

THE HEALING OFFICES®

The **Healing Offices®** concept of **Design Studio D/DOCK** focuses on the health and happiness of employees by creating an environment, that boosts positive emotions and facilitates behavioral changes, that are beneficial to a long-lasting healthy lifestyle. Ten design qualities, that have been developed by using evidence-based design, define the concept.

Healthy Food stimulates brain synapse activity, can raise productivity levels by 20 percent, prolongs life expectation and decreases absenteeism due to obesity. The Healing Offices® offer a variety of healthy foods and snacks, that is easily accessible, placed intelligently in space and presented in a way that inclines people to make conscious healthy food choices.

Physical Activity has been demonstrated to have a positive effect on cognitive capacities, the immune system, overall health and mood. It can be integrated into a variety of working typologies through e.g. standing tables, walking pathways, a garden, rocking chairs or stimulating staircases.

Re-Energize refers to the possibility to recuperate from motivational deficiencies, irritability and attentional and mental fatigue, that often are the results of stress. The option to relax or take a power nap is related to wellbeing, health and cognitive performance. It can be translated into design by e.g. a meditation room, contemplation niches and the integration of nature into the workplace.

Nature has positive effects on health, well-being, mood, cognitive performance and productivity. The translation of nature into design is also known as *biophilic design*, which implies the use of natural materials, colours, objects and organic shapes and patterns. It ranges from plants, natural materials, window views and paintings of landscapes to water fountains and shell-shaped tables. The style should match the company's culture and vision.

Daylight has been proven to be beneficial to health, productivity, safety, stress-release, performance and satisfaction. It affects our eye functions and inherent circadian rhythms and is therefore essential for our vitality and cognitive capacities. Exposure to natural light balances our hormonal levels of serotonin (which is linked to our mood) and inhibits the production of melatonin (which regulates sleep).

Connectednes or relatedness refers to a sense of belonging and is correlated with a positive mood or *happiness*. It can be facilitated and supported by environmental design by reminding people of their social connections and increase the feeling of closeness and the sharing of each others' feeling and thoughts. Creating a place for memories, rituals, friendship and community and accentuating the values, vision, mission and history of a company will enhance feelings of connectedness, trust and improve organizational commitment.



Ownership of the workplace entails that employees are able to influence and control it. Participating in the workplace-design, adjusting furniture, controlling the indoor climate, choosing the right place to work depending on the task and personalizing the workplace give employees a feeling of empowerment and autonomy. Personal control has a positive effect on productivity, motivation, perceived group cohesiveness and job satisfaction. Workspace personalization has been shown to reduce emotional exhaustion.

Diversity refers to a good balance of complexity, mystery, coherence and legibility. Diversity for example represents a variety of working typologies with different design features, materials, textures, shapes and colours. Elements of surprise and playfulness can be inspiring and engaging and invite people to become physically active. Variations in ceiling height and openness of the space can enable employees to choose the environment that best matches their current task.

Sustainability refers to the awareness of the company that the resources of the planet are limited and that the company is willing to care for these resources. By (re)using local or natural materials a consciousness is created of the value of materials and their origin. Moreover there is a correlation between happiness and sustainable behavior, suggesting that contributing to the own well-being, the well-being of others and the natural environment, enhances positive emotions.

Indoor Environmental Quality (IEQ) has been proven to have a significant influence on health, sick leave, performance and productivity - resulting in considerable potential savings and productivity gains per year. Furthermore it has been demonstrated, that personal control over environmental conditions has a positive effect on user satisfaction and happiness.