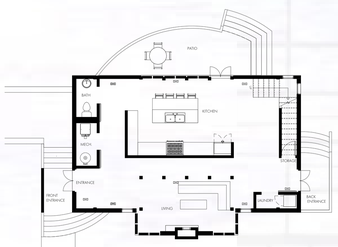
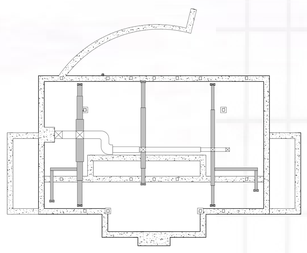
The Psychological Impact of Architectural Design.

SITE | ELEVATION

SECOND | LEVEL



MAIN | LEVEL



HVAC | LEVEL

SITE | PLAN

FIVE WAYS TO WELL-BEING

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 ACTIVE: 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.

KEEP LEARNING: aspirations are shaped in early life, and those who have higher aspirations tend to have better outcomes. Such aspirations are modified by the environment. The evidence shows that, also later in life, those participating in music, arts and evening classes, for example, attain higher subjective well-being.

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

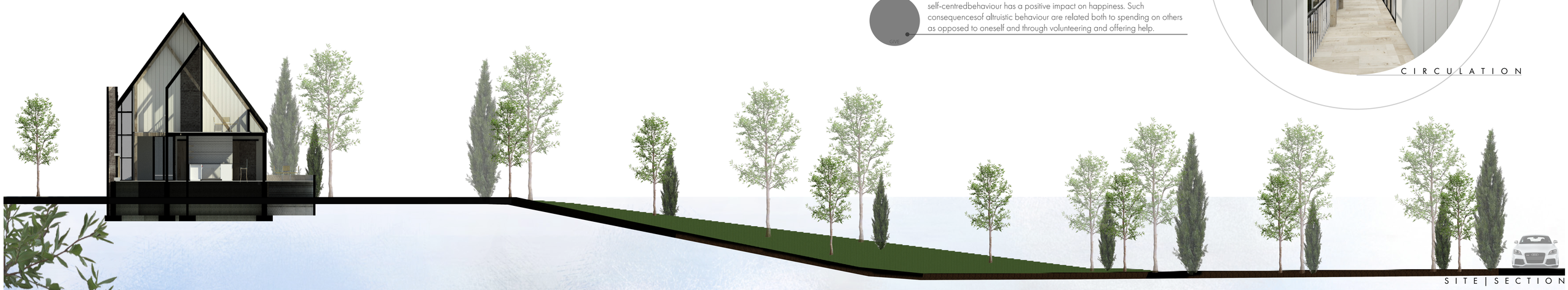
KITCHEN

LIVING | ROOM

CIRCULATION

Design with Intention

Architects possess the opportunity to manipulate form, space, materiality and environmental factors to influence our relationships with others and our environment. This mitigation of resources creates interactive settings, moments of pleasure and strategizes circulation to better insure our physical health. Using design tactics, architects "provide opportunities to improve our sense of well-being, enrich our lives, make our lives healthier and more pleasurable" (Steemers P.17). These pleasurable moments are difficult to record on a quantitative scale, yet the moments happen all the time often without recognition. The effect these small moments can have on one individual mitigate into an orchestra of many moments of delight that support the five ways of well-being.



SITE | SECTION

Psychology and Design

Psychology and architecture are significantly connected, and the recognition of this connection will aide in the achievement of purposeful built environments that attribute to the community in a positive manner by means of influencing our psychological experience.

PERSPECTIVE

EAST | ELEVATION

NORTH | ELEVATION

WEST | ELEVATION

SOUTH | ELEVATION

ARCH 772, SPRING 2020