



# **Flowers**

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Flowers...how have they changed your life? What do you feel when you're around them? What is your opinion on them? I think that flowers have made a big impact on my life; there is so much about them that just amazes me. You could do so much with them, like decorating. My mom and I are flower lovers in the family. This is why every time we come across a flower that we find interesting or beautiful we have to take a picture of it. We can never walk by without taking a picture. I don't know what the world would do without flowers. I think the beauty behind flowers makes people happy.





I think that flowers have an emotional impact on people. One experience that I have had with flowers is when I would go to the Botanical garden, park, or the Macy's Flower Show. I am always amazed about how beautiful the flowers are. I am overtaken by their beauty. Each flower is unique and beautiful in their own way. Once I started to go to the park very often and I saw more and more flowers which I loved to observe and gasp at how beautiful they were. I always love to take pictures of them and decorate with them. I think that flowers are very beautiful, and they have made an impact on my life. I also think that the world with no flowers would just be plain. Ever since, flowers always cheer me up just by looking at them.

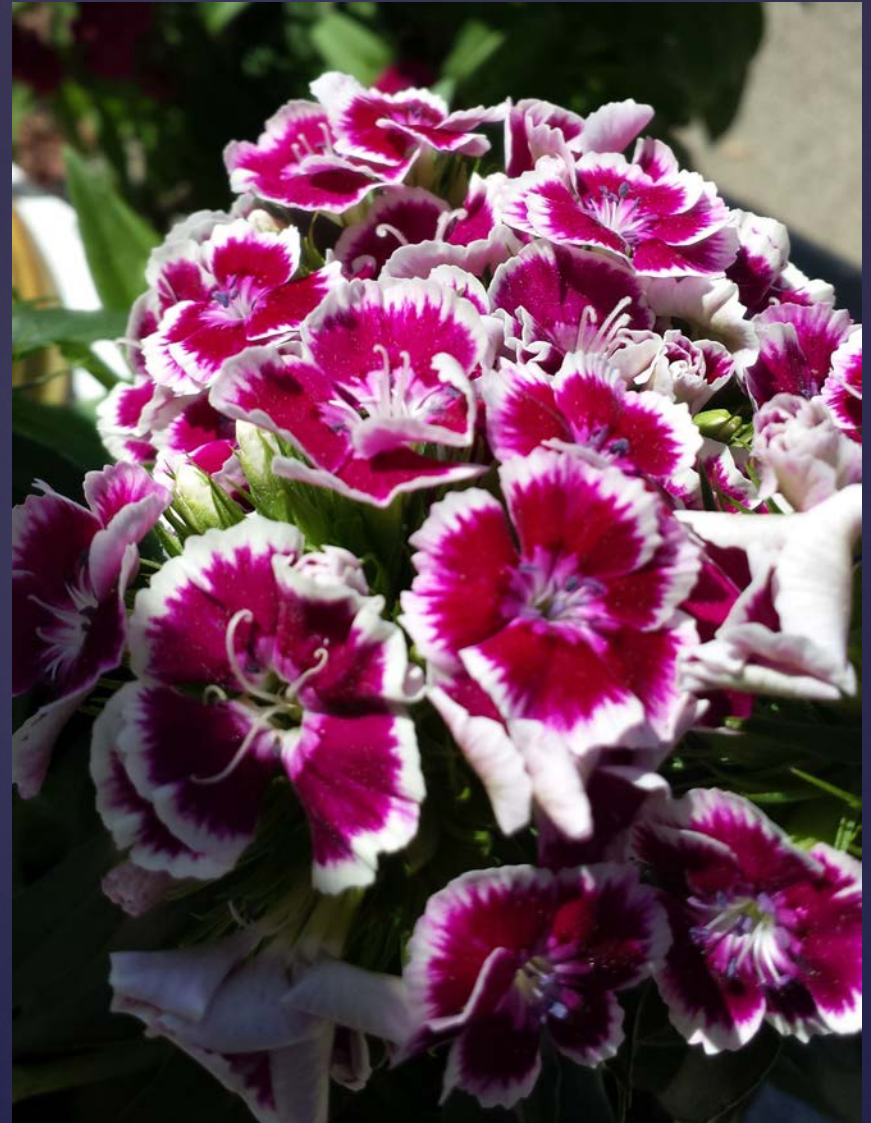




According to *NDSU.edu*, researchers at Rutgers, The State University of New Jersey proved that “People express delight and gratitude when receiving flowers.” Rutgers University also proved that “when people receive flowers they feel less depressed, anxious, agitated, and they show enjoyment.” In addition “People display flowers in their homes where people can see them, they make the place more welcoming.” *FloristChronicals.com* states, “People who live with fresh cut flowers for less than a week feel an increase of compassion and kindness.” Also, people have more enthusiasm and energy at work when they have flowers at home.”



In an interview with my mom she stated that flowers have made an impact on her life. Whenever she feels down flowers brighten up her mood. When she sees flowers she has an uncontrolled emotion, she can never look at flowers without a smile on her face. In her free time she loves to plant and take care of flowers.





In another question she answered she said that flowers make her feel happy, she has a very good feeling when she sees them. Also they make her feel brighter inside.



Overall, flowers have made people feel happier when they are around them.



Receiving/being around flowers can be relaxing.







One example of this is that usually when you or someone close is/are sick or in the hospital you might receive/give flowers and a card. I think that when you receive flowers when you are sick it makes you feel calmer and you just observe the beauty of them. Also it can create a closer relationship.



Another example is when you go to the spa usually there are a lot of flowers, especially orchids. Since spas are known for relaxing, I think that flowers send the message of relaxation.

The last example is that people like to garden flowers as hobby. I think this shows that flowers can be relaxing because it is putting away all their stress and problems and just having them focus on the flowers and arranging them to make them look pleasant. I personally love to garden flowers and get to enjoy the beauty of them. It's also fun to be able to choose which flowers you want to plant because there are so many to choose from. As you can see there are many ways that flowers can be relaxing.





In conclusion, the beauty behind flowers does make people happy. Flowers have definitely made me happier and have had a big impact on my life. So now it's time for you to go out and explore the beauty behind flowers. Go take pictures of them, decorate with them, and just observe their beauty.

**Go Flower Power!!!**





