



# Beautiful Flowers

By: Alexa Goldman



Flowers are beautiful parts of nature. They give color to the space they occupy and life to the people looking at them. They sway in the breeze on a windy day. Not many people notice the flowers next to the tree or beside a building or a restaurant. Not many people know they bring happiness and make life a better place. We take flowers for granted.

Firstly, seeing and buying flowers make people feel more positive and less stressed. In an interview with Soraida, a babysitter in New York City, she stated, “They’re beautiful. Some are prettier than others but they all make me happy.” She feels they’re a very good gift. She also feels special when she receives flowers as a gift. When I walk to places with Soraida, she always points out flowers she likes near restaurants or outside of buildings.





There are flowers outside my building and everyday when I come home from school or another activity and I see vegetation, I feel less stressed. The flowers brighten my day.

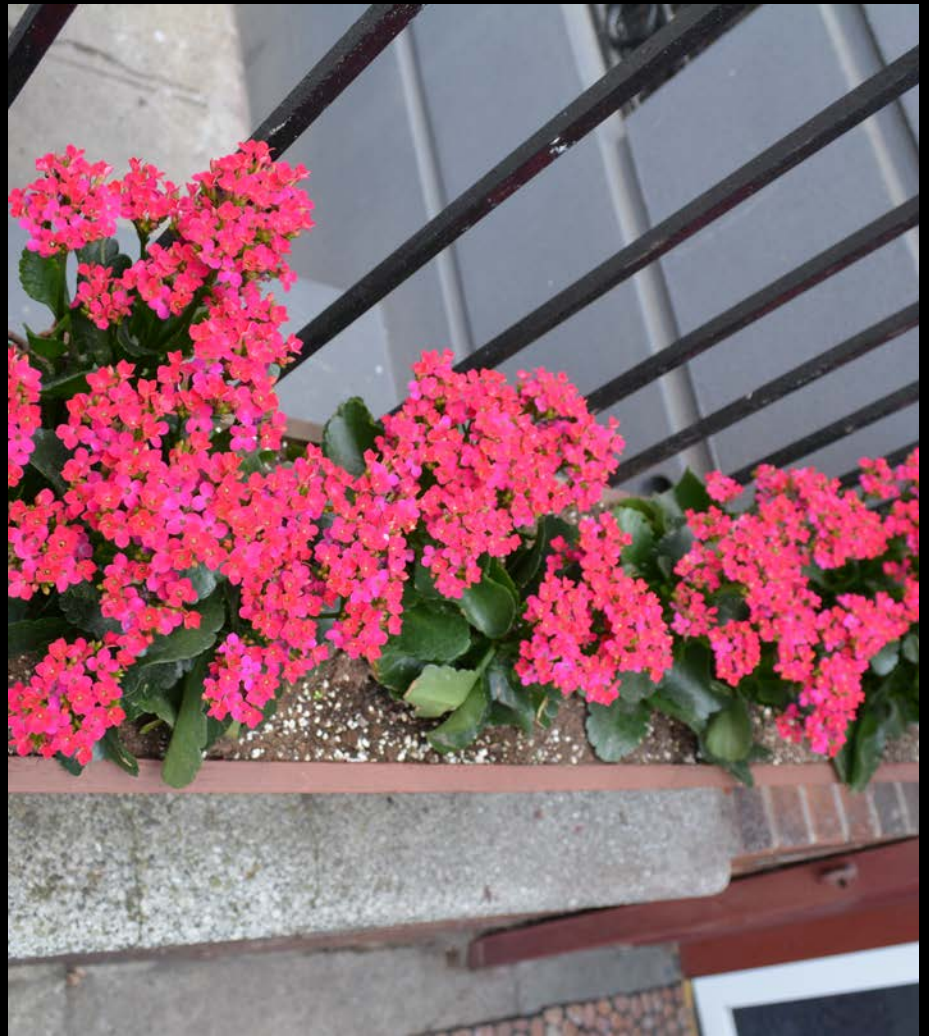


Also, when my mom and me passed by my friend's house they had these beautiful purple and yellow flowers that complemented each other. My mom and I had a whole conversation about those purple and yellow flowers. Flowers can be a conversation starter.

According to [www.floristchronicles.com](http://www.floristchronicles.com) *Flower Power: Emotional Benefits of fresh flowers*, Nancy Etcoff, a PhD, conducted a behavioral research study which shows people feel more compassionate towards one another, are less stressed and worried and are happier and less depressed when they have fresh cut flowers in their home. Etcoff stated, “What we didn’t know is that spending a few days with flowers in the home can affect a wide variety of feelings.” Flowers seem to really impact feelings on people. Flowers are so special and can be a best friend.



Another example is, when someone lost a loved one flowers can comfort that person. I think one reason people who have lost someone special like flowers because you sometimes have to wear black when you mourn. When you get flowers you are doing something nice for the person and also giving your life more color and happiness because you're in a really rough time.



Specifically, an article from [www.ndsu.edu](http://www.ndsu.edu) *How Flowers Affect Peoples Moods* noted that flowers relieve stress and being in the presence of flowers can cause happy emotions. A study done by a group of researchers at Rutgers, The State University of New Jersey, it was proven flowers lighten up people's moods. Flowers:





# Impact happiness

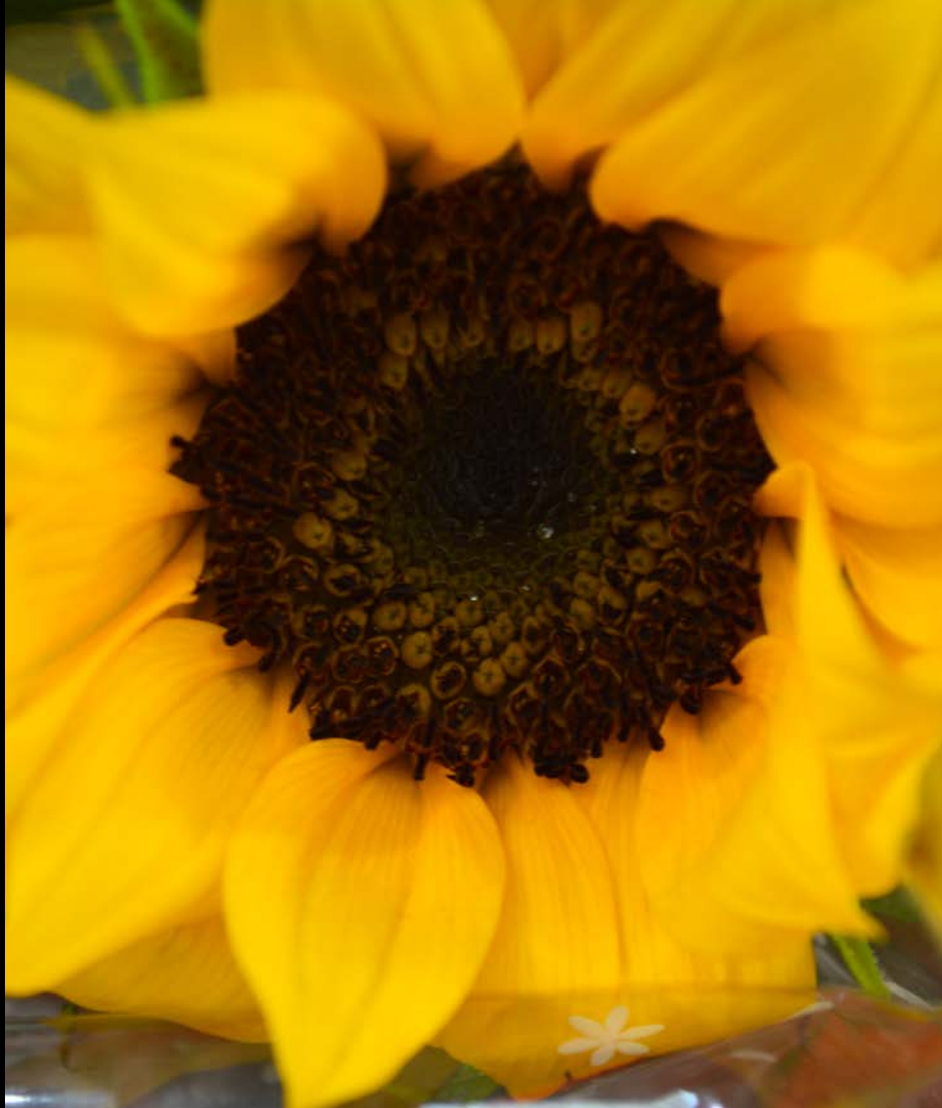


Long lasting positive affect on people.



# Increase connections





Flowers make people happier than they think. In my interview with Soraida she also said that her mom recently passed away and she always got her mom flowers. Soraida stated she felt closer with her mom when she bought her flowers. She always bought her mom flowers and her mom loved roses. "I feel happy when I buy something for her. I buy flowers to remember her too. I like to buy them for her because she loved when I got her flowers." She used to get her gifts like clothes that didn't really do anything for her. She feels that the flowers she buys have a purpose.



Although flowers can help you feel less stressed and comfort you through hard times, they can also help places become a brighter place and be filled with more excitement. According to [www.nanzandkraft.com](http://www.nanzandkraft.com) *Studies Say Receiving Flowers Impacts Moods for the Better* a recent study was done by a psychologist at Massachusetts General Hospital and Harvard Medical School that studied moods and actions of people from the ages 25-60. Half of the people got an item and the other half got fresh flowers. The half who got the fresh flowers resulted in being less stressed and there was less anxiety and sadness. The overall effect of flowers in a home or work space for even a small amount of time resulted in happier people.

[www.floristchronicles.com](http://www.floristchronicles.com) and [www.ndsu.edu](http://www.ndsu.edu) also state that it puts everyone in a better mood. Flowers just boost up emotion.



Additionally, in an interview with Josh Goldman, owner of a company called Bargold Storage, he said, “Flowers help add to the life of a street. Streets need life, color, and nature.” In another interview with Amy Goldman, an occupational therapist in New York Presbyterian Hospital, she said, “It makes me feel like someone is loved. Someone feels good that someone took the time to notice and care for that person.”





Flowers can change and really impact people's lives more than people realize. I think if people weren't so caught up in work and electronic maybe people would stop and take a moment to look at the beautiful flowers in the flower boxes or on the side of a building. Some people don't realize someone put hard work into planting those flowers and they carefully selected the flowers. Flowers in the neighborhood can give people a chance to enjoy flowers if they don't have them in their own home. The flowers are on the street to make the block more exciting and "colorful".



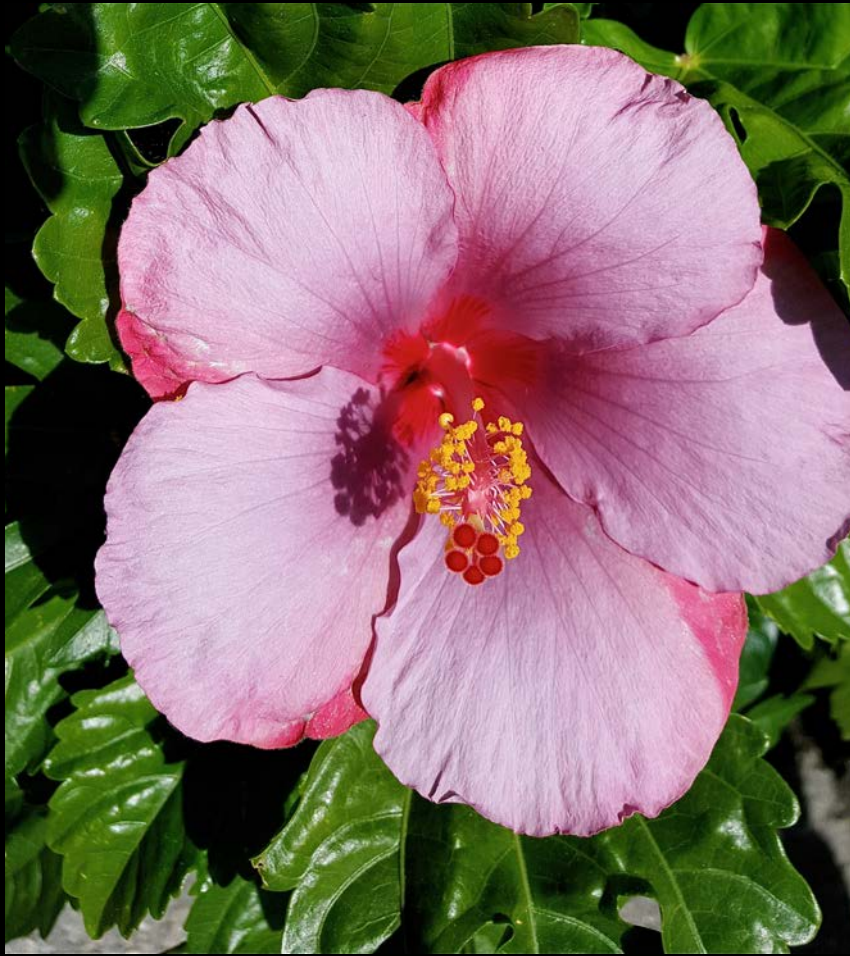
# Outside of buildings



In shops



# In a flower nursery



# Joy in flowers

