

BODY -

Nature in the Space

Physical Senses

MIND -

Natural Analogues

mentally process

SPIRIT -

Nature of the Space

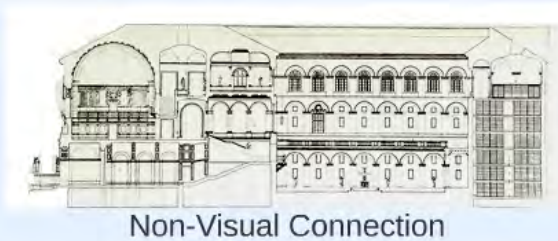
Emotional inputs

An aerial photograph of a dense green forest. In the center, two houses are visible, one with a reddish-brown roof and another with a darker roof. A driveway leads to the houses, and there are some vehicles and structures in the yard. The text is overlaid on the top left of the image.

The 5 strongest requirements for basic functioning:

- Need for change (varying temperature, air, light, etc.)
- Ability to act on the environment and see the effects
- Meaningful stimuli (stagnancy brings on chronic stress)
- One's own territory for safety, an identity, and protection
- View to the outside world

Nature In the Space (Body):





Visual Connection

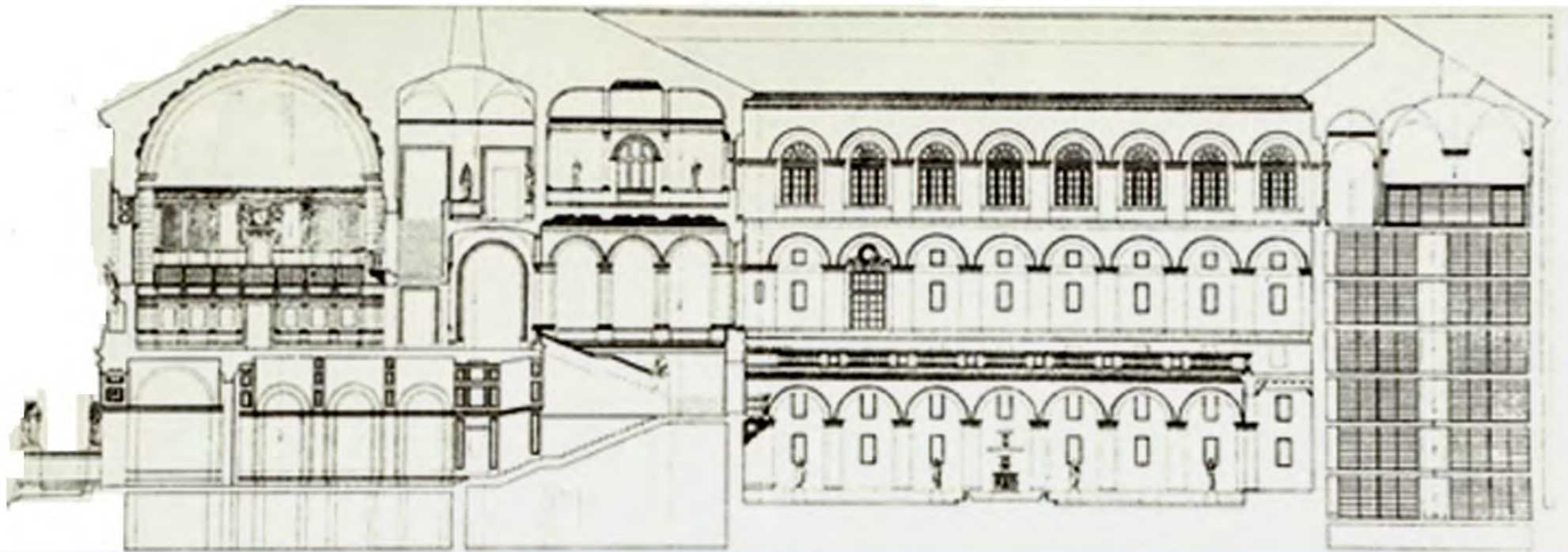


Presence of Water

Psychology



Non-Rhythmic Sensory Stimuli



Non-Visual Connection

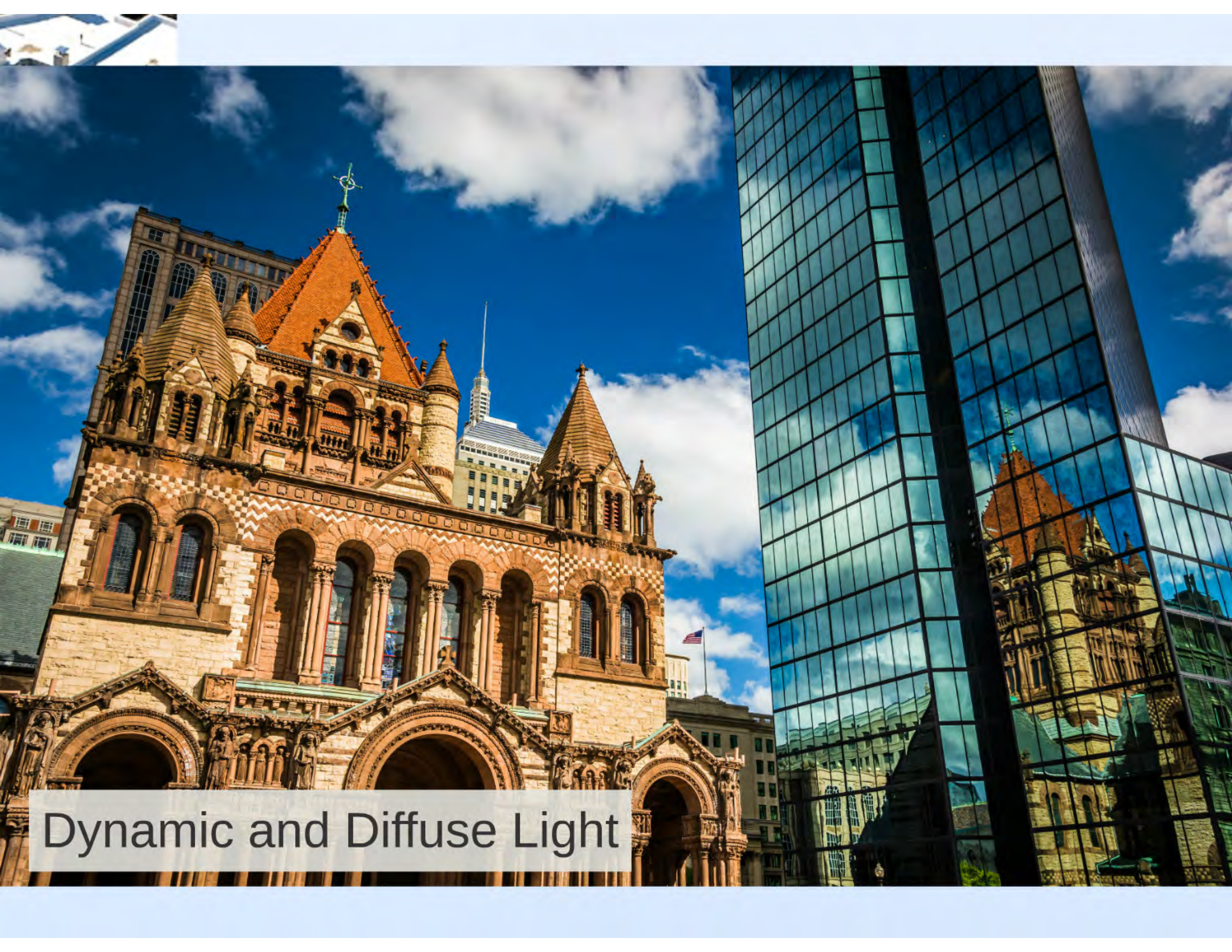


Thermal and
Airflow Variability



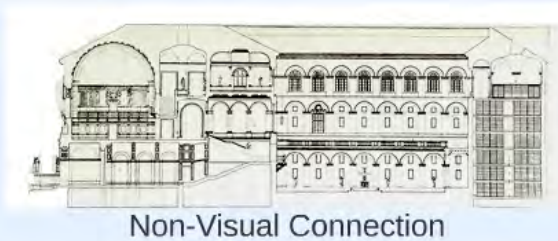


Connection to
Nature's Systems



Dynamic and Diffuse Light

Nature In the Space (Body):



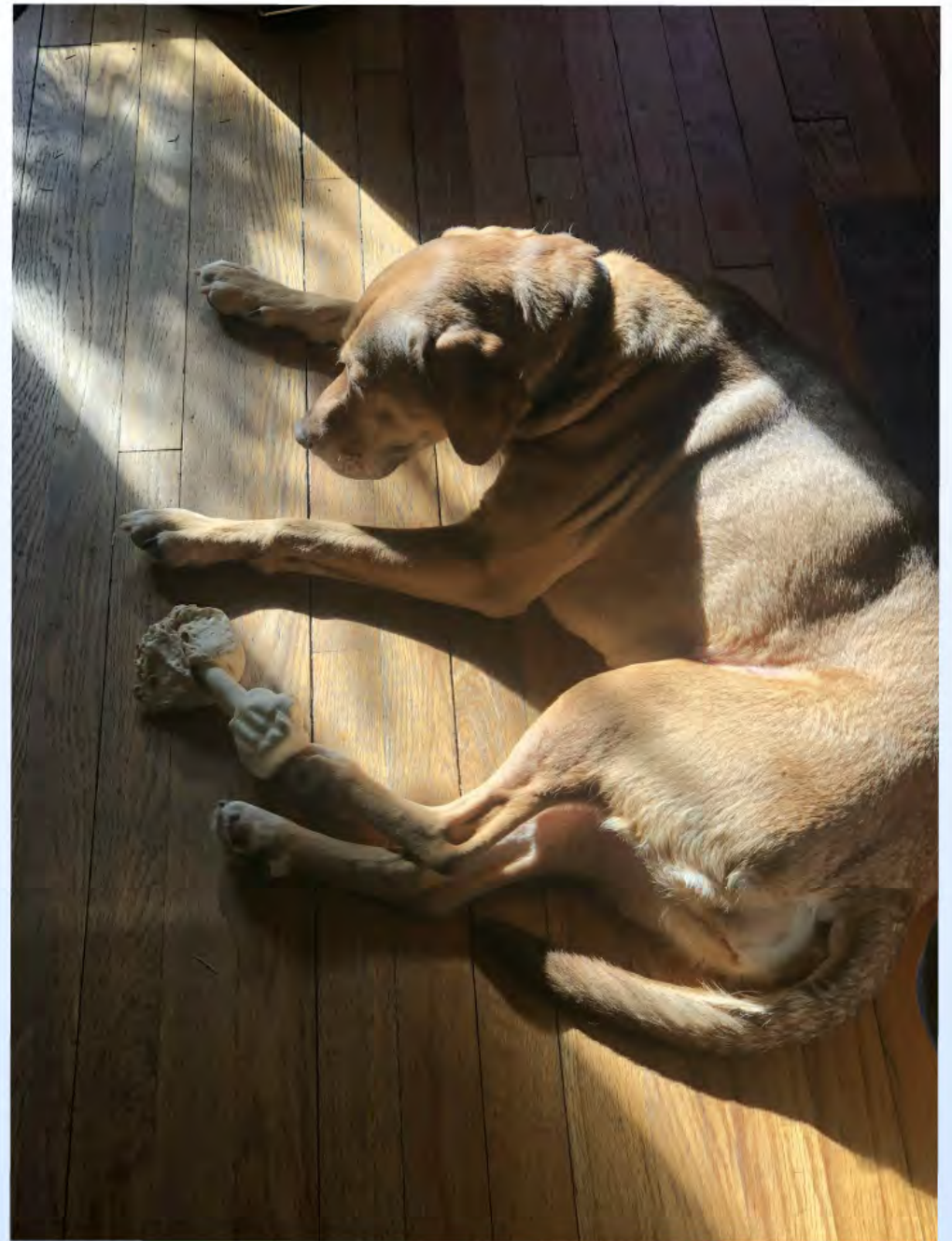
Body:

Taking the stairs can help us avoid the typical 2 lbs per year weight gain most Americans experience.

Forest bathing (forest walks) decreases blood glucose by 39.7% (with exercise only, a 21.2% decrease).

Natural daylight regulates melatonin production, aiding sleep patterns.

A view to nature speeds release from the hospital by an average of 8.5%, and results in reduced use of pain medication.



Natural Analogues (Mind):



Biomorphic Forms and Patterns



Complexity and Order



Material Connections



Biomorphic Forms and Patterns



Order



Philosophy Panel
Restoration Project

The Philosophy panel by Pierre Puvis de Chavannes is currently undergoing conservation work. Painted on linen canvas in Paris, the panel was adhered to the wall of Boston Public Library's grand staircase in 1895-96. The panel will be returned to its location in spring of 2016. Please direct any questions to murals@bpl.org.

Material Connections



Complexity and Order



Natural Analogues (Mind):



Biomorphic Forms and Patterns



Complexity and Order



Material Connections

Mind:

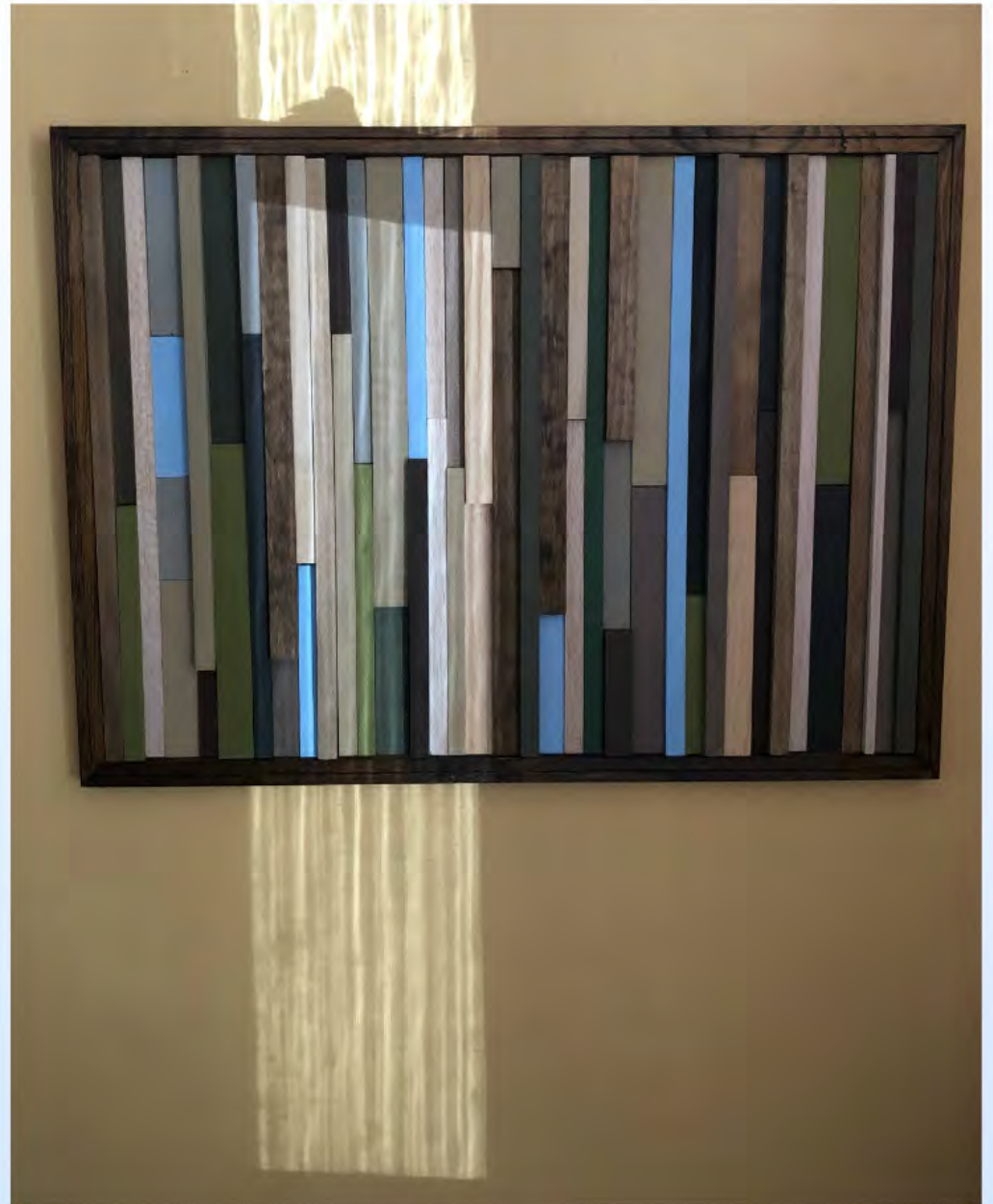
Higher scores in attention and reliability.

Better focus on tasks.

Well daylit schools have learning rates and testing scores 26% higher than schools with poor daylight.

Sales increased 40% in stores after introduction of skylights.

Walking through the forest increases overall parasympathetic activity (occurs when we feel relaxed) by 56.1%.



Nature of the Space (Spirit):





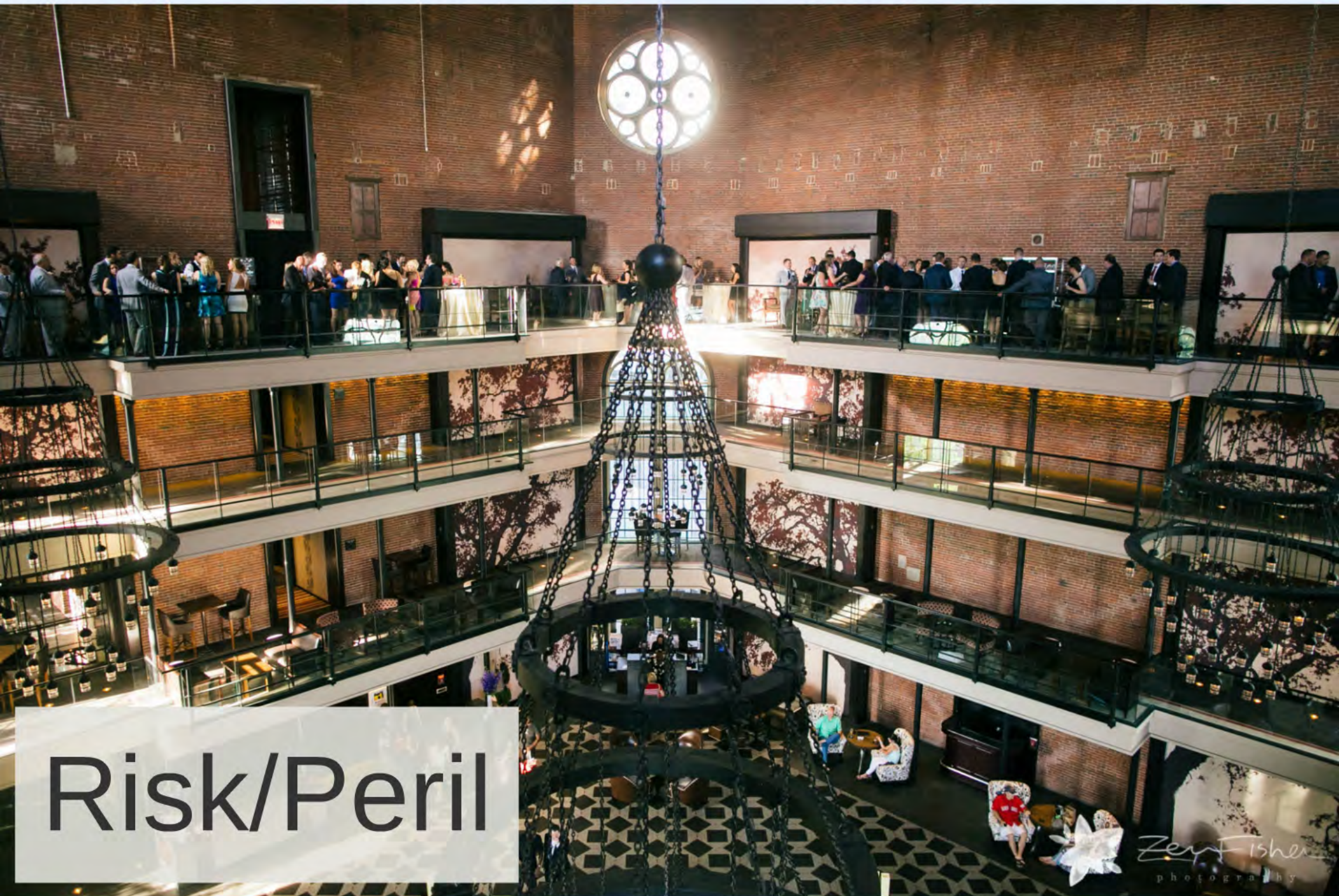
Refuge



Prospect



Mystery



Risk/Peril

Zey Fisher
photography

Nature of the Space (Spirit):



Refuge



Prospect



Mystery



Risk/Peril

Spirit:

Decrease of 25% in some types of domestic violence in housing in greener areas of the city.

10% of employee absences can be attributed to architecture with no connection to nature. Employees with views to nature took 17% fewer sick days.

Most patterns in this arena are about protection and safety in comparison to perceived risk.

Mystery implies curiosity, movement, and discovery. Long depth of field is better, and avoids a sense of fear.

