THE NATURE OF HAPPINESS

FINDING HAPPINESS THROUGH ARCHITECTURE AND DESIGN
WHY HAPPINESS?
WHY HAPPINESS?

PERSONAL JOURNEY OF SELF DISCOVERY
WHY HAPPINESS?
PERSONAL JOURNEY OF SELF
SOCIAL AND PSYCHOLOGICAL ASPECTS OF HUMAN NATURE
HAPPINESS + ARCHITECTURE
HAPPINESS + ARCHITECTURE
BROAD TO SPECIFIC
HAPPINESS + ARCHITECTURE
BROAD TO SPECIFIC
THE QUALITY OF ONE’S LIFE
PROBLEM STATEMENT
PROBLEM STATEMENT

How can architectural design increase the quality of life within today’s rapidly growing cities?
How can architecture and design increase the quality of life within today’s rapidly growing cities?

Identify and address issues facing rapidly growing cities.
How can architecture and design increase the quality of life within today’s rapidly growing cities?

Identify and address issues facing rapidly growing cities.

**Define connections to quality of life and overall happiness.**
UNDERSTANDING THE STATEMENT
RESEARCH
The City and its Inhabitants
MENTAL AND PHYSICAL WELL BEING
ENVIRONMENTAL WELL BEING
QUALITY OF LIFE
ECONOMIC HEALTH
SITE LOCATION
WHY THIS SITE?
SITE DESIGN
MAJOR PROGRAM ELEMENTS
INCREASING CONNECTIONS
INCREASING DENSITY
OBSERVE NATURE
COMPONENTS OF HAPPINESS

MASLOW’S HIERARCHY OF NEEDS

A BASE MEASURE FOR QUALITY OF LIFE
SELF-ACTUALIZATION
As the highest level of self awareness. Self actualization relates to the components of one’s mental health.

SELF ESTEEM
Self worth is a reflection on one’s environment and relates to components of both mental and physical health.

LOVE / BELONGING
A better community allows for Relationships such as friendships, romantic attachments, and families which help fulfill social needs.

SECURITY
The perception of safety allows for a more stress free environment. Feeling safe helps us feel in control and empowered.

PHYSIOLOGICAL
The most basic level of human well being; a human scaled community allows for easy access to such basic amenities.
SPATIAL ANALYSIS
DESIGNING AROUND THE SUN
FAMILY
800SF
“Capturing happiness is like trying to capture the air, it is always around us, all we need to do is breathe”