

# Put Nature To Work

Biophilic design is derived from the theory of biophilia (Greek translation “love of life”), which is the idea that humans have an innate desire to connect with nature and other living things.

Scientific research shows that spending time in nature and interacting with animals can have beneficial effects on both physical and mental health. Biophilic design elements in your workspace can reduce stress levels, improve productivity, and enhance creativity (among other things).

Biophilic design utilizes natural materials, patterns, and phenomena to maintain a connection with nature within our built environment. Here are ways you can incorporate biophilic design into your workspace to support wellness.



## **Harness the Power of Plants**

Liven up your workspace with plants. Not only are they nice to look at, plants also improve indoor air quality by naturally filtering toxins from the air.



## **Use Healthy Lighting**

Evidence shows poor lighting is associated with a range of ill-health effects. Maximize natural light by opening blinds and making windows accessible. Use artificial lighting to mimic natural, circadian light.



## **Transform Your Walls**

Add nature themed artwork to your workspace to boost your cognitive functions while indoors.



## **Soundscape with Nature**

Listening to nature sounds can reduce stress and improve mood and cognitive function. Use a sound machine to mimic sounds heard in nature (e.g., wind, water, birds).



## **Embrace Earth-Inspired Furnishings**

Bring characteristics of the natural world into your workspace by incorporating office furnishings that are made from or mimic natural materials, textures, and patterns (e.g., wood, shells, rocks)



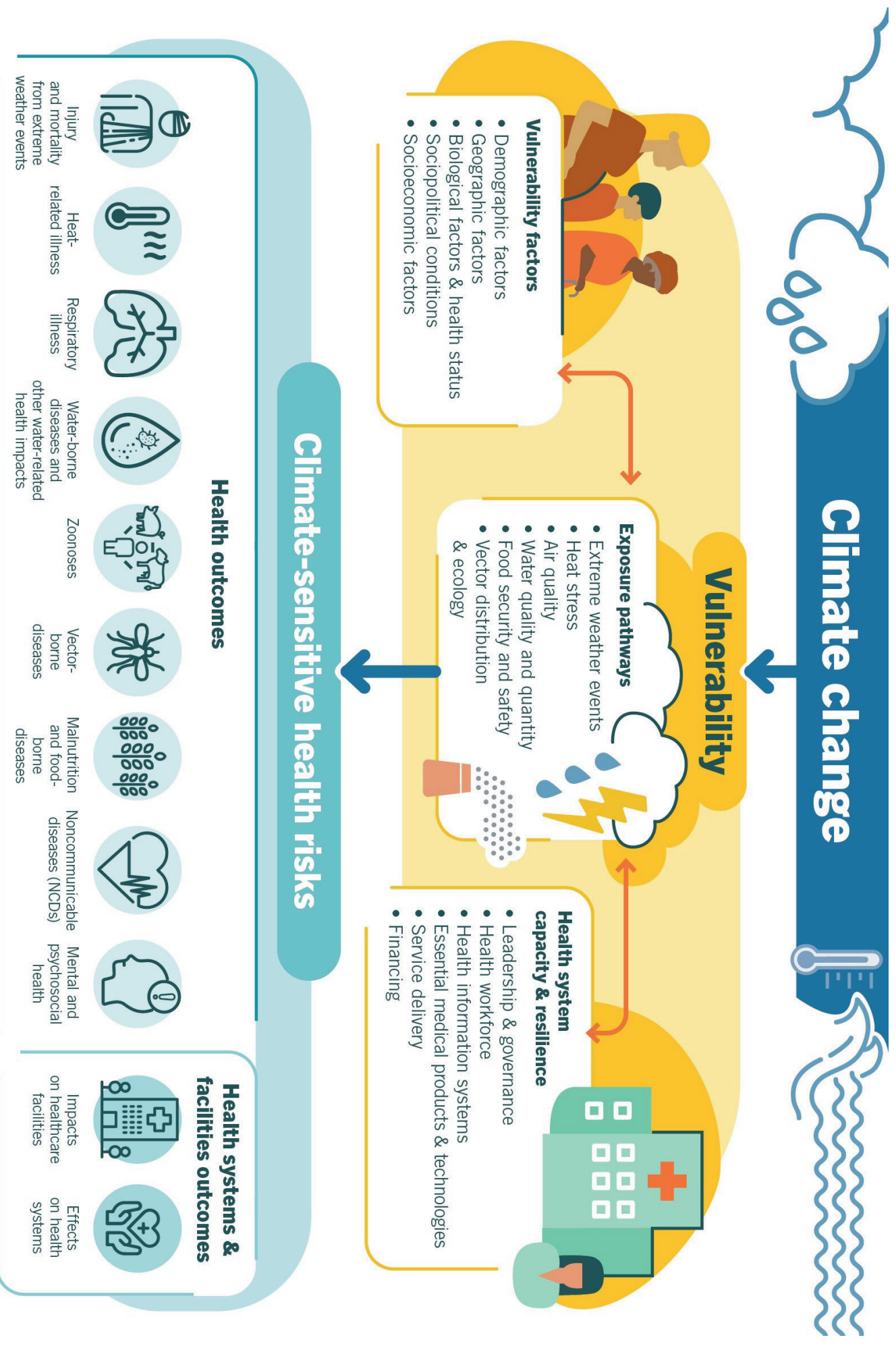
## **Make Waves with Blue Space**

Research shows spending time near water lowers stress, heart rate, and blood pressure, and improves concentration. Bring the benefits of water to your workspace by adding water features, such as a desktop fountain or fish tank.










## **Get Your Daily Dose of Vitamin D**

Exposure to direct sunlight can improve your sleep, reduce depression, and boost your energy. Take regular breaks outdoors and have outdoor meetings to catch some rays while at work. Be sure to wear sun protection to protect your skin and eyes.



<https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health>

	Climate Driver	Exposure	Health Outcome	Impact
 <b>Extreme Heat</b>	More frequent, severe, prolonged heat events	Elevated temperatures	Heat-related death and illness	Rising temperatures will lead to an increase in heat-related deaths and illnesses.
 <b>Outdoor Air Quality</b>	Increasing temperatures and changing precipitation patterns	Worsened air quality (ozone, particulate matter, and higher pollen counts)	Premature death, acute and chronic cardiovascular and respiratory illnesses	Rising temperatures and wildfires and decreasing precipitation will lead to increases in ozone and particulate matter, elevating the risks of cardiovascular and respiratory illnesses and death.
 <b>Flooding</b>	Rising sea level and more frequent or intense extreme precipitation, hurricanes, and storm surge events	Contaminated water, debris, and disruptions to essential infrastructure	Drowning, injuries, mental health consequences, gastrointestinal and other illness	Increased coastal and inland flooding exposes populations to a range of negative health impacts before, during, and after events.
 <b>Vector-Borne Infection</b> (Lyme Disease)	Changes in temperature extremes and seasonal weather patterns	Earlier and geographically expanded tick activity	Lyme disease	Ticks will show earlier seasonal activity and a generally northward range expansion, increasing risk of human exposure to Lyme disease-causing bacteria.
 <b>Water-Related Infection</b> ( <i>Vibrio vulnificus</i> )	Rising sea surface temperature, changes in precipitation and runoff affecting coastal salinity	Recreational water or shellfish contaminated with <i>Vibrio vulnificus</i>	<i>Vibrio vulnificus</i> induced diarrhea & intestinal illness, wound and blood-stream infections, death	Increases in water temperatures will alter timing and location of <i>Vibrio vulnificus</i> growth, increasing exposure and risk of water-borne illness.
 <b>Food-Related Infection</b> ( <i>Salmonella</i> )	Increases in temperature, humidity, and season length	Increased growth of pathogens, seasonal shifts in incidence of <i>Salmonella</i> exposure	<i>Salmonella</i> infection, gastrointestinal outbreaks	Rising temperatures increase <i>Salmonella</i> prevalence in food; longer seasons and warming winters increase risk of exposure and infection.
 <b>Mental Health and Well-Being</b>	Climate change impacts, especially extreme weather	Level of exposure to traumatic events, like disasters	Distress, grief, behavioral health disorders, social impacts, resilience	Changes in exposure to climate- or weather-related disasters cause or exacerbate stress and mental health consequences, with greater risk for certain populations.