



29th April 2024

## Enhance your wellbeing with British Garden Centres for Mental Health Awareness Week

Have you ever experienced an instant lift in your mood upon entering a garden or spotting a vibrant display of greenery and colourful flowers? While flowers and plants add beauty and wildlife to your home and garden, they also offer much more. Recent studies reveal that certain flowers and plants can significantly improve health and well-being and for Mental Health Awareness Week (13 May 2024 – 19 May 2024), British Garden Centres has put together its top five plants that can make a positive impact.

According to a survey conducted for Mental Health Awareness Week last year, almost half of people in the UK (49%) have experienced anxiety in the past five years. But did you know that certain plants and flowers can play a crucial role in boosting mood, reducing stress, and improving productivity?

### Our top plants and flowers for mental health

**Chrysanthemums:** Known for their soothing properties, chrysanthemums can ease symptoms of stress and anxiety, offering a sense of calm and relaxation, and elevating the mind with its cheerful colours. Chrysanthemum tea also provides a calming effect as when drunk, the flower cools and relieves our bodies, making our mood better.

**Geraniums:** The cheerful red, white, and pink flowers of geraniums are believed to promote peace of mind and calm. They also produce a pleasant aroma like roses, making them a popular choice for aromatherapy and helping to alleviate feelings of stress, anxiety, sadness, fatigue, and tension in the body.

**Snake Plants:** Often referred to as Mother-in-law's Tongue, snake plants filter harmful chemicals from the air and increase oxygen production at night, promoting better sleep and productivity. It also boosts concentration because its smell is said to relieve anxiety and can help those who suffer from headaches and breathing problems top.

**Lavender:** Lavender's striking purple hue and calming scent is known to aid sleep and alleviate anxiety, insomnia, depression, and restlessness. Sleep plays an essential role in our mental well-being and lavender is a common aid to help with calming the nervous system and reducing tension.



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**Jasmine:** Jasmine's beautiful white petals not only stun in the garden but also help ease anxiety and promote better sleep. The smell of jasmine can have a positive impact on mental health by inducing feelings of contentment and tranquillity, whilst jasmine oil in aromatherapy helps to alleviate symptoms of depression and enhances mood.

**Peace Lilies:** Peace lilies are popular houseplants believed to help maintain a healthy work-life balance while neutralising harmful indoor chemicals and purifying the air around us. However, they should be kept away from pets as they are poisonous to cats and dogs.

Explore the many ways these plants and flowers can enhance your mental health and overall well-being during Mental Health Awareness Week and beyond. Visit your local British Garden Centres store for more information on how to incorporate these plants into your home and garden.

**ENDS**

**WORD COUNT: 476**

**Notes to Editors:**

About the business:

British Garden Centres (BGC) is the UK's largest family-owned garden centre group with 62 centres around the country. The group is owned and led by The Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire.

BGC was launched in 1987 with the opening of Woodthorpe Garden Centre by brothers Charles and Robert Stubbs. Since 2018 it has expanded rapidly with the acquisition of 50 garden centres allowing it to grow from its heartland to the business it is now with 62 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham. The group has a team of 2,700 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres, Woodthorpe Leisure Park, and Woody's Restaurant & Bar.

**Social Media**

Facebook: British Garden Centres

Twitter: @BGCentres

Instagram: @BritishGardenCentres

Website: [www.britishgardencentres.com](http://www.britishgardencentres.com)

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