Nature-based Features to Support Stress Reduction in Knowledge Workers

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

(Posen, 2013)
1. Locating in or adjacent to nature
2. Moving in nature
3. Daylight and views
4. Natural materials: Wood
5. Plants
6. Natural Scents
1 Locating in or adjacent to nature

(Oakley, 2015)
2 Moving in nature
3 Daylight and views

(Selgas, 2014)
4 Natural Materials: Wood
6 Natural Scents
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