

Once Upon a Plant Blog - The Wonderful World of Plant Therapy (M.Bryan)



“Grounding oneself in nature is the greatest tool of renewable energy humans can utilize”(Bryan 2021).

With the change of seasons so rapidly shifting our ability to connect with the outside world, how can that same energy be transposed inside my own home? This segment touches on the benefits plants have on our state of mind as well as our well being. Care,tips and tricks are featured to help you grow your home into the next tropical royal botanical gardens!

-----Home is Where my Plants Are-----

The term fresh air is believed to only come from walking outside the four walls of your home, but what if I told you that inside your home that same magic is happening? Certain plants improve the oxygen in your home, these plants are called O2 air purification plants. These plants are extremely easy to take care of (see my tip on watering in the green bubble) as they require limited watering. O2 air purification plants help to not only improve overall mood but they mirror



our own growth as an individual. As time passes the plant grows and flourishes just like we pass through time and grow on an interpersonal level. PS. Check out the checklist in the “plantasia” portion of the blog to keep track of your new plant as well as tips and tricks on how to care for them through the seasons!

Watering tip: If you tend to be forgetful where watering's concerned, put a notice on your calendar or phone so you can time each water correctly.

----- Say **“Aloe”** to Your New Little Friend -----



So Which Indoor plant is best for you? How will you take care of this green machine? Well folks, let me introduce you to plant 101; here regardless of your skill level you I will tailor you to your perfect plant! Before we get started I've outlined below a few ways indoor plants in your home encourage and promote positive self-image and mental health. In the winter months plants can help combat seasonal affective disorder (SAD), by boosting serotonin which is the happy hormone. They can also be therapeutic for many people who suffer from anxiety.

-----The **“Keep growing”** Checklist -----

- Increased productivity and reduced stress
- Remove toxins while purifying the air in your home
- Greater quality of life/improved mood



-----**Plantasia**-----

Here's the moment everyone's been waiting for Sunbeam, the tropicals! Below are three beginner tropicals with care instructions listed next to each, the boxes were created to create an interactive experience on a weekly/monthly basis! Feel free to print it out and check each box off if you're a more hands on learner! Each box is color coded depending on what activity needs to be done each month/week. Don't worry if you don't understand it the first time.....we all grow at different rates; the most important thing to remember is we are all here to learn and grow together!

**All plants listed below are O2 air purification plants



I'm the zz plant! Check out my care needs below....

- Water once every 2 weeks! (half a cup)
- I don't require much light!
- Please fertilize me in October and again in February!

The zz plant prefers to be dry! A tip is to water less in the winter due to the lack of moisture in the air.

Hello there, I'm what's called a succulent.



- Water once every 2 weeks! (half a cup)
- Place me in a sunny spot!
- Please fertilize me in October and again in February!

I flourish in a dry environment with lots of sun. I do my best when I'm placed on a ledge with lots of sunshine.



Hello, I'm a Chinese money plant (aka a pilea). I love to be watered once a week and prefer direct sunlight over indirect light

- Water once a week! (half a cup)
- Place me in a sunny spot!
- Please fertilize me in October and again in February!

Plant Care Legend

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- Place me in a sunny spot!
- I don't require much light!
- Please fertilize me in October and again in February!

