



## Planting Ideas: Benefits of Biophilia in the Office



In modern offices, biophilia brings nature indoors, offering numerous benefits for employees and employers. Biophilic design enhances well-being by reducing stress and anxiety, while also boosting productivity. Plants improve air quality, creating a healthier workspace, and biophilia enhances morale and engagement among employees. Additionally, embracing biophilia demonstrates a commitment to sustainability. Overall, integrating nature into workspaces promotes well-being, productivity, sustainability, and engagement, making it a win-win for everyone involved. Let's green up our offices and watch productivity bloom!

## Pet-Friendly Plants for the Workplace



Having pets in the office does indeed impact the choice of indoor plants. Some indoor plants can be toxic to pets if ingested, which can pose a risk to their health. Therefore, it's essential to select pet-safe plants to ensure the well-being of your furry companions.

Here are a few indoor plants to consider for your office:

**Spider Plant (*Chlorophytum comosum*):** Spider plants are relatively easy to care for. They also help improve air quality by removing toxins from the air.

**Areca Palm (*Dypsis lutescens*):** Areca palms are non-toxic and can add a tropical touch to your office space. They thrive in bright, indirect light.

**Boston Fern (*Nephrolepis exaltata*):** Boston ferns can help purify the air in your office. They prefer high humidity and indirect light.

**Bamboo Palm (*Chamaedorea seifrizii*):** Bamboo palms are excellent for adding a touch of greenery to your office. They prefer bright, indirect light and regular watering.

**Parlor Palm (*Chamaedorea elegans*):** Parlor palms can thrive in low light conditions. They are relatively low-maintenance and can add a tropical feel to your office space.

It's crucial to research any plant you plan to bring into your office environment to ensure that it is safe for your pets. Additionally, consider placing plants in areas where pets cannot easily access them to prevent accidental ingestion.

By choosing pet-friendly indoor plants, you can create a green and healthy workspace that is safe for both your employees and their furry companions.



## Upcoming Events in April

**APR 6**  
Everett Film Festival: Films by or about women, PUD Auditorium, Everett, WA

**APR 12 - 14**  
Seattle Mariners vs. Chi. Cubs  
T-Mobile Park  
Seattle, WA

**APR 12 - 14**  
Seattle Cherry Blossom & Japanese Cultural Festival  
Seattle Center, Seattle, WA

**APR 13**  
Tina Fey and Amy Poehler:  
Restless Leg Tour  
WAMU Theater, Seattle, WA

**APR 14 - 15**  
OLD 97'S  
Showbox Theater  
Seattle, WA

Please note that event details and schedules are subject to change. Check the official websites or contact the venues for the most up-to-date information.





## Plantactular Seattle Buildings

**Did you know:** Several Seattle buildings are known for their impressive use of plants and biophilic design. Here are some notable examples:

**Bullitt Center** - This six-story office building is one of the greenest commercial buildings in the world. It features a green roof with native plants that help manage stormwater and provide insulation.

**Seattle Central Library** - While not primarily known for its plants, the Seattle Central Library includes greenery throughout its interior spaces. The building's design incorporates natural light and views of the surrounding city, creating a welcoming environment for visitors.

**Russell Investments Center** - This skyscraper in downtown Seattle features a green roof with plants that help reduce heat absorption and improve air quality. The building also includes indoor atriums with trees and other plants, providing a naturalistic touch to the interior spaces.

**UW Medicine Research Building** - The University of Washington's Medicine Research Building includes a living wall in its lobby, featuring a variety of plants that help improve air quality and create a visually striking focal point.

These buildings showcase how incorporating plants and biophilic design elements can enhance the indoor environment, promote well-being, and create more sustainable buildings.



## Design Inspiration

Can you spot the leprechaun in one of these images?



**Furniture featured:** HON - Soco Couch, Kimball - Everspace Wall Unit, National - Wixler Coffee Table, Memo - Chroma Lounge Chair, Flor - Leaps & Bounds Saddle Rug, OFS - Porter Planters, MDC Wall Coverings - Remi Silk Aqua, Watson - Edison Junior Workstations, Watson - Essential HAT, OFS - Skid Desk Organizer, 9to5 - Diddy Conference Chairs, 9to5 - HAG Capisco, Magnuson Group - Green Cloud