

## Complexity and Order



Implement a spatial hierarchy that mirrors the complex, yet harmonious patterns found in natural landscapes, striking an intriguing balance between monotony and overwhelming.

Engenders a restorative psychological response

Life ← Love →

# BIOphilia

Biophilia is the innate and genetically determined love for the natural world felt universally by humankind.

Biophilic design offers a powerful, applied solution to our innate desire for connection with nature by seamlessly integrating natural elements and processes into the built environment. It plays a critical role in creating healthy places for people to live and work, reducing stress and enhancing overall health and well-being.

Biophilic patterns provide a strategic framework that guides and elevates the design process, optimizing psychological, physiological and cognitive benefits.

Discover how these biophilic patterns are incorporated into the **Southwestern Medical District Transformation Project** and explore their related health benefits.

## Material Connection with Nature



Incorporate natural and local materials that inspire exploration, encourage tactile engagement, and enhance visual connections with the surrounding landscape.

Increases creativity and provides a calming effect

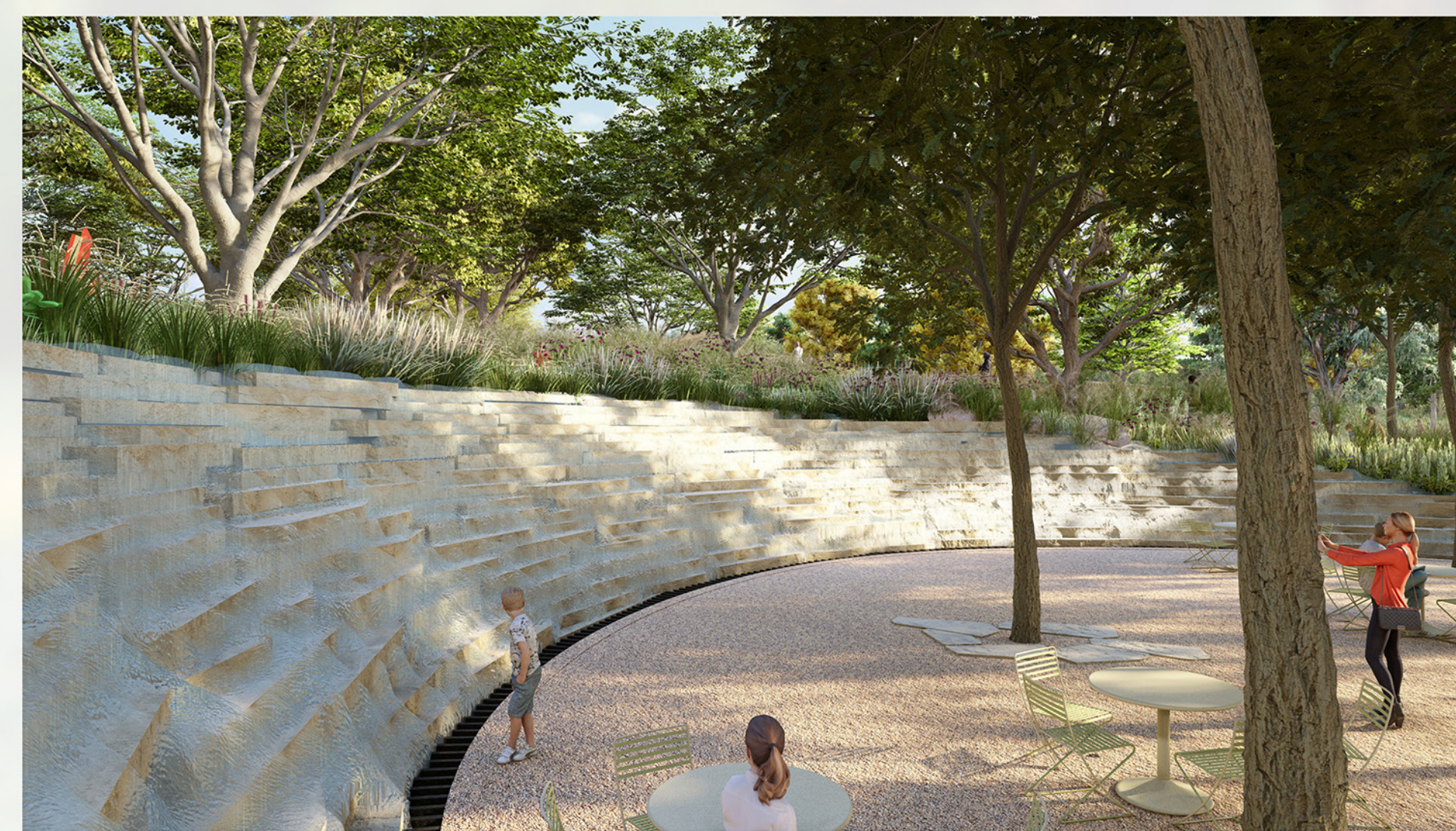
## Mystery



Spark curiosity and invite exploration by incorporating partially obscured views and intriguing design elements that entice individuals to venture and investigate space more deeply.

Heightened pleasure

## Presence of Water



Captivate the multi-sensory attributes of water to foster a tranquil and serene atmosphere that prompts contemplation and rejuvenation while offering a refreshing cooling effect and a natural sound barrier.

Lowers stress, heart rate and blood pressure, improves concentration and memory, lifts self-esteem and mood

## Non-Visual Connection with Nature



Engage all five senses to foster awareness of the seasonality and cycles of life, creating a deep, lasting bond with the naturalized built space that cultivates a sense of nostalgia enlightenment, and anticipation.

Reduction of stress hormones, increased cognitive performance and creativity, and elevated immune function

## Dynamic and Diffuse Light



Convey the passage of time and movement to evoke a sense of intrigue by employing dynamic lighting and reflective patterns that shift and transform throughout the space.

Induce positive mood, amplified behavioral performance and attitude

## Visual Connection with Nature



Maintain views lines that connect to an immersive, bio-diverse environment that fosters a deeper connection between people and the space.

Lowers heart rate and blood pressure, improved concentration and mental awareness, overall happiness and attitude, and a faster recovery rate

## Prospect



Impart a sense of safety and control by offering an unimpeded view over a distance for visual surveillance and contemplating the surrounding environment for both opportunity and hazard.

Relieves overall stress, fatigue and increases comfort and attention

## Thermal and Airflow Variability



Introduce subtle shifts in air temperature and wind flow across the skin to create a dynamic, invigorating, and comfortable space that provides users flexibility and a sense of control.

Feelings of comfort and general well-being

## Refuge



Offer an unique and embracing space where individuals or small groups can retreat from the open and feel protected and contemplative but not unnecessarily disengaged.

Decreased heart rate, lower blood pressure and fatigue, improved concentration, attention and perception of safety