

# BIOPHILIC DESIGN

## Definition

Biophilic Design is incorporating natural elements within buildings.

## Benefits

Improve Health  
Increase Mood & Feeling of Well-Being  
Improve Productivity  
Reduced Stress Levels  
Mental Restoration & Reduced Fatigue

## Key Elements

### Natural Lighting

Helps make you feel more awake and sleep better. The body's circadian rhythm relies on the changing of light to determine when to wake up and when to sleep.



### Sound

Has a significant effect on you mentally. Ambient 'nature' sounds, such as birdsong or beach waves have been linked with feelings of calm and a better ability to focus.



### Plant Life

Live plants increase oxygen levels. When oxygen reaches the brain it encourages the release of endorphins, chemicals that produce feelings of pain relief and well-being.



### Room with a view

Gives a sense of security  
Reduces anxiety and helps with focusing. Paintings and photographs of landscapes have a positive effect on mental well-being.

