The Architecture of Wellbeing

How to put wellbeing at the heart of the University campus

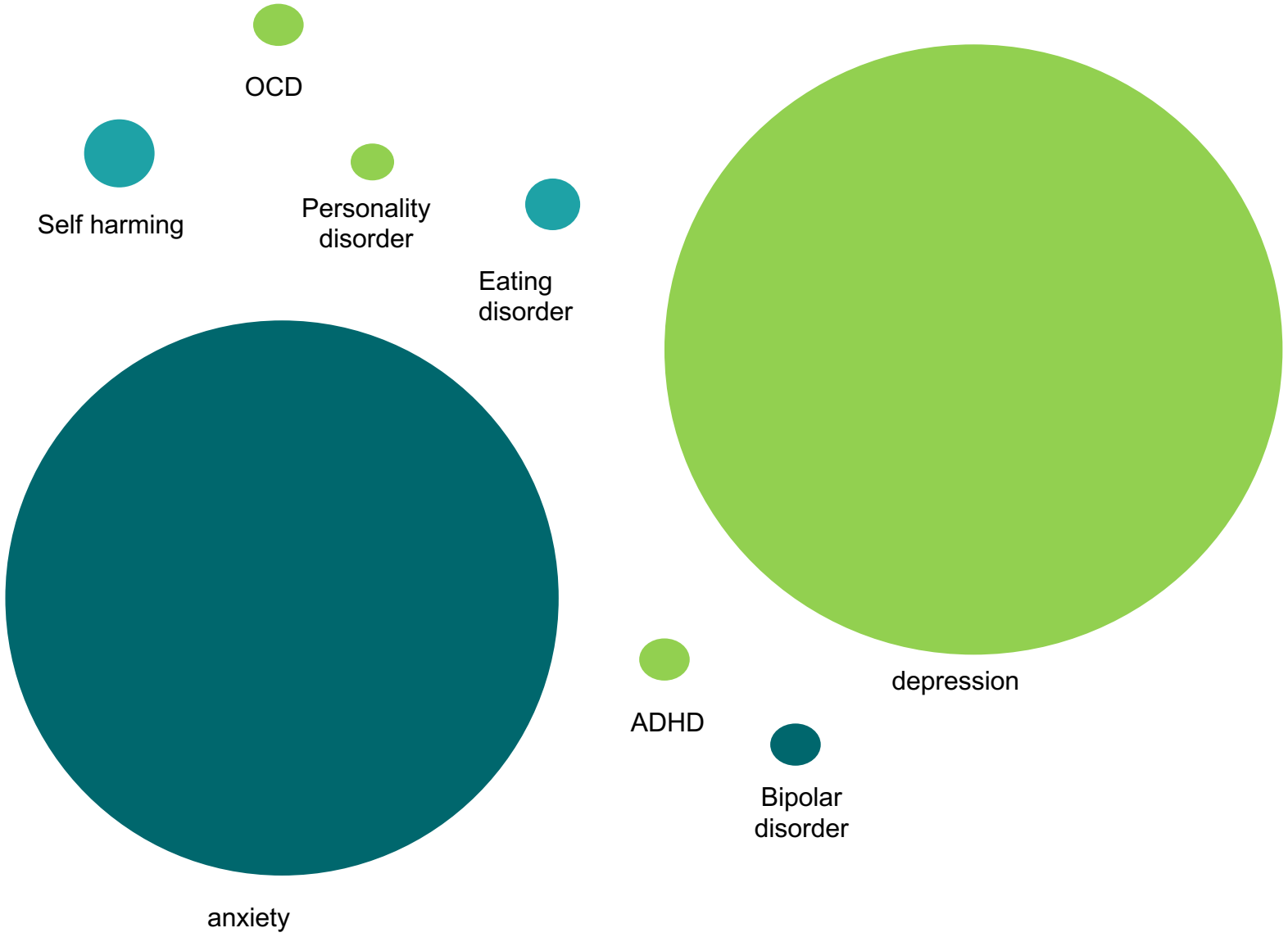
HLM

500 % increase
1 in 4 young adults will experience a depressive episode before they are 24
210% increase
Record numbers of students with mental health issues are dropping out from university
79% increase
Depression is the 2nd leading cause of suicide in college students

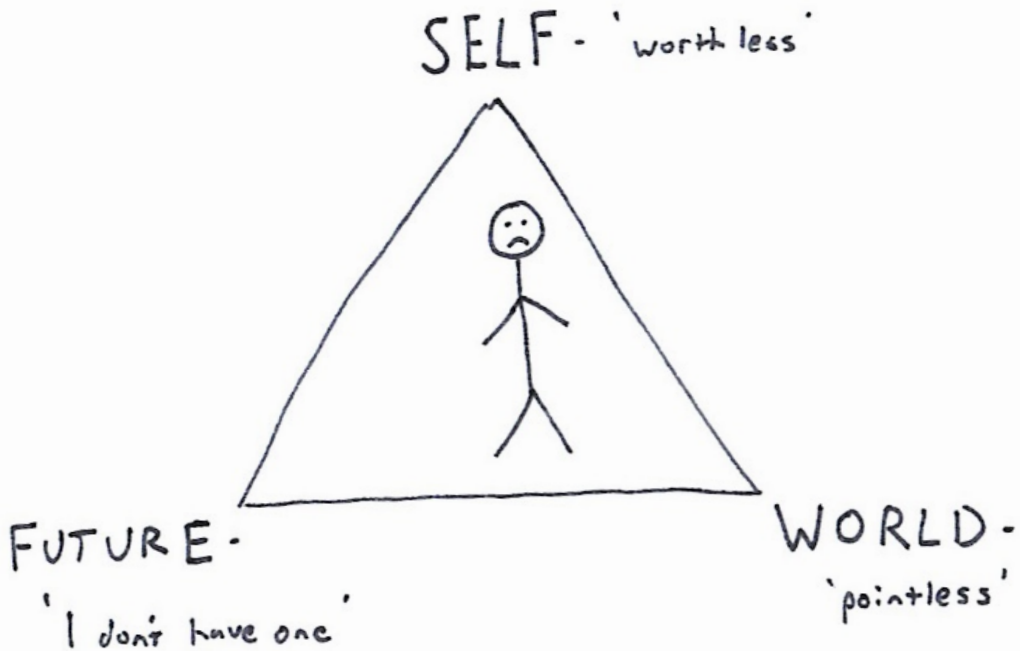
Only **29%** of Universities have designed an explicit mental health and wellbeing strategy

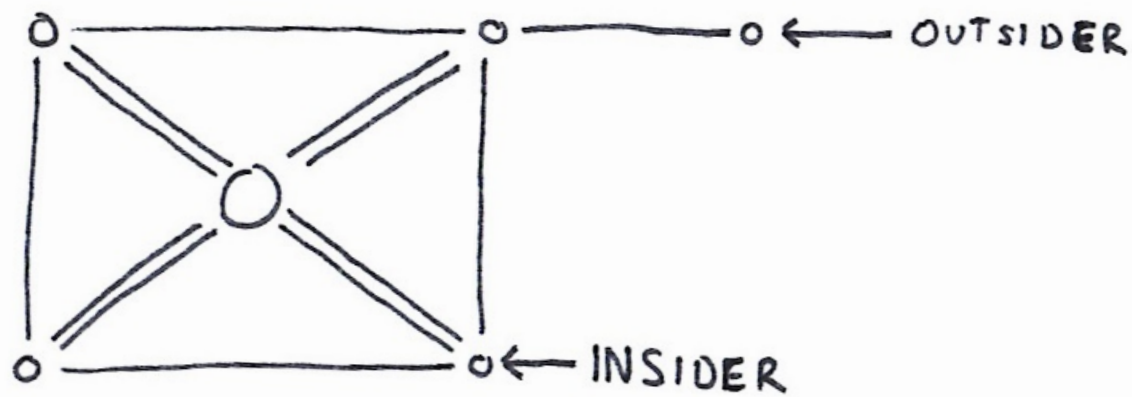
Only **43%** design courses to improve mental health and wellbeing

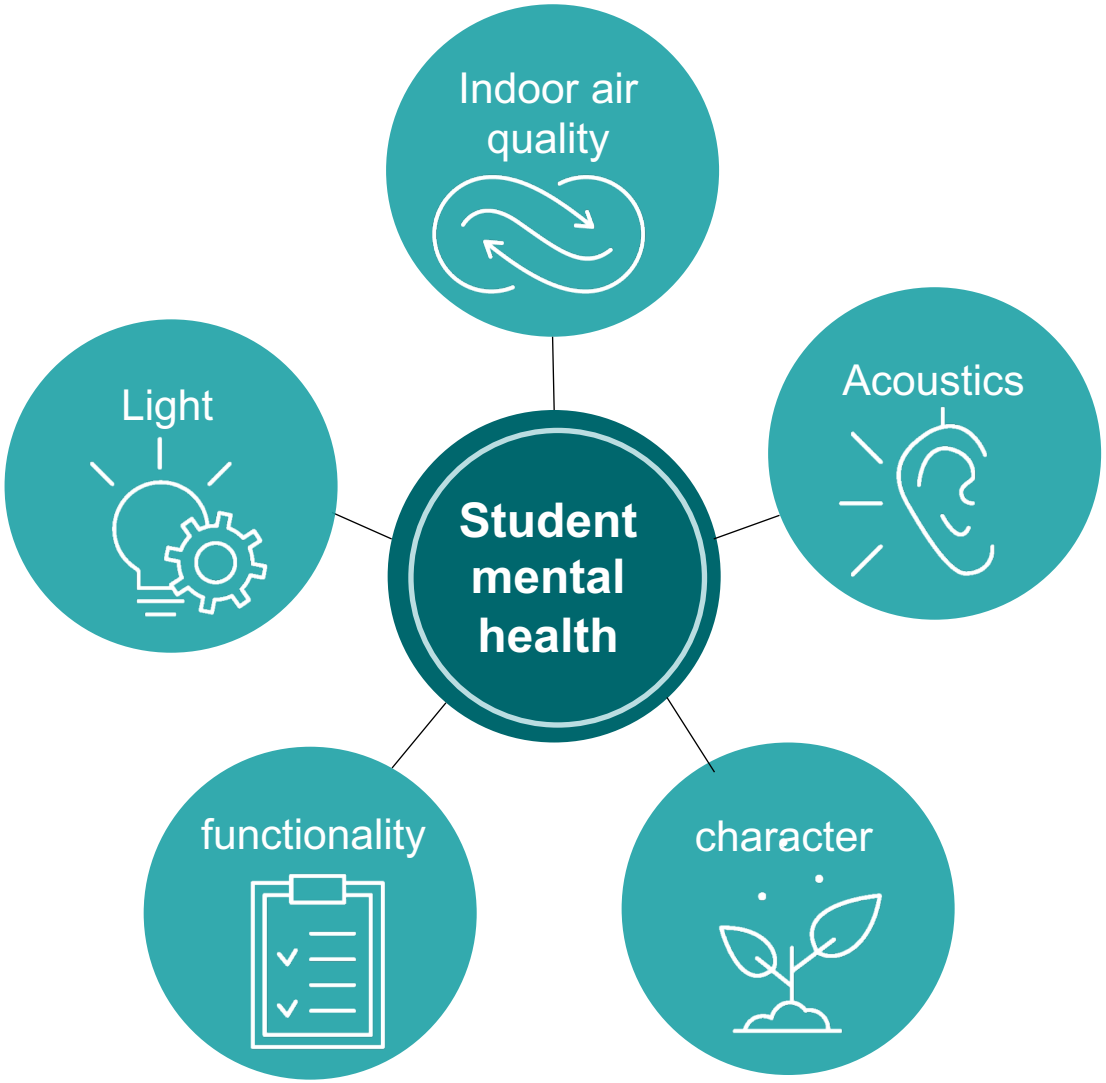
Only **45%** have a doctors surgery on campus



- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain

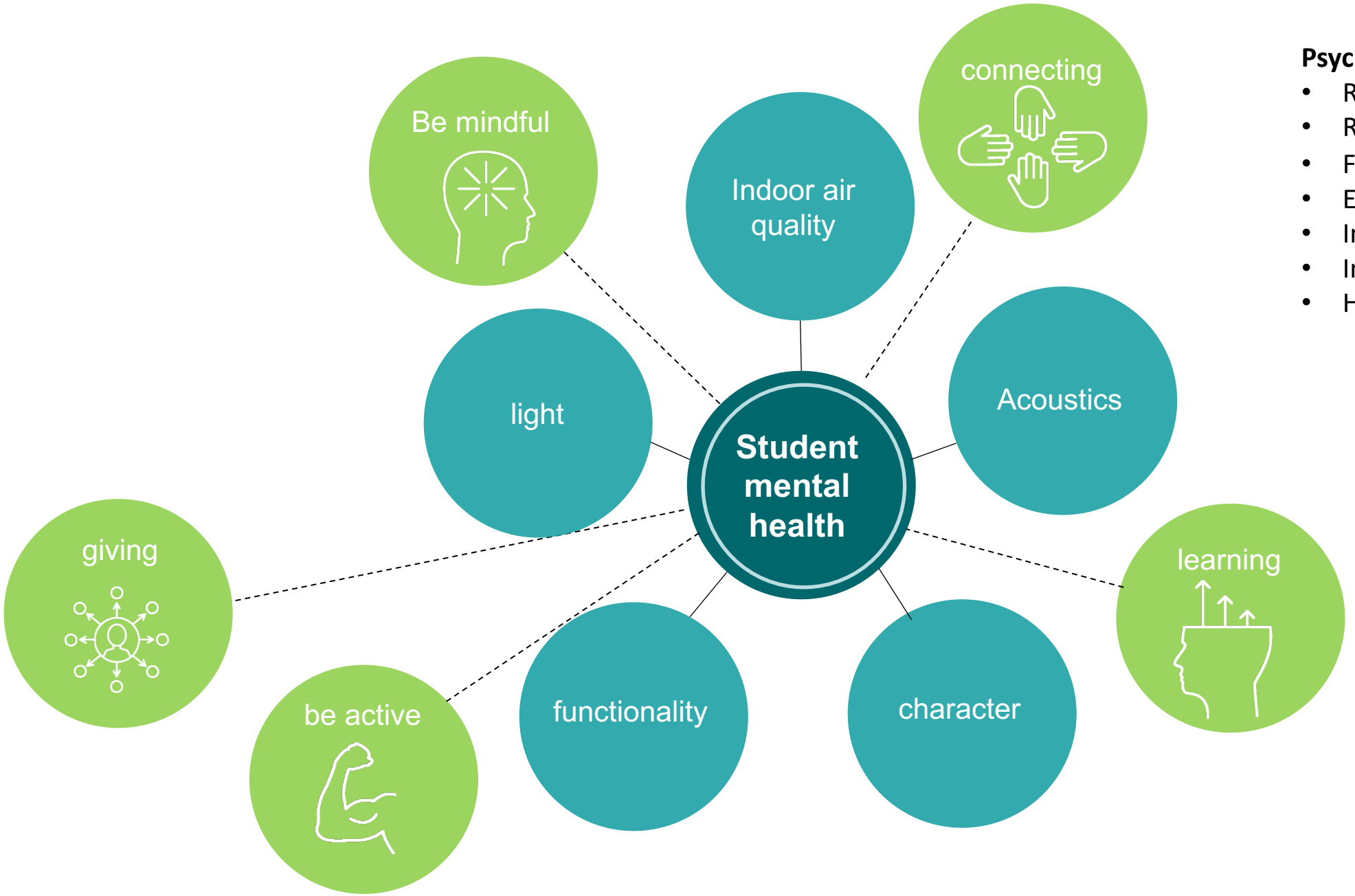

SELF - 'worth less'
FUTURE -
'I don't have one'
WORLD -
'pointless'


OUTSIDER
INSIDER



Physiological Factors

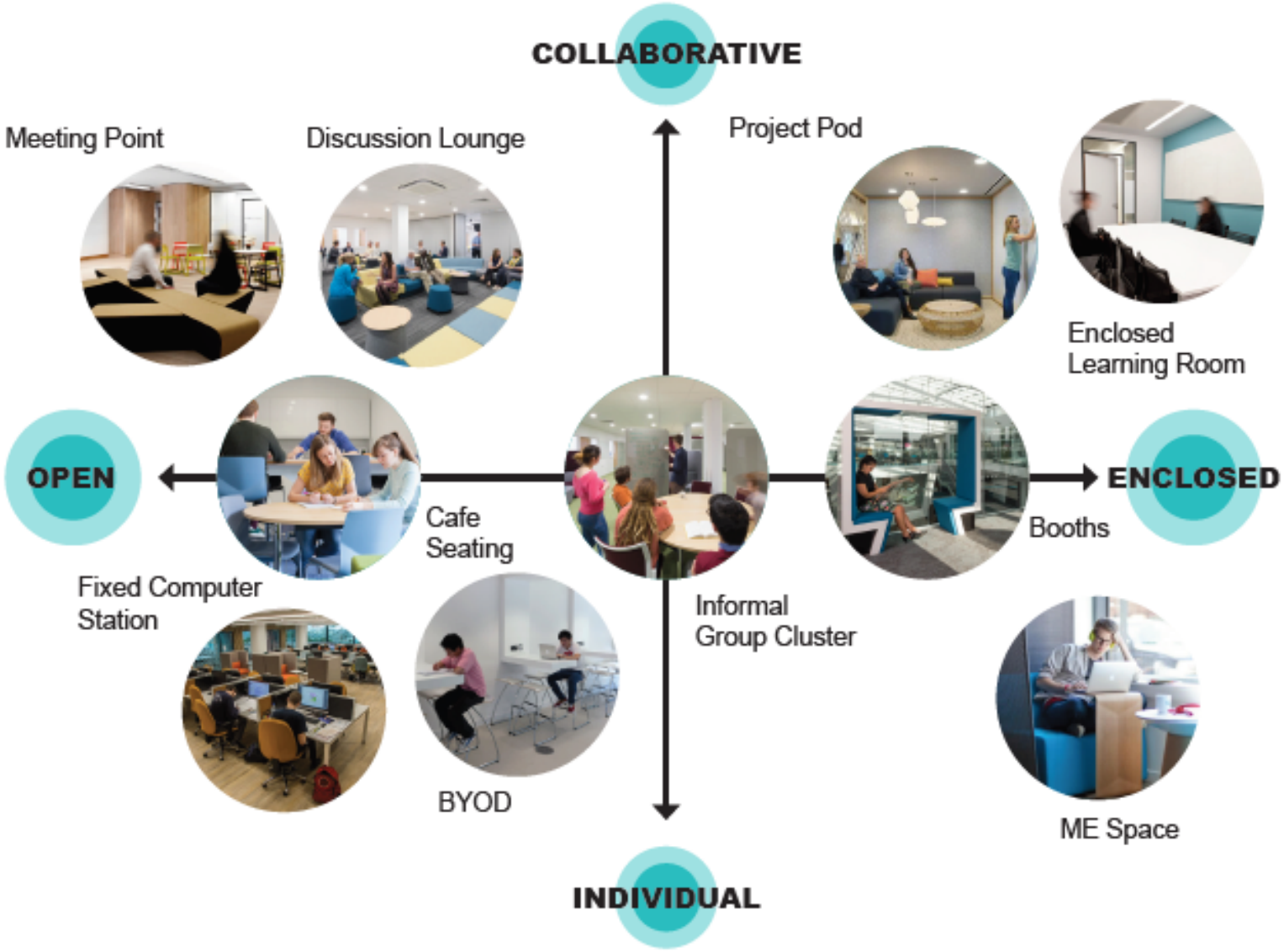
- Increased concentration
- Reduced eye strain and improved sleep
- Higher cognitive performance through reduced CO2
- Reduced asthma
- Reducing stress
- Increasing resilience



Psychological Factors

- Reducing stress
- Reducing depression
- Feeling of belonging
- Enhances self worth
- Increasing resilience
- Increased confidence
- Happier

- Sense of belonging
- Increased self esteem
- Increased responsibility
- Developing leadership skills
- Better oral communication
- Emotional support
- Ability to support others



https://www.psychologytoday.com/gb/blog/feeling-it/201208/connect-thrive

WELL
V2
THE FUTURE OF
WELL

AIR

A01 Air quality – ensuring a basic quality of air quality
A02 Smoke free environment – deter smoking
A03 ventilation effectiveness – provide adequate ventilation
A04 construction pollution management – minimise construction related contaminants

A05 enhanced air quality
A06 enhanced ventilation
A07 operable windows
A08 air quality monitoring and awareness
A09 pollution infiltration management
A10 combustion minimization
A11 source separation
A12 air filtration
A13 active VOC control
A14 microbe and mould control

NOURISHMENT

N01 fruits and vegetables – promoting consumption
N02 nutritional transparency – nutritional information and labelling

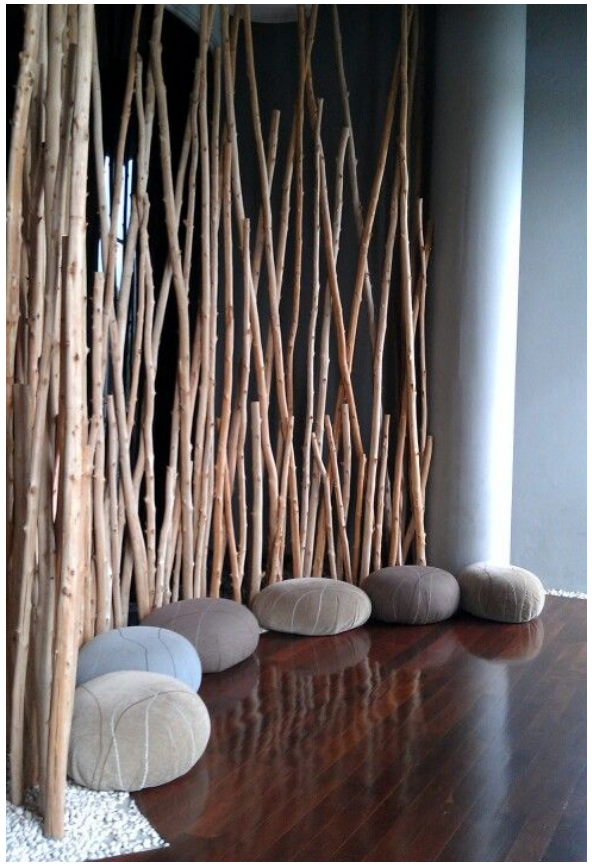
N03 helping people avoid refined ingredients
N04 food advertising promoting healthy choices
N05 helping people avoid artificial ingredients
N06 promoting healthy portion sizes
N07 providing nutritional education
M08 encouraging mindful eating behaviours and communal dining
N09 providing food choices for special diets
N10 provide areas for food preparation
N11 responsible food sourcing
N12 on site food production
N13 support healthy food access

MIND

M01 Mental health education programmes
M02 access to nature internally and externally

M03 mental health support services
M04 Mental health training
M05 stress support and management
Mo6 encouraging micro and macro breaks
M07 providing restorative spaces
M08 access to restorative programmes
M09 enhanced access to nature
M10 focussed support
M11 encouraging healthy sleep habits
M12 supportive travel policies
M13 stop smoking programmes
M14 addiction support services
M15 opioid emergency services

Google office - Dublin



Woods Bagot Offices

MOVEMENT

V01 active buildings and communities
V02 visual and physical ergonomics

V03 design circulation spaces to encourage physical activity and movement
V04 encourage active movement around the campus, walking and cycling
V05 select sites with links to wider infrastructure
V06 provide no cost physical activity options
V07 discourage prolonged sitting and sedentary activities
V08 provide physical activity space and equipment
V09 create a pedestrian friendly campus environment
V10 audit ergonomic conditions
V11 incentivise physical activity
V12 provide sensors and wearable technology to promote activity awareness

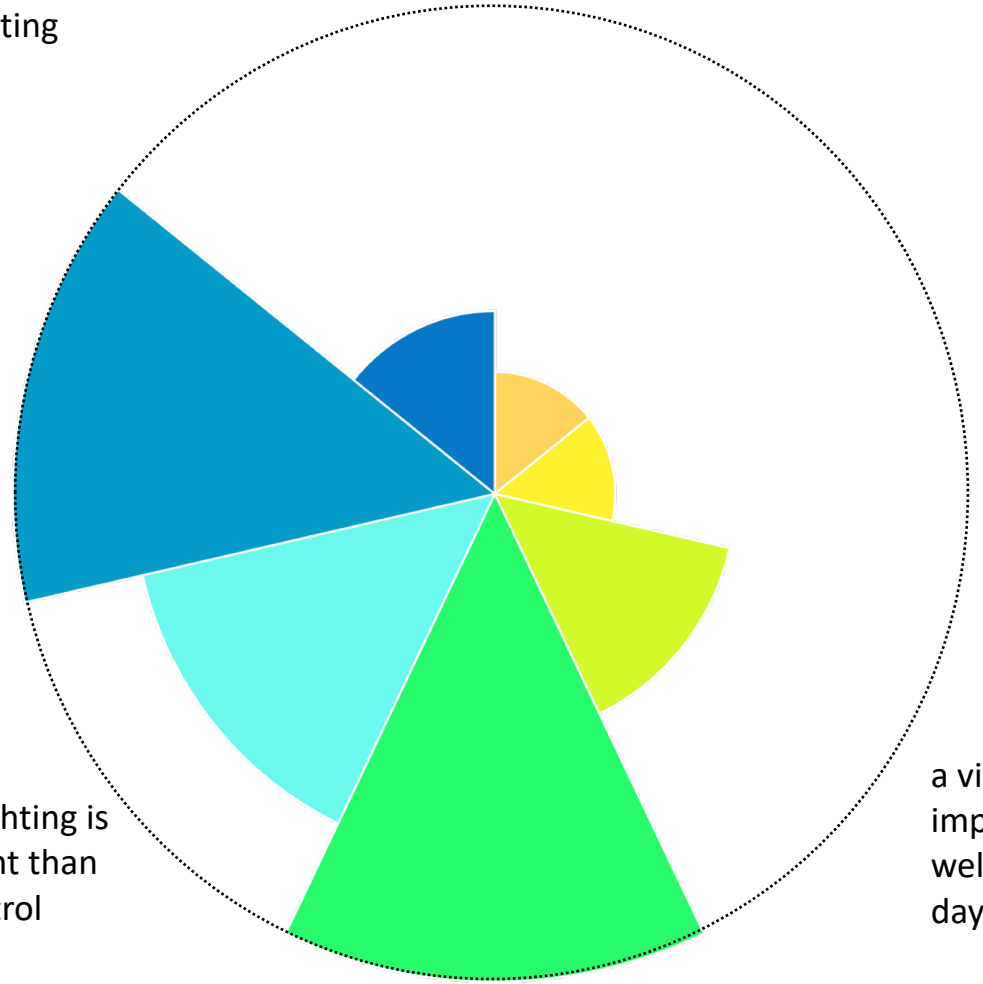
fitwel®

HLMInsight

Key spatial requirements for different activities

Computer based work	*89% good wifi access* *67% good natural light*
Desk based work	*78% good natural light* *45% adaptable furniture* *45% views outside*
Formal teaching space	*50% good food / coffee*
Seminar space	*75% adaptable furniture* *50% area of work space*
Study space	*89% quiet working space* *56% views outside*
Group working	*56% good natural light* *45% acoustic privacy*
Break areas	*100% good food / coffee* *56% good natural light*

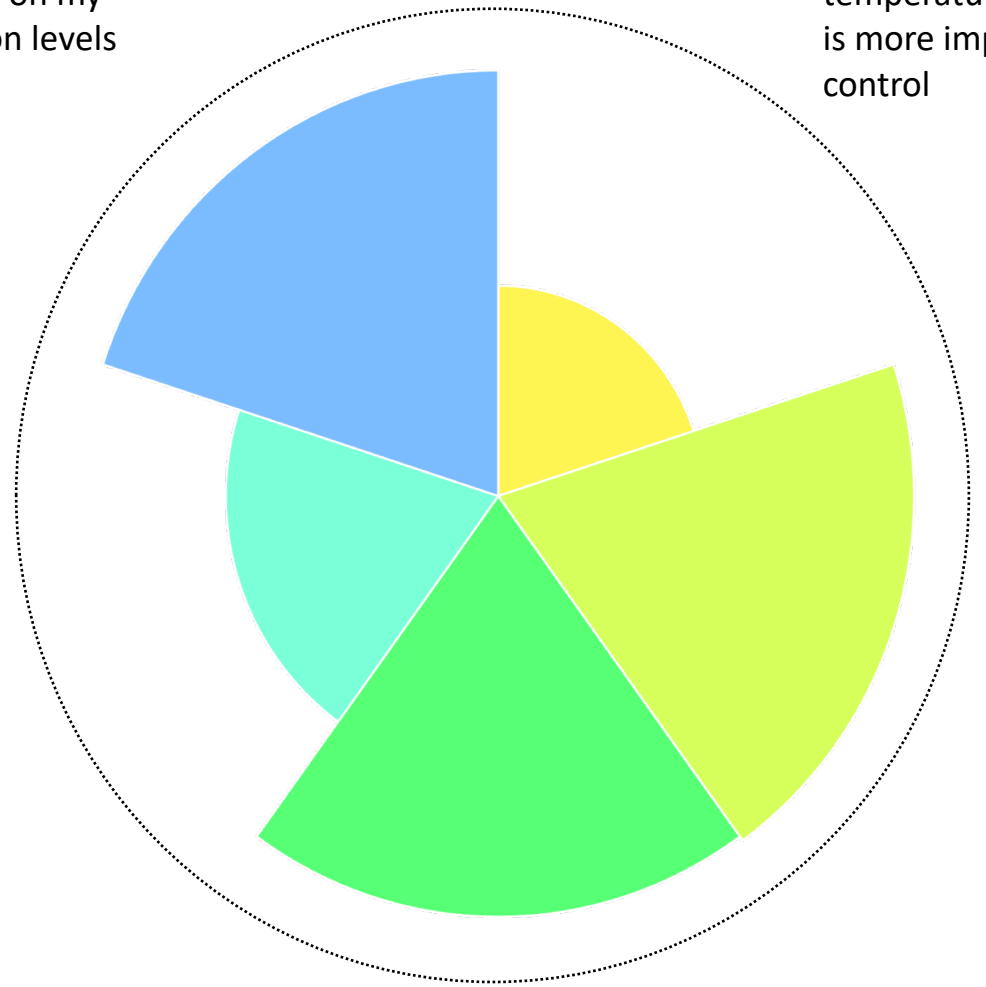
Daylighting



Temperature

Room temperature has an impact on my satisfaction levels

Having consistently comfortable temperature throughout the day is more important than personal control

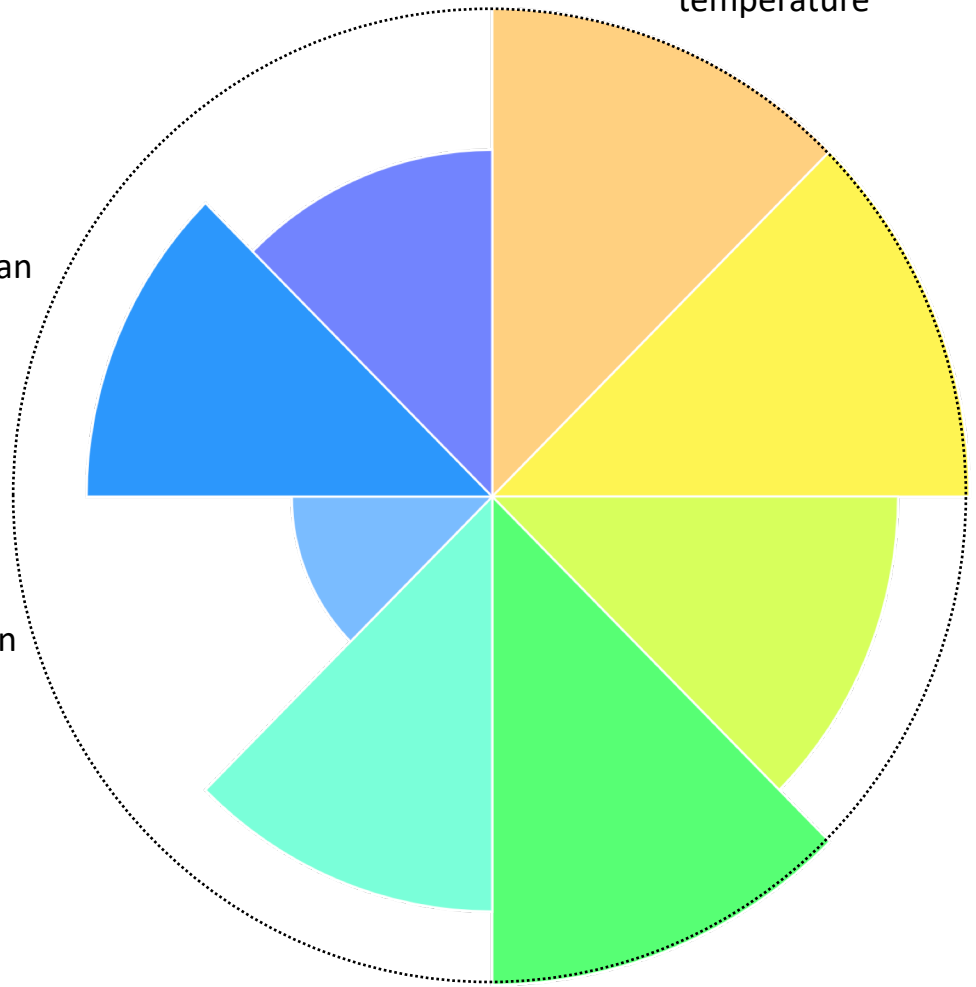


Room temperature is less important in communal area than dedicated work areas

Temperature of my workspace has an impact on my ability to concentrate

Room temperature has a noticeable impact on my health and wellbeing

Air Quality



Being able to open a window is more important than how much energy is used

Being able to open a window is more important to me than maintaining a consistent temperature

The freshness of the air has an impact on my satisfaction

The freshness of the air has an impact on my ability to concentrate on work

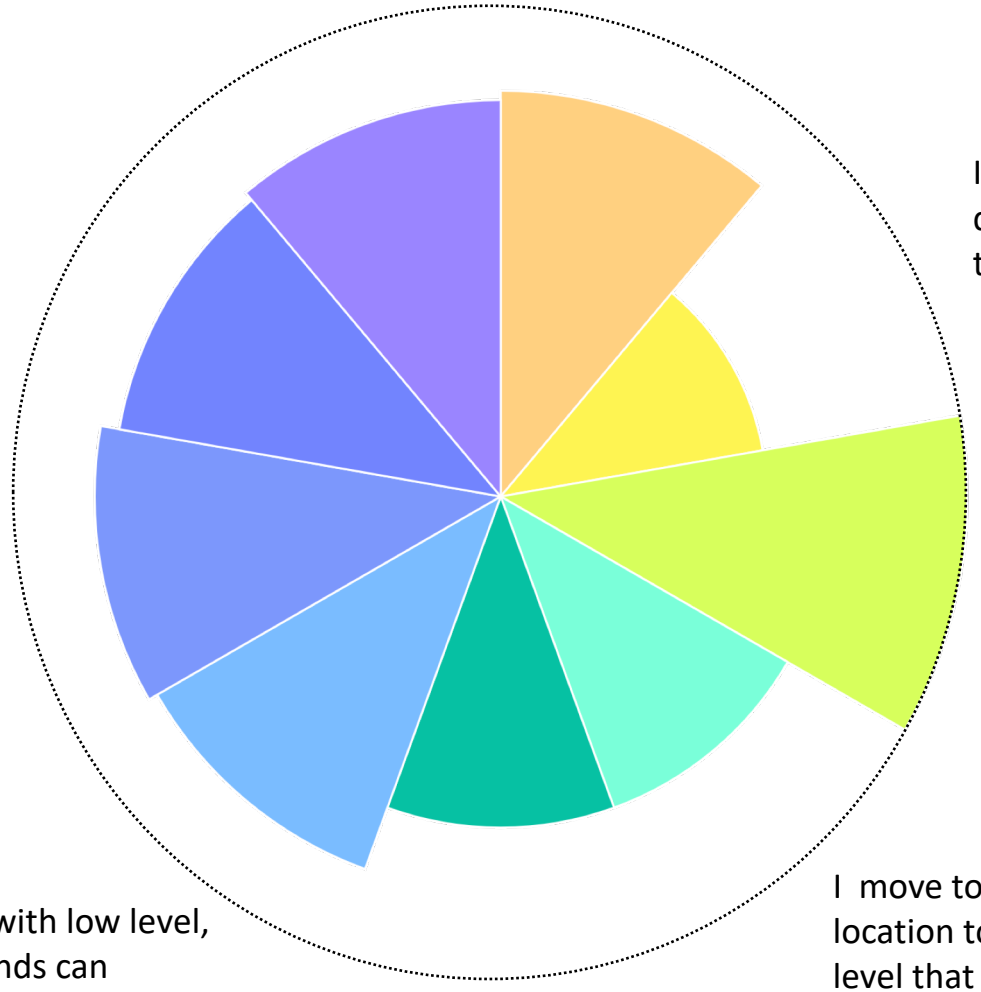
Dryness of air has an impact on my health and wellbeing

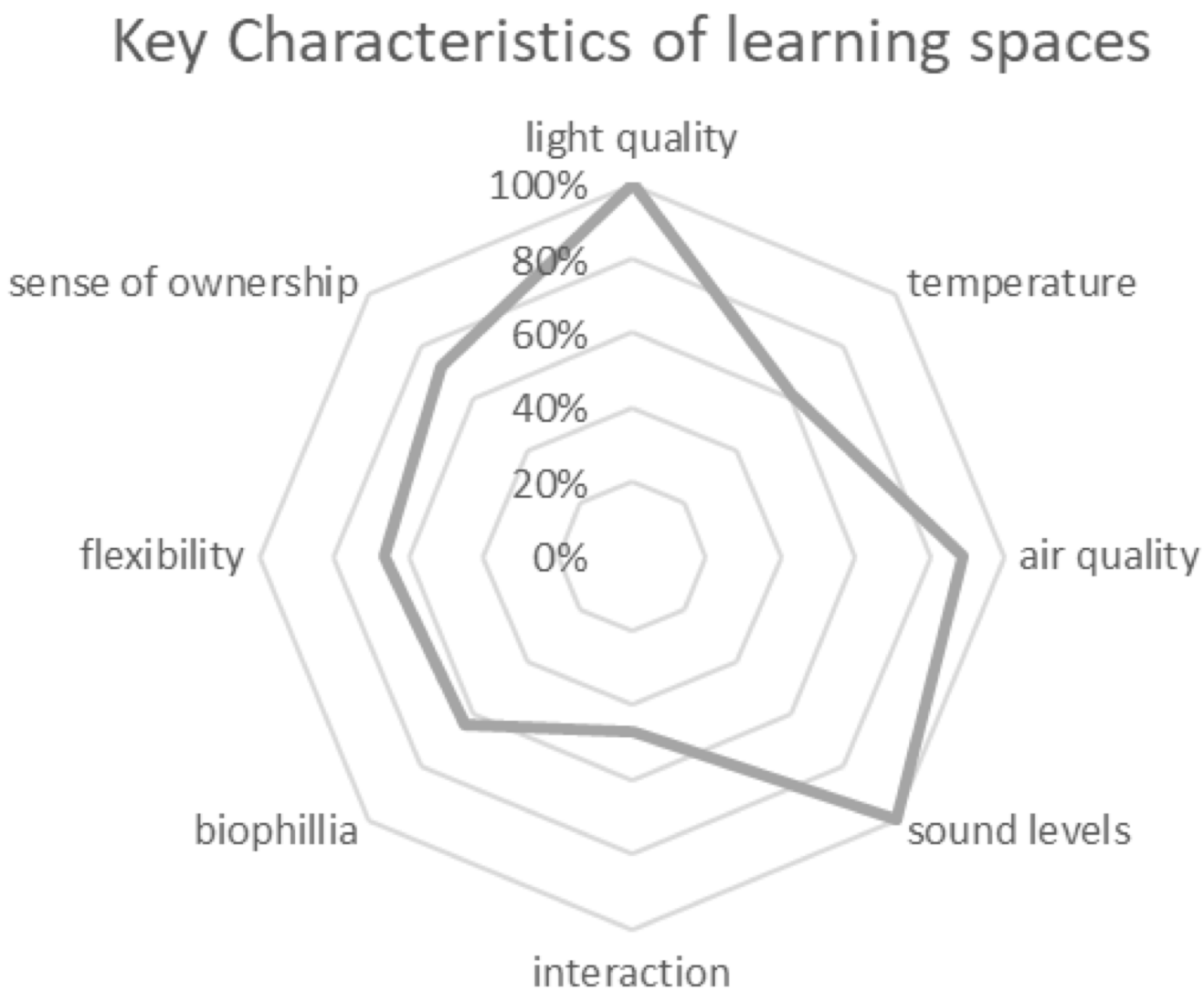
Smells in the working environment really affect me and my ability to concentrate

I sometimes notice a feeling of drowsiness in the afternoon

The freshness of air has an impact on my health and wellbeing

Acoustics


I use headphones to support concentration, irrespective of general sound levels
The general sound level has an impact on my satisfaction
I get stresses by the noise levels within my working environment
I like to work in a very quiet environment for all the activities
In general, the sound level has an impact on my health and wellbeing
the sound level has an impact on my ability to concentrate
An environment with low level, indiscernible sounds can support some work activities
I move to a different location to find a sound level that suits my tasks
I like to spend some time working in a lively environment during a typical day


Key Characteristics of learning spaces
light quality
100%
80%
60%
40%
20%
0%
temperature
air quality
sound levels
interaction
biophillia
flexibility
sense of ownership

The use of nature and natural materials has an impact on my health and wellbeing

Direct access to outdoor areas would improve my health and wellbeing

I choose to spend time outside buildings to restore my concentration

I need a range of spaces to work effectively

Being proud of where I study affects my sense of belonging

Working in close promixity of the same people improves my sense of community

A sense of ownership is important to health and wellbeing

Sheffield Hallam University Heart of the Campus

University of Glasgow – Learning and Teaching Hub

Open campuses / social spaces

Spaces for chance meetings

Links with the wider community & opportunities for volunteering

The Jenner Wing – University of London

University of Glasgow – Pilot Rooms

University of Teesside - TEAL Space

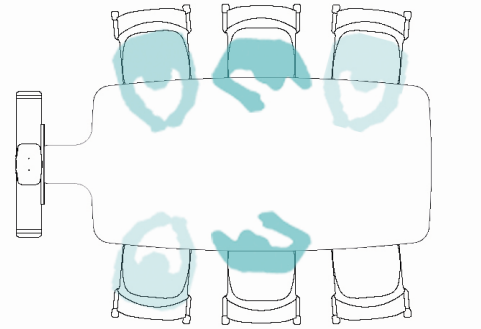
Open, easily accessible buildings with social learning spaces at their heart

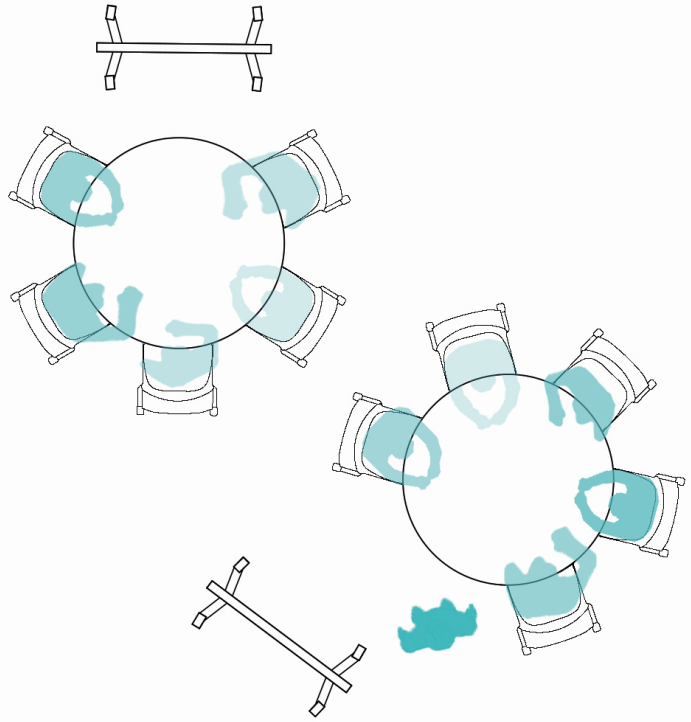
Transparency into group areas

A range of spaces supported by IT, write on surfaces, flexible furniture to enable students to reconfigure it to their needs

Access to tea / coffee and break our areas to encourage students to linger

Don’t forget the external learning environment





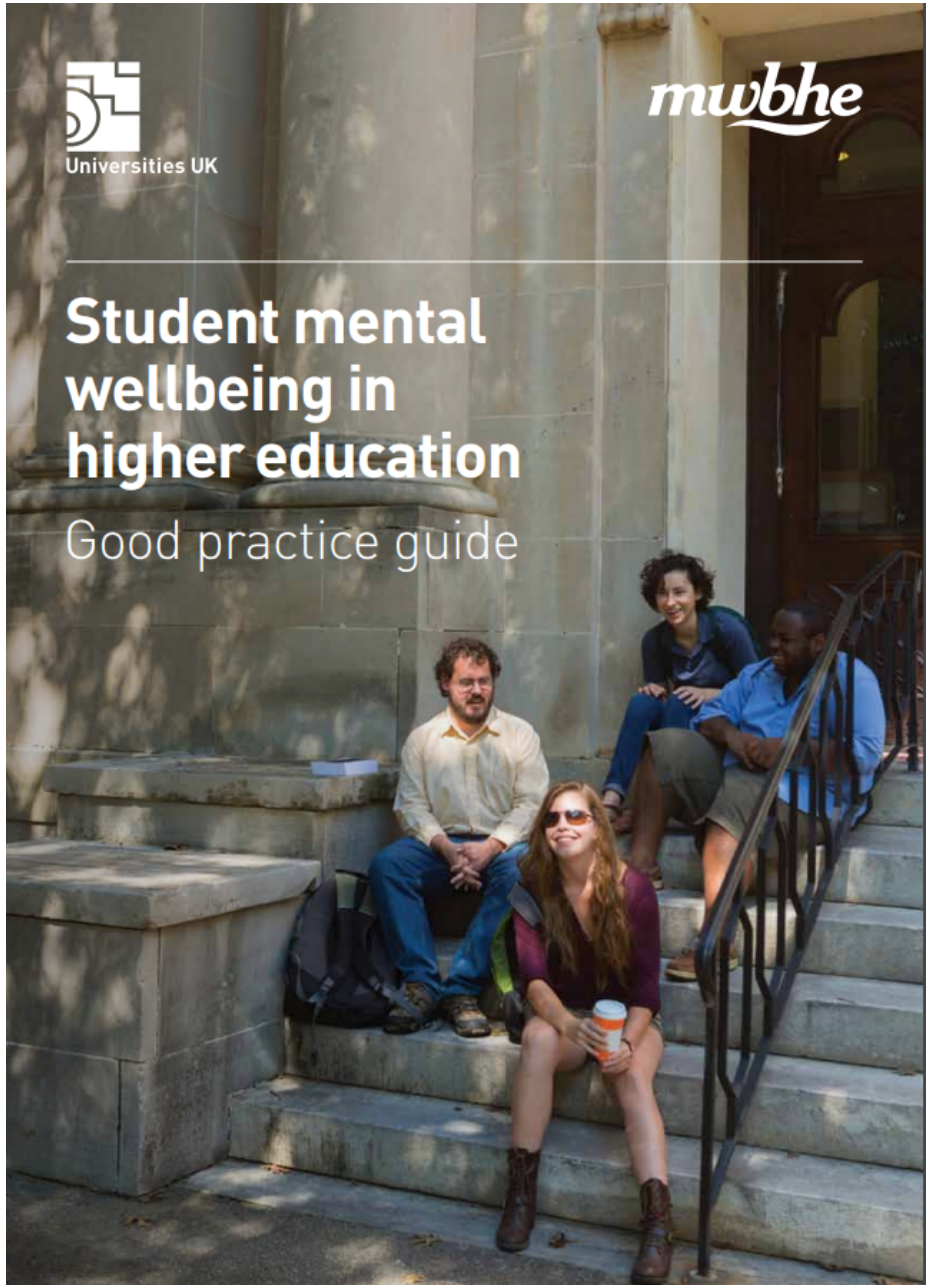
Connectivity between buildings

Designs that encourage physical movement between spaces

Supporting pedestrian and cycling access

Spread external social spaces throughout the campus wherever possible

Use biophilic design principles



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NOT BY DEGREES

IMPROVING STUDENT MENTAL HEALTH IN THE UK'S UNIVERSITIES

Craig Thorley

September 2017

Thankyou