

## How Flowers Can Lift Your Mood

There has been lots of research carried out to show the impact flowers can have on your mood, attitude and general happiness. Flowers definitely make people happy upon receipt, but they are also a brilliant way to lift the mood and atmosphere within a room. But how?

Blooming flowers are one of the most natural forms of life, and as they grow, the reproduction cycle is happening. Flowers represent life; looking at them and being surrounded by them is said to give a feeling of new life, new beginnings and rejuvenation. Many flowers have specific symbolisms in life; cherry blossom shows the transience of life, whereas a light pink rose represents the joy of life and a peach blossom symbolizes long life and generosity.

Not only are flowers a beautiful sight to be surrounded by, but they can also evoke happy memories, therefore lifting us out of bad moods. The color of a pink lily may remind you of a family member, or a string of gladioli may bring back distant memories of friendship. Certain flowers can convey passion, sympathy and celebration within colors or scents.

Smelling flowers have been proven to relieve anxiety and reduce stress levels, alleviating mild depression. This is just one of the reasons why aromatherapy is based on floral fragrances, and those relaxing candles in your home are floral scented. Stress is a big problem for many people, and natural remedies such as flowers can certainly help. Flowers such as lavender have shown improvements in

short-term memory cases, anxiety relief and have proven great for relaxation.

Much like paintings, flowers are a form of natural art and can evoke all kinds of emotions. The combination of certain smells and colors have mental, emotional and sometimes physical healing qualities.

Some flowers such as begonias have been said to have physical healing aspects; when infused in hot water they can eliminate headaches and decrease body toxins. Many plants and flowers are made into a tea to get the best out of the healing qualities.

Receiving a bouquet of flowers has been proven to be a scientific mood booster. Researchers have noticed that, when giving the gift of flowers or plants, people physically and emotionally show their 'true smile'. So, if you notice someone having a difficult day or a friend who needs a boost, why not give them the gift of flowers.