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STRESS MEETS NATURE

- a place to reflect, recharge and relax



Health problems related to stress is a significant problem for our society. Research shows that people in an urban context have a higher risk of developing mental problems related to stress. Stress makes us less aware and de-connects us from the present moment. To be able to prevent stress we need to address it early on and create support that is integrated into our everyday life. This thesis is an investigation of how wellbeing and stress are related to space and architecture.

This thesis is a result of seeing a gap between today's mental institutions and our everyday life. By creating a new mental healthcare typology, support will be more accessible to the local community. A holistic programme aims to remove the stigma around mental illness and create a platform for conversations and meeting people in a similar situation.

Research in the field of healthy environments shows that our mind and body relax when being exposed to nature. By using nature as an inspiration and as a design element, studies will help to understand how atmospheres and sequences can evoke relaxation and wellness.

To create a center that addresses wellness, knowledge and research from a holistic approach to health is implemented in the programme. Investigation about how atmospheres and sequences can evoke relaxation and wellness will be investigated through theory connected to Biophilic Design. Findings during the process were translated into design elements with the help of sketching, analog and digital modeling and renderings to create the right atmosphere.

The investigations resulted in a therapeutic center that contains functions for both the body and mind, with contemplative spaces aimed to make you reflect, recharge, and relax. The design and programme creates a place to visit when one is feeling stressed. The center hosts public functions that will create a platform for spreading information and knowledge around mental health and stress. The aim is to contribute to the discussion about how we can de-stigmatize the way we look at mental health using design.

Keywords : Architecture, stress, wellbeing, nature, biophilic design

HEALTHCARE

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