

BIOPHILIC DESIGN

Definition

Biophilia: "bio-," meaning "life," and "-philia," meaning "friendly feeling toward"

Biophilic Design: incorporating natural elements in buildings.

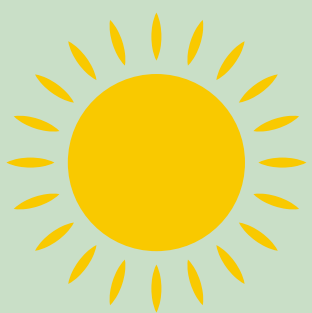
Benefits

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

Key Elements

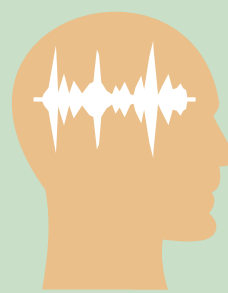
Natural Lighting

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.



Nature Views & Images

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



Bringing the outdoors indoors

Biophilic design is more than a trend. It's a vital asset to fight mental health conditions, feel energized and happy.