**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.

Source: WorkInMind.org