



Panama City Interior Landscaping Company Discusses Mood-Boosting Effects of Indoor Plants

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Panama City, Fla. ? Recent studies indicate that individuals who frequently find themselves in low spirits could benefit from the addition of plant life to their immediate surroundings. Heroman Services Plant Company, a provider of retail landscaping in Panama City, FL, is dedicated to keeping their residents informed, and they are discussing the mood-boosting effects of indoor plants.

According to the biophilia hypothesis, which was popularized in 1984 by biologist, naturalist and writer E.O. Wilson, humans have an innate connection with plants and other living creatures. The more than three decades of study since then have verified the theory and shown that natural surroundings can significantly boost positive emotions while reducing negative ones.

A recent article in The Washington Post posits that ?our connection to plants is so strong that sometimes it takes only a few minutes of being in their presence to start feeling better. Studies have found that less than 20 minutes is enough to make us feel more at peace. In one experiment, participants who spent even five to

10 minutes in a room with a few houseplants felt happier and more satisfied than those in a room without plants."

Plants can provide feelings of release if you are trapped in an office, small home or other enclosed space for lengthy periods of time. In a study done during the pandemic by the National Library of Medicine, individuals who had indoor plants had fewer symptoms of depression and anxiety than those who did not. Additionally, the study concluded that houseplants induced a feeling of "being away" from social or physical duties. As an award-winning indoor landscaping company, Heroman Services Plant Company has seen the benefits of adding plants in the workplace and private homes firsthand.

As a sixth-generation, family-owned business, Heroman Services Plant Company is dedicated to providing exceptional, eye-catching internal and external landscape design services for a wide array of clientele. The company is located in Panama City and serves the Destin, Miramar Beach, and Panama City regions. For those who are ready to explore all the plant services offered by Heroman, give them a call at (850) 785-8787 or visit them online any time at <https://heromanservices.com>.

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For more information about Heroman Services Plant Company - Panama City, contact the company here: Heroman Services Plant Company - Panama City Pat Heroman (850) 785-8787 info@HeromanServices.com 505 Mountain Dr. Suite H Destin, FL 32541

Heroman Services Plant Company - Panama City

Heroman Services is the leading Interior Landscaping firm along the Gulf Coast and is ranked as a Top 25 company nationwide. Numerous design options are available such as Interior Plants, Green Walls, Green Roofs, Moss Walls, Plant Portraits, and more.

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