



**How our environment can
influence our wellbeing**



Air Quality

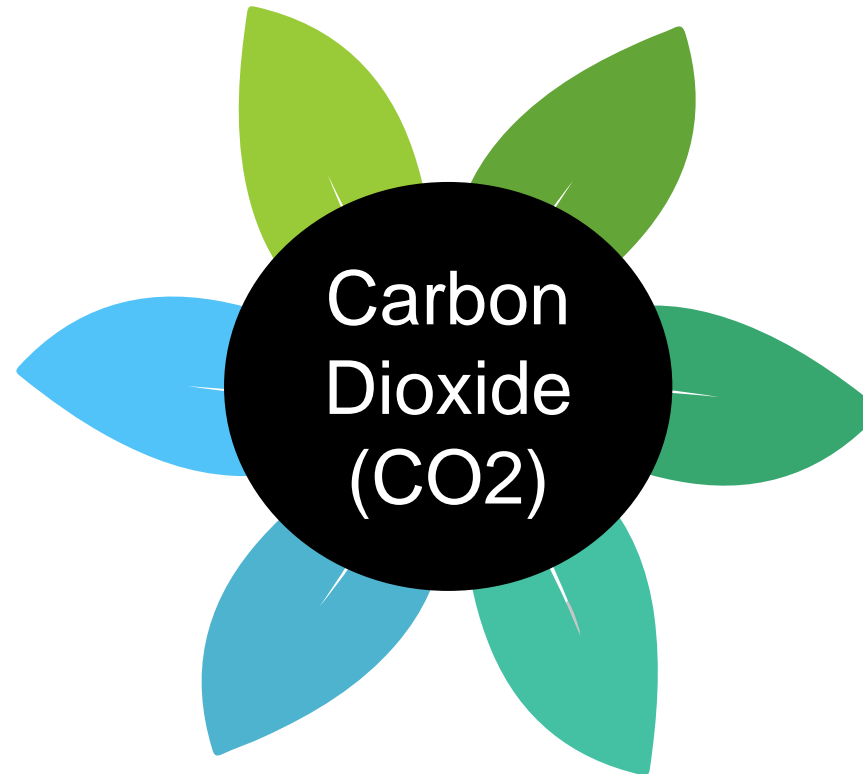


Elements

Natural ventilation, air conditioning and a combination of these two impact on wellbeing and needs to be balanced against thermal comfort

Environment

There are a range of pollutants that can be in our air such as PM10, PM2.5, Nox and CO2.



Impacts

Short term sick leave was found to be up to 35% lower in offices with improved ventilation and reduced pollutants

Productivity

Better air quality can result in 8-11% improvement in productivity

Thermal Comfort

Elements

Heating, Ventilation and Airconditioning, Insulation, sun, heat from people and equipment can impact thermal comfort

Environment

Recommended temperatures to achieve thermal comfort vary depending on season, climate etc, but is in between 15-30 degrees

Impacts

Staff who remain within their comfort zone have a lower HR and respiratory ventilation, increased O2 sats which can all improve task performance





Lighting



Elements

Access to windows, quantity and quality of light and glare

Impacts

A study showed that staff who worked in an office with windows slept on average an extra 46 minutes per night



Acoustics



Productivity

Noise reduction in an office can increase productivity by 27%

Impacts

Acoustic comfort improves staff satisfaction and reduces stress

Environment

Optimal background noise for an open plan office is 45dBA

Elements

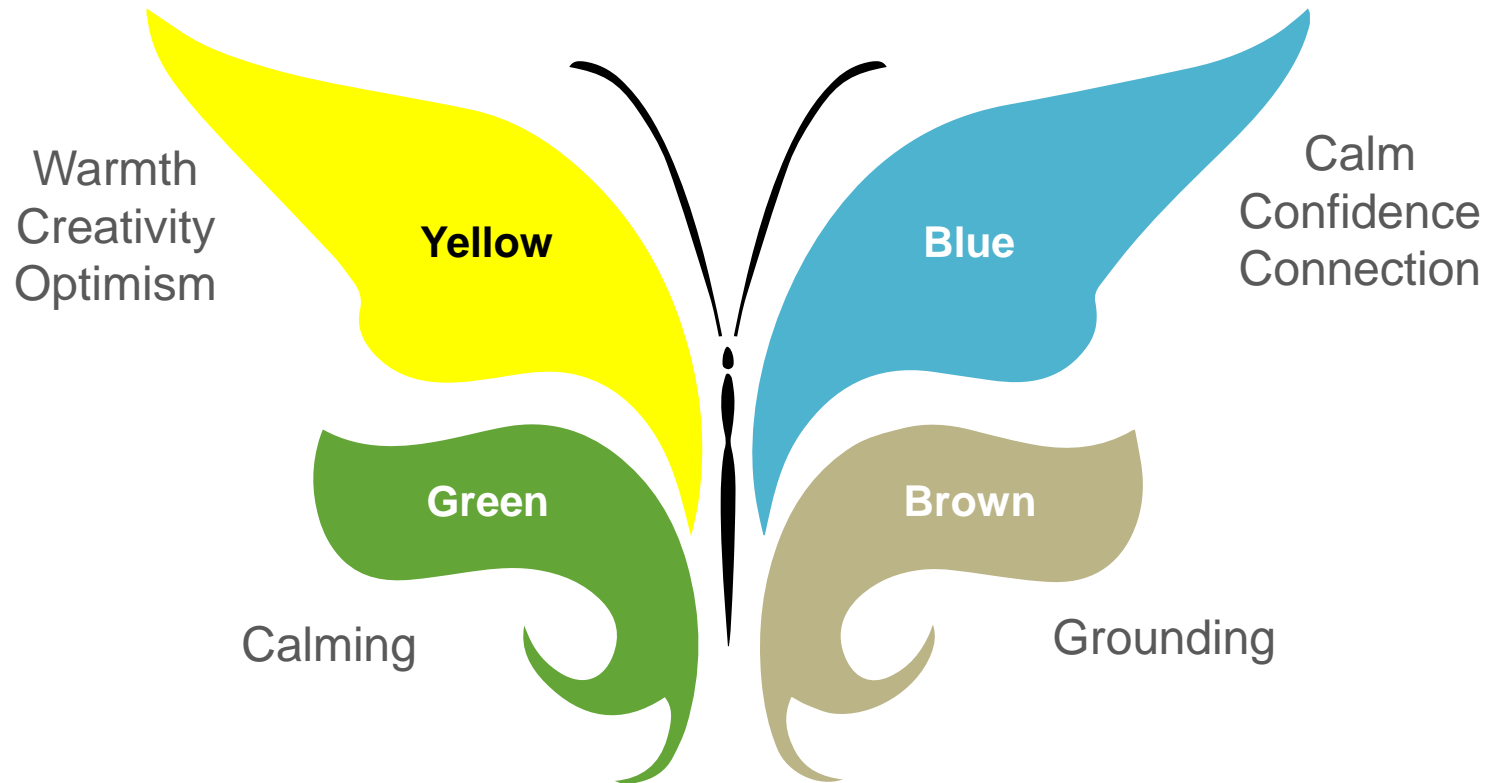
- Acoustic insulation
- Background noise levels
- Colleagues
- Telephones



Color



Colour in an office space can contribute to productivity, happiness, physical and mental health when used appropriately



Views & Biophilia

bio·phil·ia
(bahy-oh-fil-ee-uh) noun

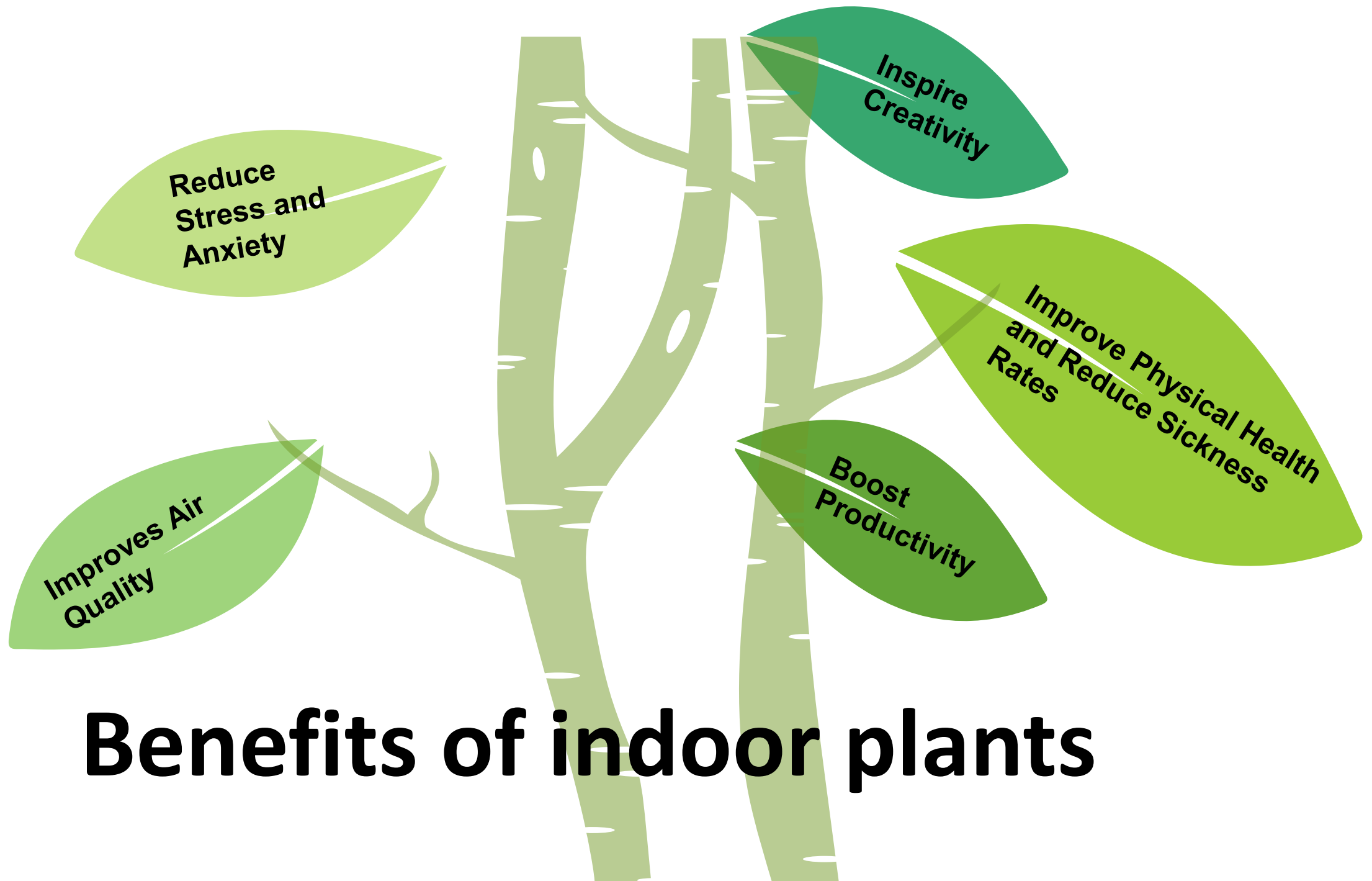
an innate and
genetically determined
love for the natural world
felt universally by humankind.

Environment

Access to nature views
and spaces
Indoor plants
Natural light

Reduce stress fatigue and
headaches
Improve cognitive function
Enhance mood
Enhance creativity

Impacts

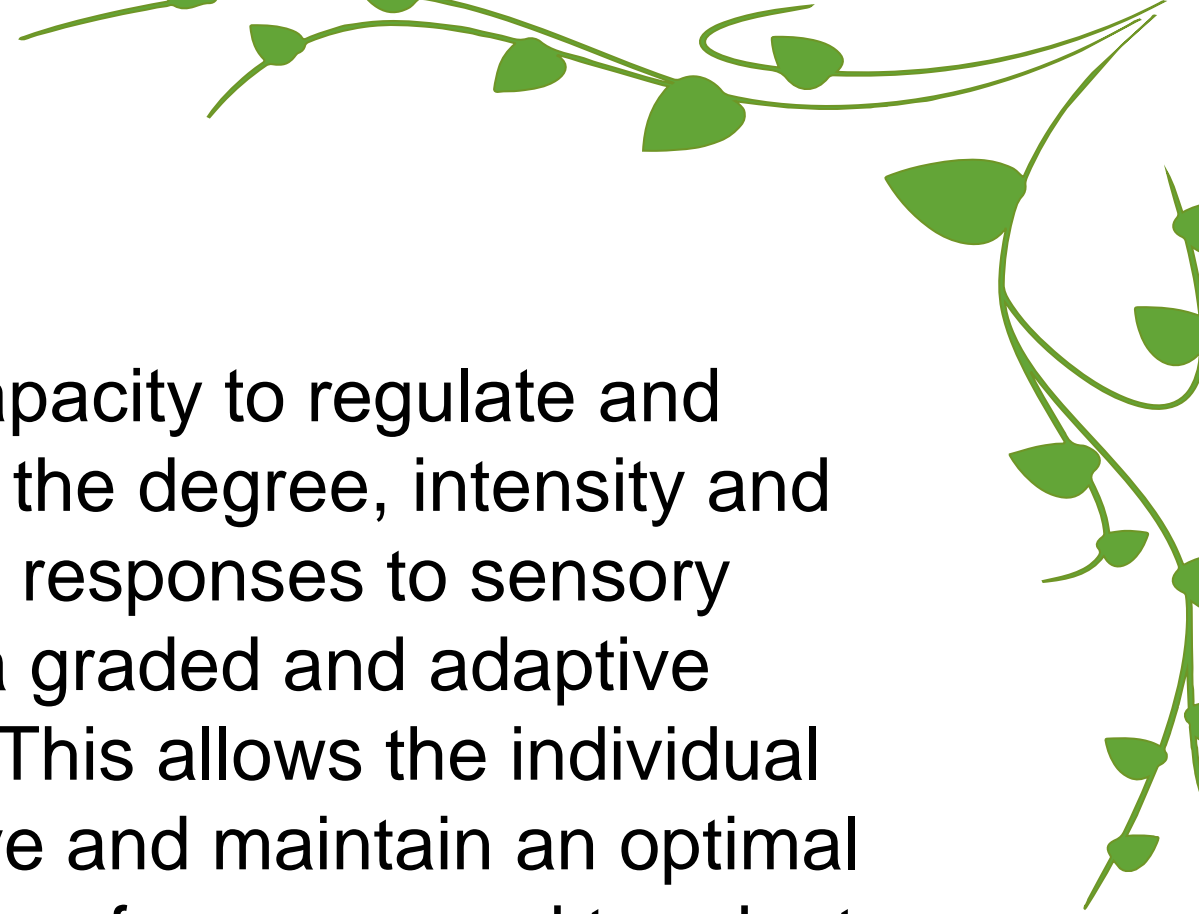


Benefits of indoor plants

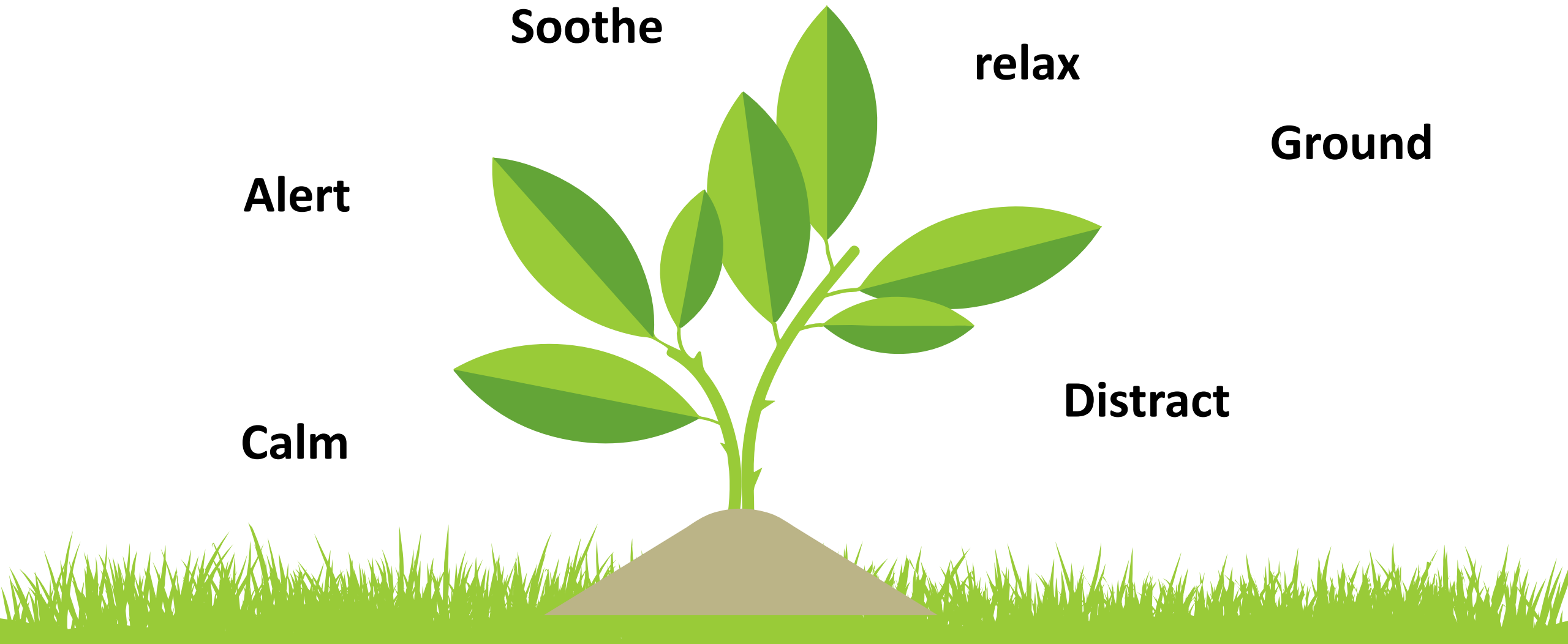
SENSORY Modulation

“...the capacity to regulate and organise the degree, intensity and nature of responses to sensory input in a graded and adaptive manner. This allows the individual to achieve and maintain an optimal range of performance and to adapt to challenges in daily life.”

(Miller, Reisman, McIntosh & Simon, 2001, p. 57).



When can we use sensory modulation in the workplace?





Workshop



In small groups:

- Reflect on your current working environment and potential impacts on wellbeing
- What are some areas of your environment you might be able to change?
- What would improve your working environment?
- Bring back to the bigger group one thing you can implement today?





References

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