

# INSIGHT

## WTC COMMUNITY WEEKLY



### *Plan a Plant*

What's your go-to place to feel *zen*?

For many, it's the gardens. Be it indoor, outdoor, even the vertical ones.

There's just something so relaxing and peaceful about looking at lush greeneries. Especially during the pandemic lockdowns.

In color psychology, green can positively affect thinking, relationships, and physical health. It is also thought to relieve stress and help heal, which is why you'll often find green in the décor of medical facilities.

The greens in the gardens soothe our eyes and minds. They fill the area with an abundance of oxygen which energizes our brain cells, making us feel fresher.

Unconvinced? Try redecorate your space with some live plants and see how they change your mood. Thank me later!

### *Rent a Plant*

*Gardening is an art that might not be for everyone, but that does not mean you can't have one.*

*Here's a solution: rent. Customize your greeneries with a variety of plants with minimum time and efforts.*

*The green landscapes at WTC Complex is supported by PT Telubung Jaya Abadi. There are several plants available for purchase in the nursery behind the F45 building. And if you're interested in their services, please contact 085703764649 or jtelubung@yahoo.com*

Yours truly,  
the community editor