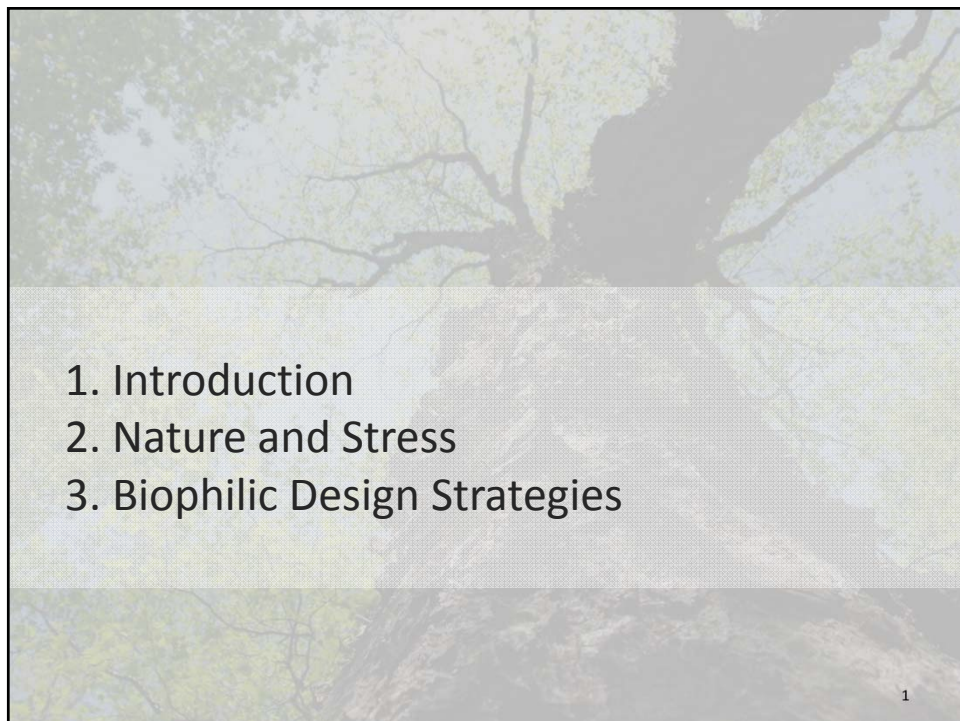




Nature-based Features to Support Stress Reduction in Knowledge Workers

M. Ann Callaghan
Dr. Shauna Mallory-Hill
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WSBE17
Hong Kong

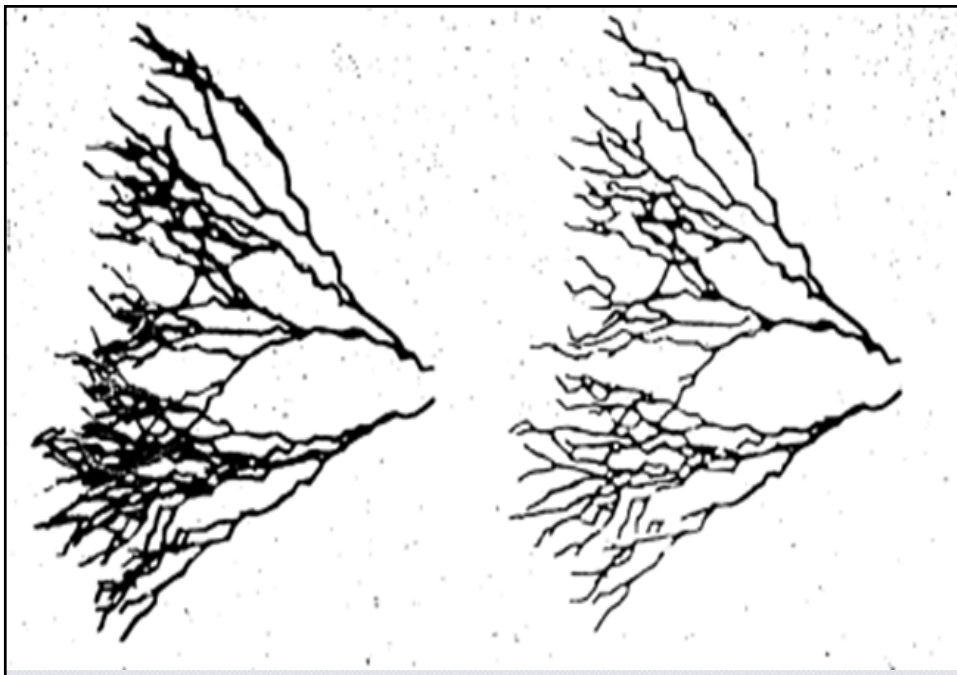


1. Introduction
2. Nature and Stress
3. Biophilic Design Strategies



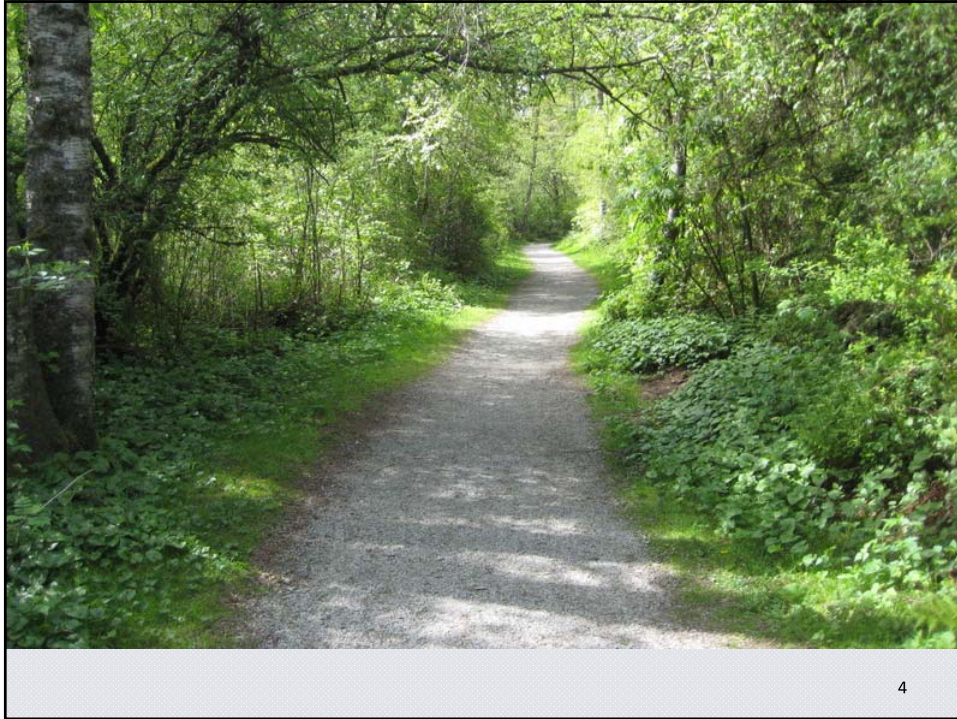
1. The problem

2



(Posen, 2013)

3

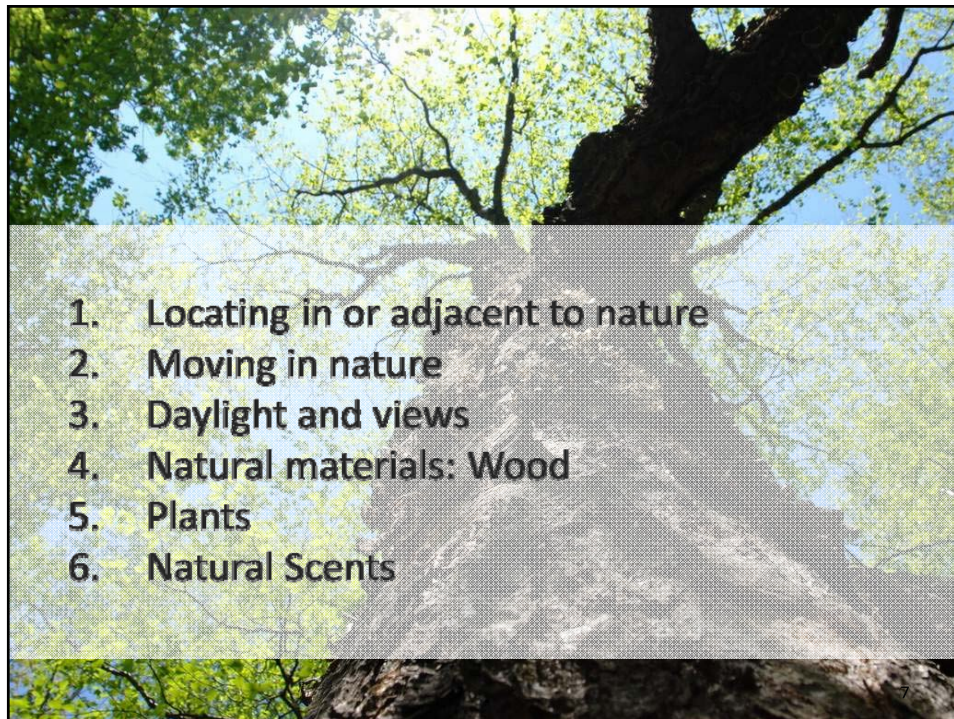
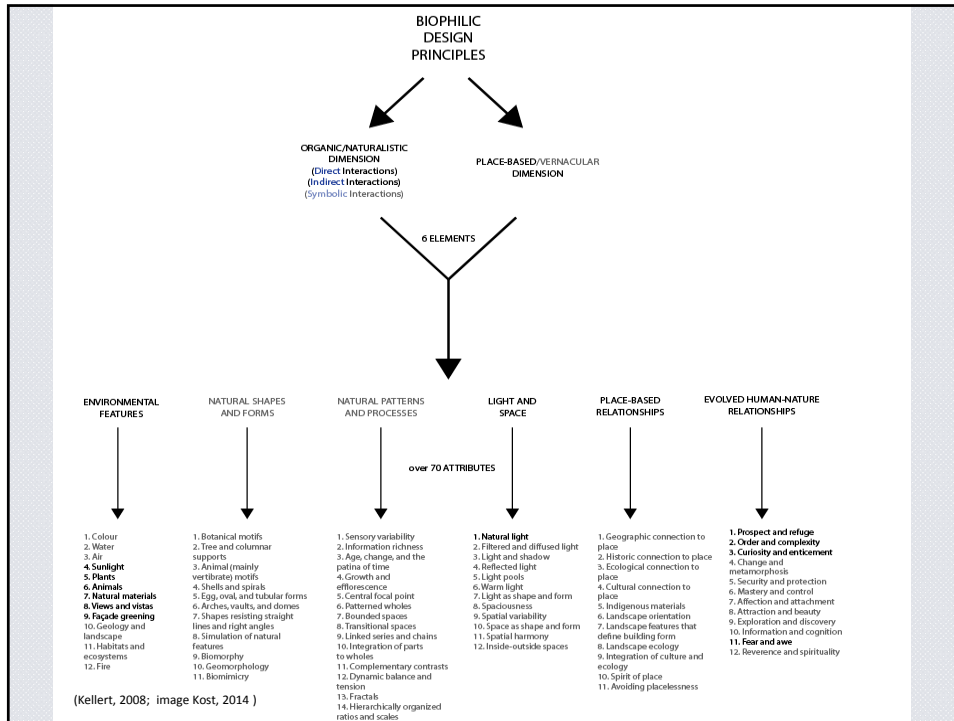



4



(Kellert, 2008)


5



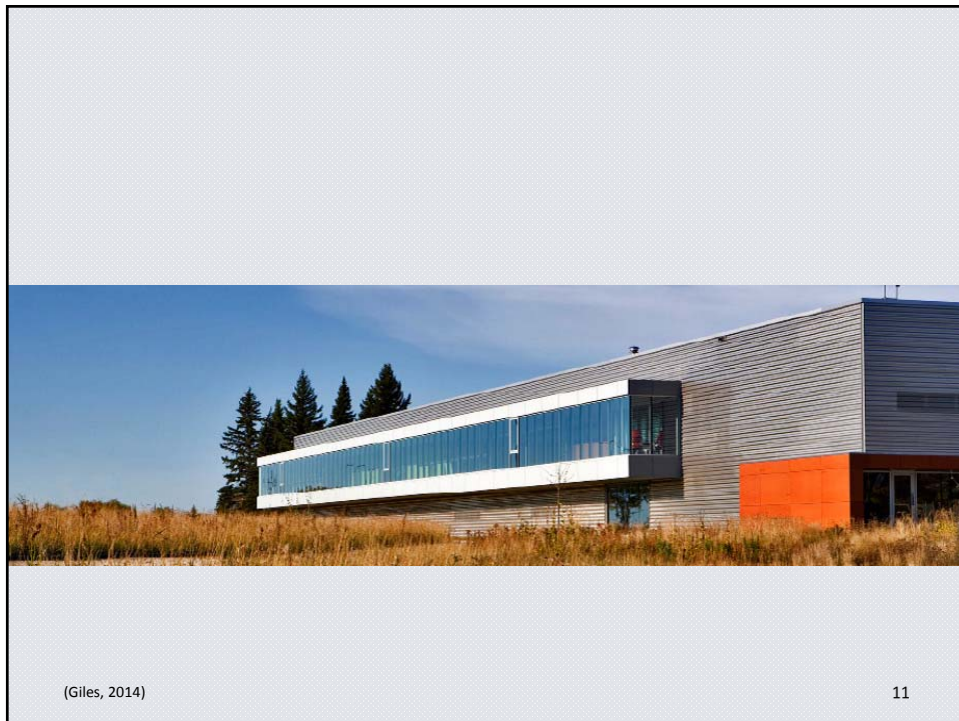
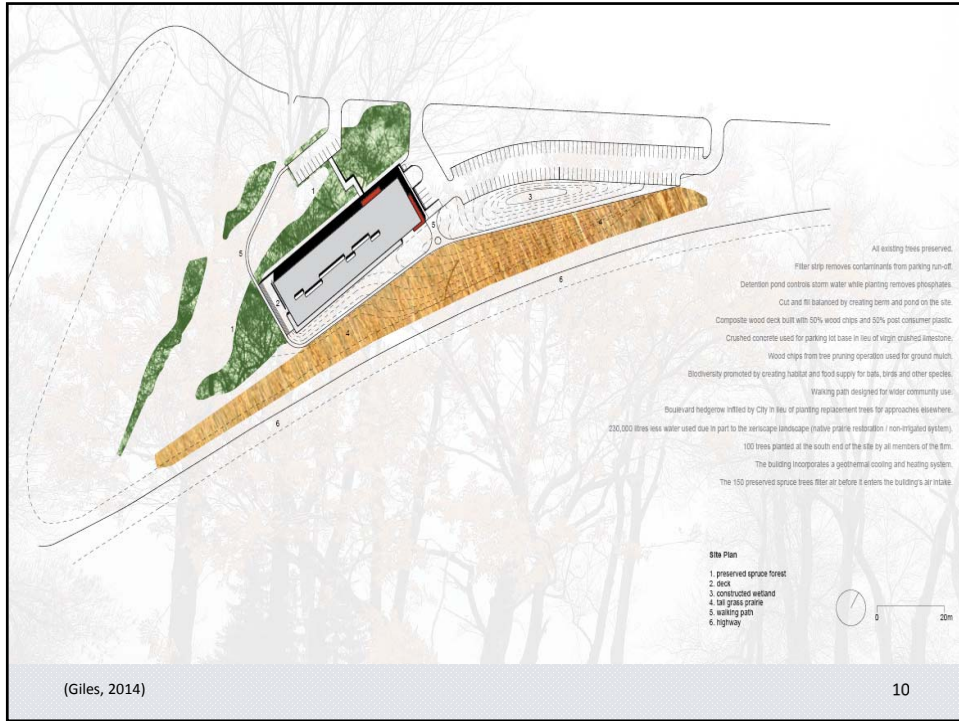


1 Locating in or adjacent to nature

(Oakley, 2015) 8



(Oakley, 2015) 9



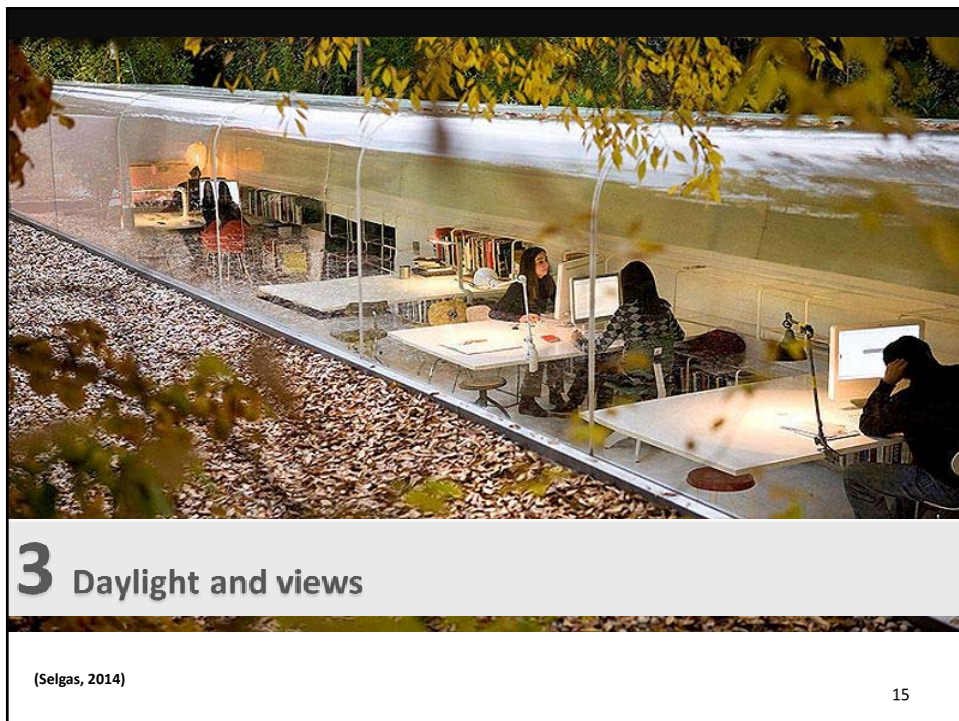


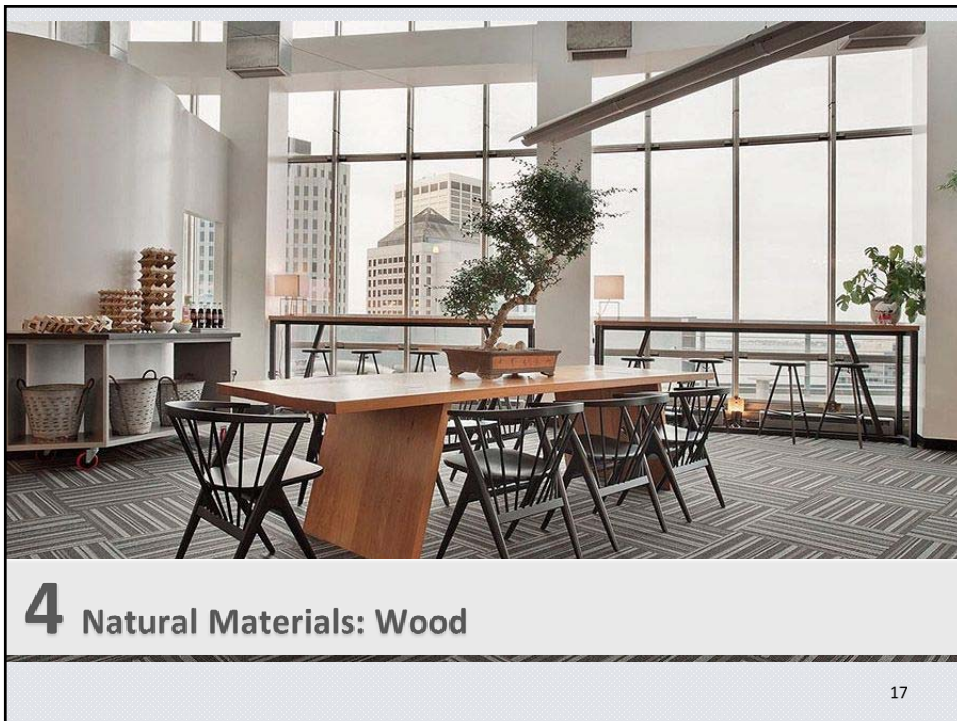
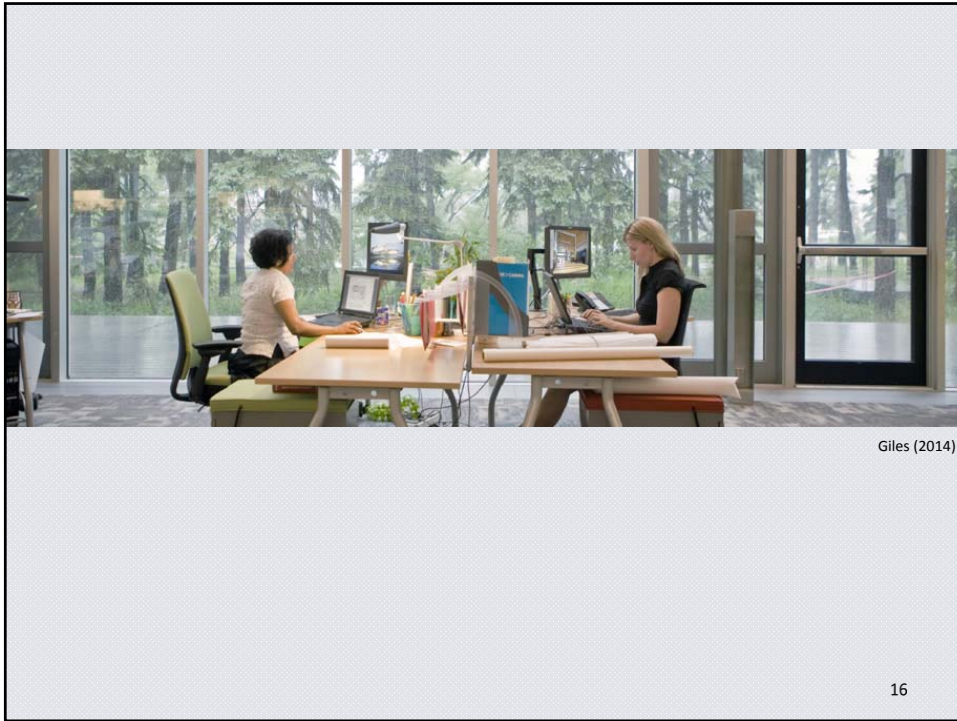
(Giles, 2014)

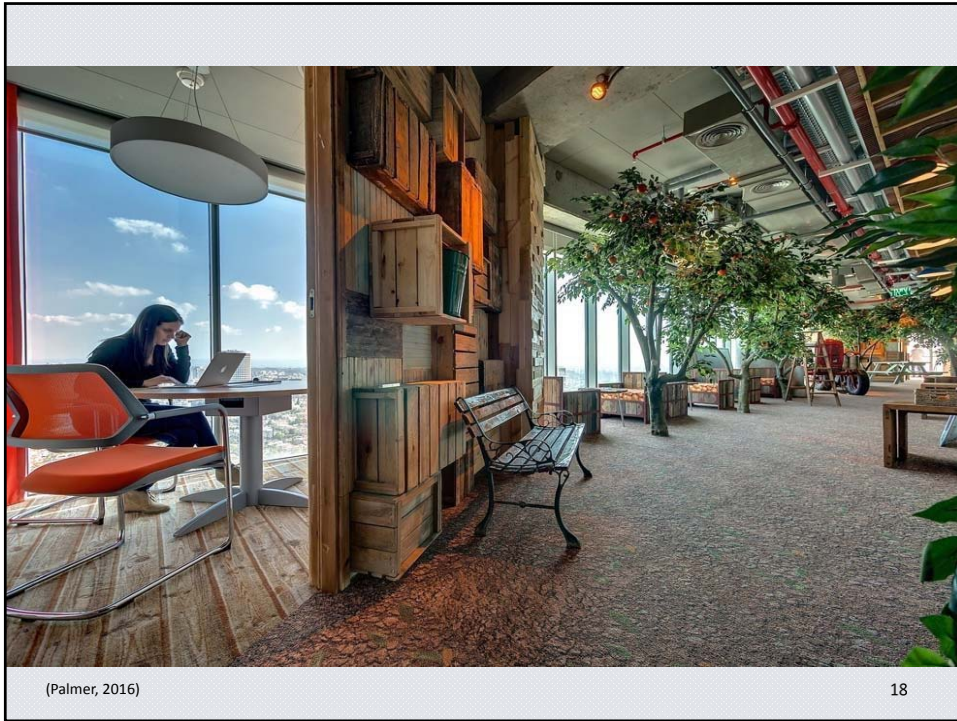


Google Workplace - Bay View Complex, Mountain View, California (Palmer, 2016)

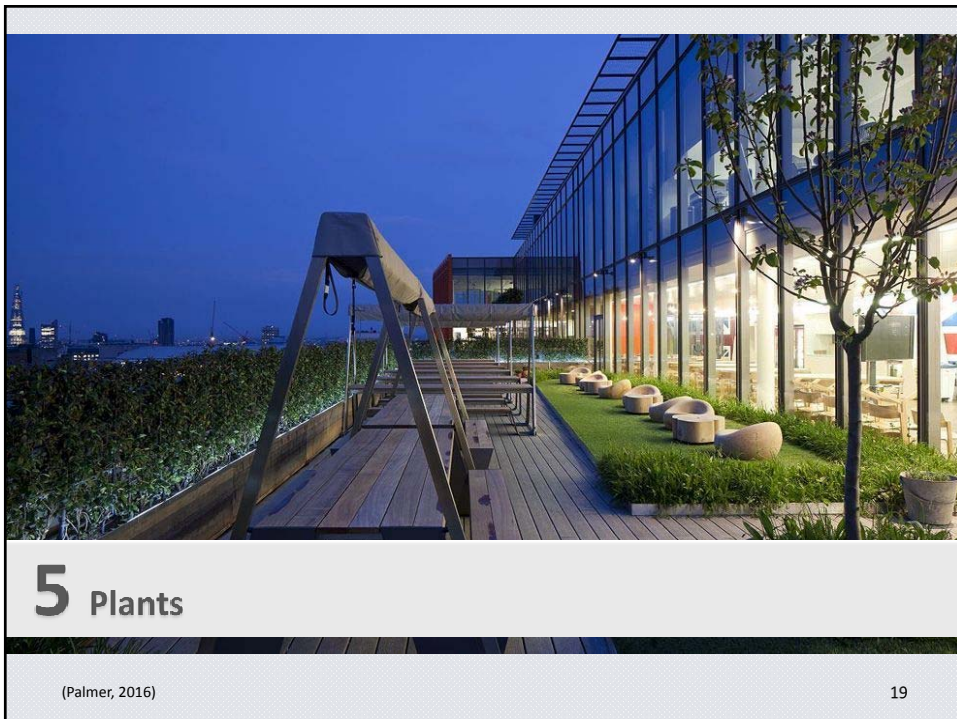
2 Moving in nature





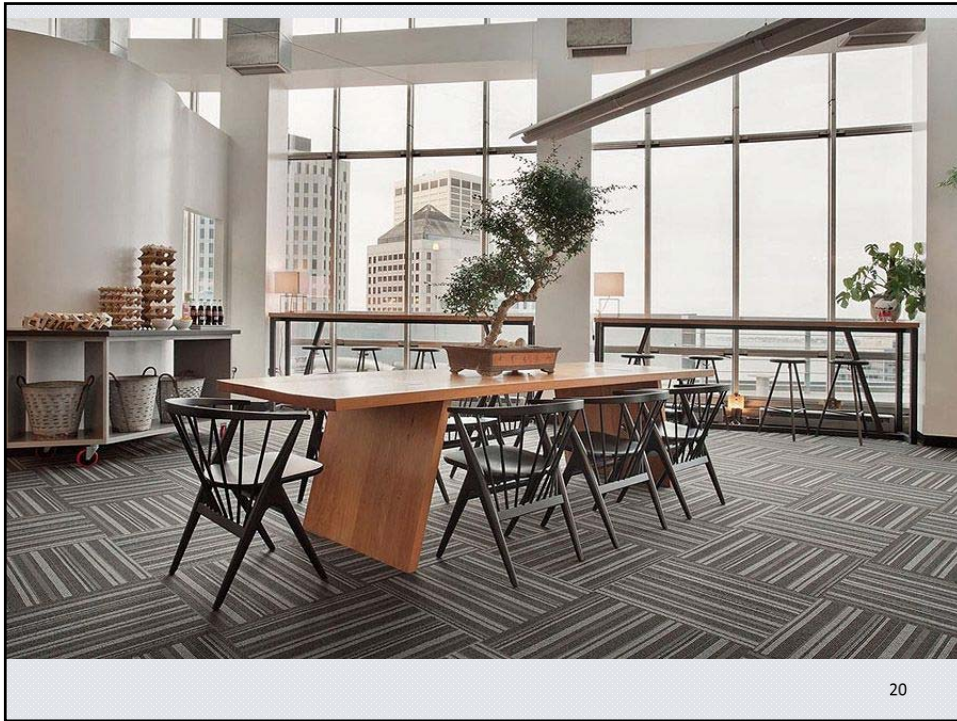


(Palmer, 2016)

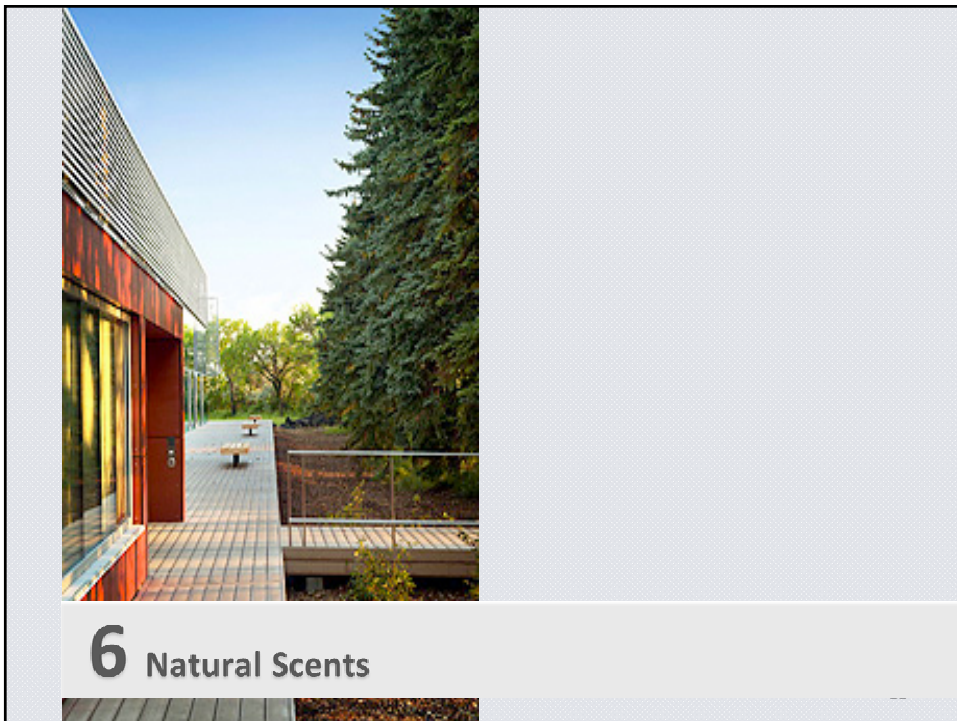


5 Plants

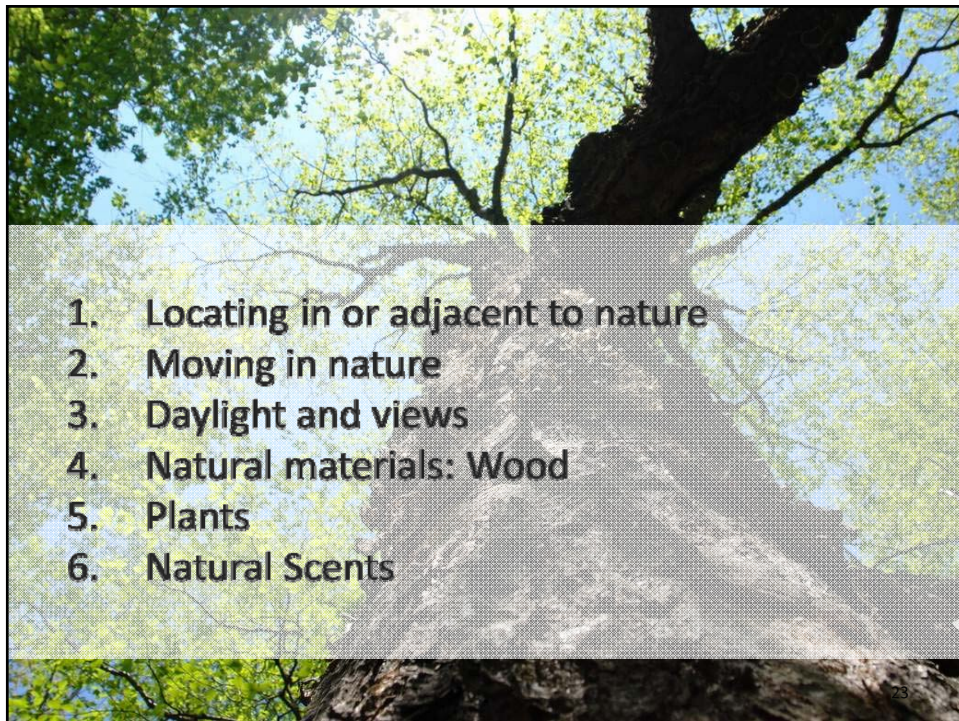
(Palmer, 2016)



20



6 Natural Scents





**Nature-based Features to Support Stress Reduction
in Knowledge Workers**

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