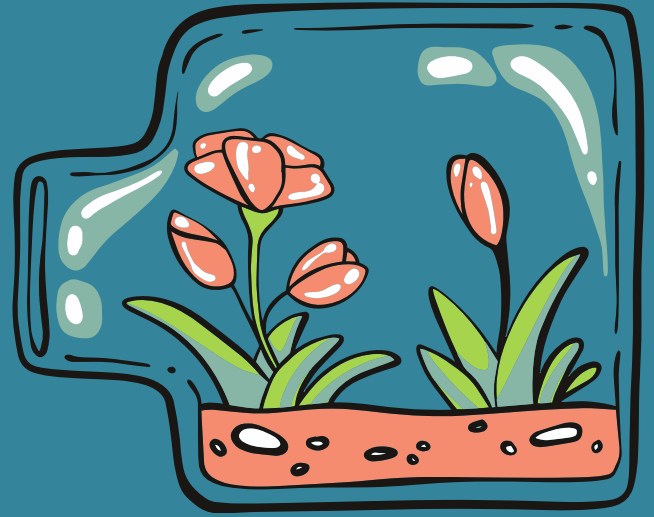
At the bottom of your jar you are going to want to put a layer of tiny rocks. This helps the excess water drain away from the soil. Stones and rocks provide texture and weight at the bottom of the jar.

STEP 4:

Pour in your potting soil mix. Use the pots that your plants came in as a guide for the depth of soil that you need.

STEP 5:

Put your plants inside your jar. Play around with where you want to place them until you are happy with the layout.



STEP 6:

You can put moss around the plants on top of the soil to make it look pretty. It also helps to keep the soil moist. You don't have to use it if you don't want to.

STEP 7:

Water your plants a little bit and put the lid on your jar. Find a place for your terrarium to live where it will get sunlight, but not too much direct sunlight. You can move it around your house until you are happy with its final space.

**GOOD LUCK - WE CAN'T WAIT
TO SEE YOUR TERRARIUM**

WELLBEING ADVICE ABOUT OTHER HOUSE PLANTS


Spider plants are great for removing toxins from the air in your home. If you have poor indoor air quality and not much of a green thumb, a spider plant may be exactly what you need. It's one of the easiest plants to care for and can be kept in less sunny places. It can grow in any type of soil and only needs to be watered occasionally.



Aloe vera has been used for thousands of years as a common natural remedy to soothe irritated skin. The clear, gel-like substance found in the inner part of the leaf can be applied directly to the skin, typically used to help treat burns, sunburn, frostbite, psoriasis and cold sores. Make sure you speak to your doctor first in case you have any allergies. Aloe vera plants need to be deeply watered and their soil left to dry just slightly between watering, keeping your aloe vera plant under indirect sunlight is best.

Lavender is a flowering plant that has a very gentle and pleasant aroma, best known for stress-relieving benefits, used in spa products like bath salts, skincare creams, soaps and candles. You can place a lavender plant anywhere in your home, but putting it in your bedroom is especially helpful since it may help you sleep better. Catching a whiff of lavender may help soothe restlessness, nervousness, anxiety, depression and insomnia. Prefers well-drained soil and lots of sunlight, water your lavender plant when the soil is nearly dry.

Ivy is known to purify up to 94 percent of airborne mould particles that can trigger allergies, great plant to put in your bedroom. If you have asthma or difficulty breathing at night, it can help you breathe easier and get a restful night's sleep, perfect houseplant for darker than normal bedrooms with artificial light. Soil should be kept moist at all times, but not soggy.



"Mother-in-Law's Tongue" is among one of the most popular choices for improving indoor air quality. It gets most of its job done at night, converting carbon dioxide into oxygen as you sleep. They remove all sorts of toxins from the air. Best with more than one plant. Considered to be one of the easiest plants to care for, place under indirect sunlight, don't water them much at all, they'll grow better if you let them dry out quite a bit between watering.

Rosemary has been used for centuries to help improve concentration and memory- keep a rosemary plant nearby in places like your home office or any other room where you could use a mental boost. Can be planted in a pot and put in any spot where it has access to bright sunlight, water evenly throughout the growing season, but will need less water in the winter. Avoid over-watering and remember to trim your rosemary plant after it flowers.

Peace lilies compliment your home decor in the summer when their beautiful white flowers are in full bloom, this pretty and powerful houseplant is a master of air pollutant removal, it produces some pollen and a floral scent, which isn't always suitable for people with plant and pollen-related allergies. They should be planted in a pot with all-purpose soil and kept slightly moist throughout the entire year, thrives in both low and bright light, but do best in shaded areas.

Boston ferns are among the best air purifying plants, may also indirectly benefit any dry skin you may suffer from, which can often be a side effect of highly air-conditioned indoor spaces. They are easy to grow and prefer indirect sunlight, check the soil daily to make sure that it's kept moist. They're most efficient in rooms kept at a cool temperature.

Peppermint can lower frustration and also boost alertness. Menthol, found in the plant, is commonly included in many bath products as it helps to relax the muscles. Had a stressful day? Why not chop some fresh peppermint into warm running water for a long soak. Don't forget your book.

Jasmine is known for helping to ease the body from anxiety and is an excellent plant to have close by when you sleep. This too can be taken in tea or purchased as an organic oil.

Chrysanthemum are beautiful bright flowers that can help to lessen symptoms of worry and stress — and when taken in tea they can also help to relax the body and increase your metabolism.



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