CONNECT: there is ample evidence from global and meta-studies to demonstrate that physical activity reduces symptoms of mental and physical ill-health.

TAKE NOTICE: being mindful – paying attention to the present and being aware of thoughts and feelings – is a behaviour that reduces symptoms of stress, anxiety and depression.

CONNECT: the quantity and quality of social connections (e.g. talking and listening to family or strangers) correlates with reported wellbeing as well as physical health.

KEEP LEARNING: Architect possess the opportunity to manipulate form, space, materiality and environmental factors to influence our relationships with others and our environment. The integration of resources creates interactive settings, moments of pleasure and strategizes circulation to better meet our physical health. Design thinking, architects, provide opportunities to improve our sense of well-being; with our time, make our lives healthier and more pleasurable (Steemers P. 77). These pleasurable moments are difficult to record on a quantitative scale, yet the moments happen all the time after without recognition. The after these small moments are how we individually integrate into an accumulates of many moments of delight that support the five ways of well-being.

GIVE: evidence has emerged that pro-social rather than self-centred behaviour has a positive impact on happiness. Such behavior are related both to spending on others as opposed to oneself and through volunteering and offering help.

Psychology and Design

Psychology and architecture are significantly connected, and the recognition of the connections of design in the achievement of profound built environments that are due to the community in a positive manner by means of enhancing our psychological experience.

FIVE WAYS TO WELL-BEING

CONNECT: Keep in mind the quality and quantity of social connections by talking and listening to family or strangers with repeated.

KEEP ACTING: Turn to the simple acts from day to day and many ordinary activities can be pleasurable moments and change perceptions of mental and physical health.

TAKE NOTICE: Being mindful – paying attention to the present and being aware of thoughts and feelings – is a behaviour. Pay attention to make sure you do not focus on errors, worry and surprises.

KEEP LEARNING: Pay attention to the team behind living and learn from them to have a higher quality and sense of freedom. Such learning are related both to participating in tours and experiencing another, for example, while higher aspirations and levels.

GIVE: evidence has emerged that pro-social rather than self-centred behaviour has a positive impact on happiness. Such behaviour are related both to spending on others as opposed to oneself and through volunteering and offering help.