

Boost Office Morale with Negative Ions

Do you often feel refreshed and rejuvenated after you get out of the shower in the morning? Ever wonder why people find themselves so happy they spontaneously start singing in the shower? The answer is negative ions. Showers disperse water in such a way that they generate negative ions, which are scientifically proven to elevate your personal sense of well-being. Conversely, computer monitors create positive ions, which just might be adding to your work-related stress levels. According to WebMD, "once they reach the bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy" (Terman, 2003). Negative ions are believed to be nature's perfect mood booster. According to MedicineNet, "Columbia University studies of people with winter and chronic depression show that negative ion generators relieve depression as much as antidepressants" (Mann, 2002). Conversely, computer monitors generate positive ions. Studies have found that they are responsible for anxiety, depression, stress and fatigue. Links have been found between positive ions and inflammatory diseases. Most toxins in the air, like pollen, chemical fumes, pet allergens, dust, viruses and germs, are positively charged (Barry, 1995). How do negative and positive ions change our bodies? Both enter the human body through the lungs. Once they enter in the lungs, they are transported into our circulatory system and spread to every major organ in our body. They are suspected to have a great effect on the way your brain functions. When you think back to your high school science lessons, you will remember that negative ions attract positive ions. An abundance of negative ions helps to neutralize harmful positive ions in nature. In an office environment, however, computers and technology inundate the atmosphere with their oppressive positive ion emission. Who would have thought something called a positive ion could in fact be such a negative thing to have around you? Well, they make you anything but optimistic. According to Ed Osworth, "One of the effects of these electrostatic fields is that negative ions are attracted to the screen. On the other hand, positive ion particles are attracted in the opposite direction - to you. This means that you, the computer user, are constantly being bombarded with positive ions. These can cause skin and eye irritation and Serotonin Irritation Syndrome" (Osworth, 2005). Positive ions make people feel sad, stressed and tired, which is certainly not good for productivity levels at work. The best defense against positive ion bombardment in the office is a negative defense. Computers, fluorescent lighting, electronics, static electricity and air conditioners all generate positive ions in the office. These factors converge to create a large amount of positive ions. This might be the real reason you've got a "case of the Monday morning blues." Try using an ionic air purifier in your own office, and see for yourself whether or not positive ions are making you have a negative attitude at work.

About the Author

T Fox (<http://www.123vita.com>) researches the different issues that are affecting collaboration and productivity. These variables consist of culture, education, personality, technology... Getting people to follow the leader's directions and collaborating effectively is a complex matter.

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