

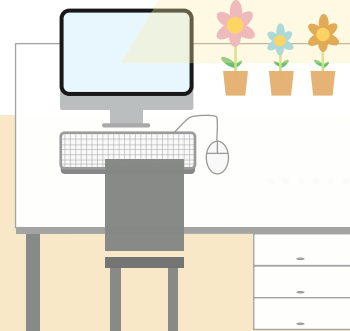
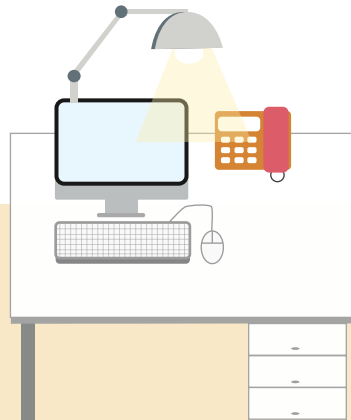
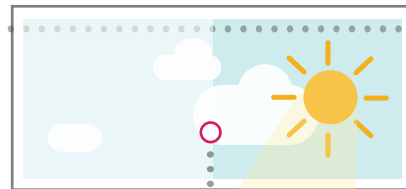
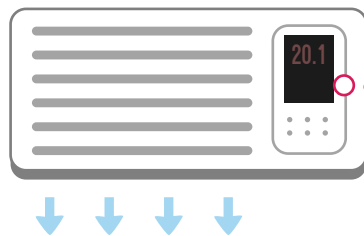


CREATING

WELL-BEING THROUGH PHYSICAL SPACES AT SFU

1

Air quality, ventilation and a comfortable indoor temperature are necessary components for efficiency in tasks, positive mood and ability to focus.



DESIGN FEATURE

- ADEQUATE VENTILATION AND THE USE OF LOW EMITTING MATERIALS
- OPERABLE WINDOWS ALLOW FOR FRESH AIR FLOW
- SOLAR SHADING AND PERFORMANCE GLAZING TO MITIGATE EXCESS SOLAR HEAT FROM USE OF GLASS

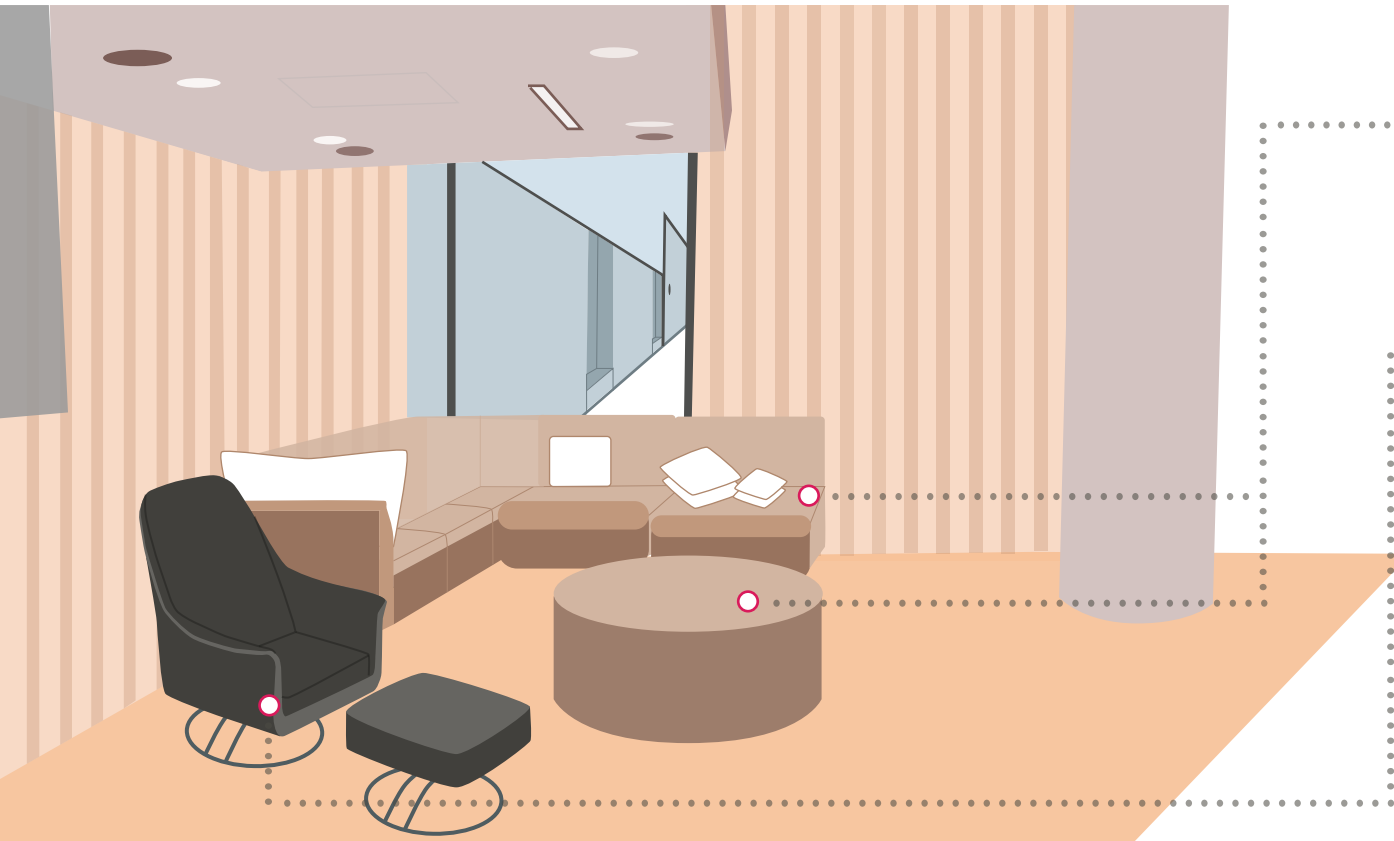


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WELL-BEING THROUGH PHYSICAL SPACES AT SFU

2

Adaptable furniture options foster mental well-being by enabling students to customize spaces and by promoting collaborative learning and social connection.



DESIGN FEATURE

- MOVEABLE FURNITURE AND ADAPTABLE AREAS FOR INDIVIDUAL AND GROUP WORK
- VARIOUS TYPES OF SEATING (BAR, BENCH, CHAIR, COUCHES)



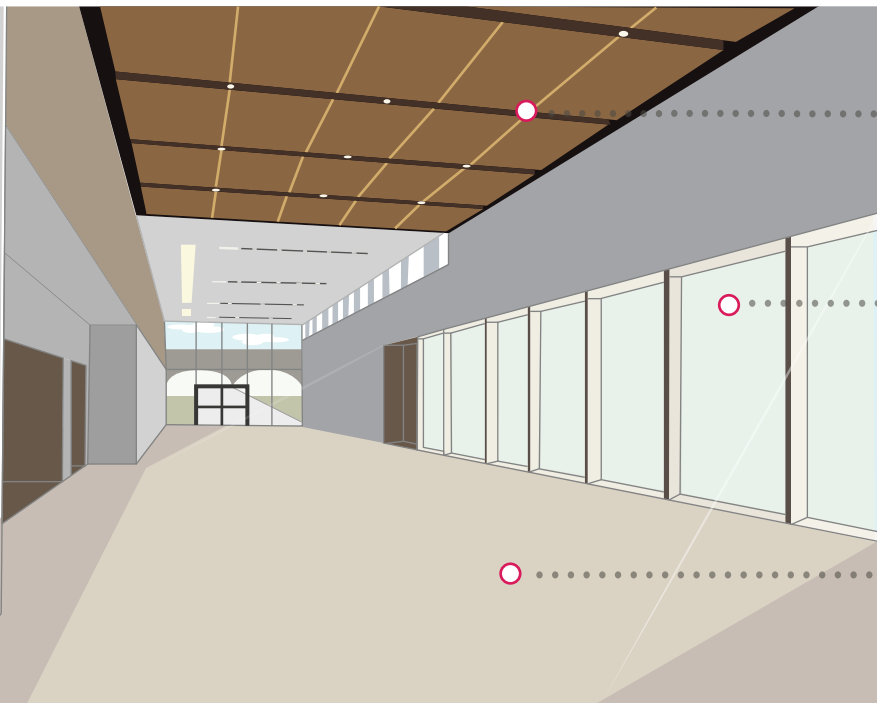
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3

Exposure to natural daylight directly impacts mental well-being by improving cognitive performance, comfort and reducing the impact of stressors.

Sufficient indoor lighting is also essential to support visual performance as well as overall well-being.



DESIGN FEATURE

- APPROPRIATE INDOOR LIGHTING
- AMPLE WINDOWS
- DESIGN MAXIMIZES EXPOSURE TO NATURAL DAYLIGHT



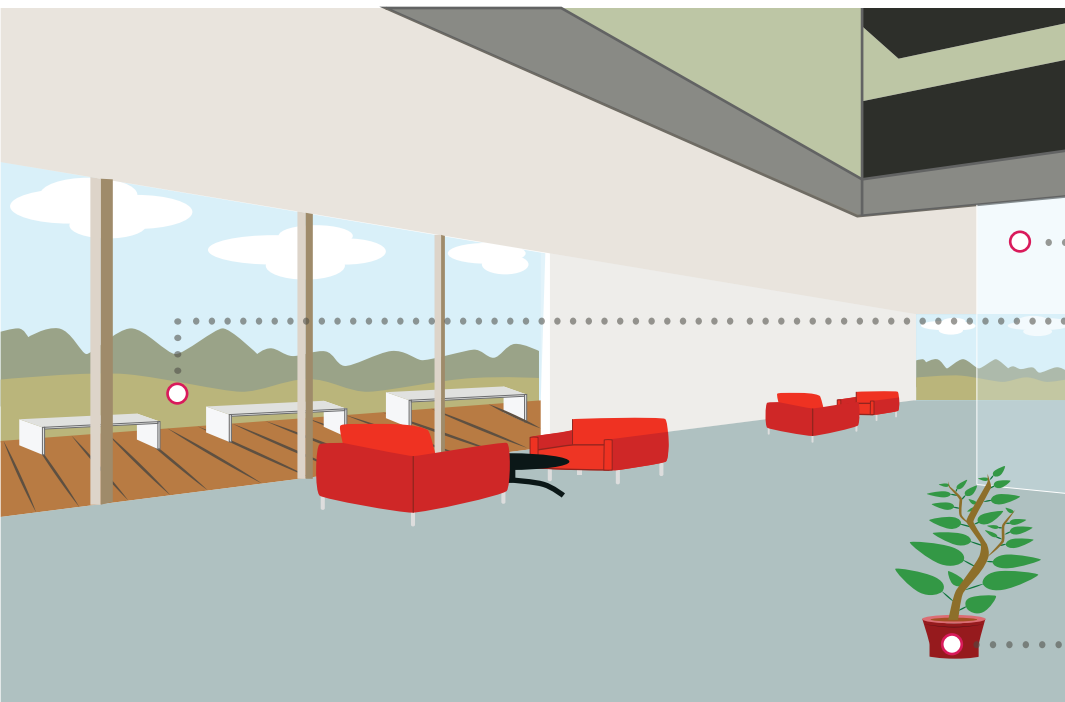
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4

Buildings that connect people to nature support well-being by increasing cognitive performance, positive mood (contentment, satisfaction) and comfort.

Natural elements improve physical health by reducing effects of stress on the body and have been shown to improve immunity



DESIGN FEATURE

- THE USE OF NATURAL BUILDING MATERIALS SUCH AS GLASS, METAL, AND WOOD
- DIRECT ACCESS TO NATURAL LANDSCAPE BY WAY OF TERRACES AND UNOBSTRUCTED VIEWS OF THE OUTDOORS
- INDOOR PLANTS, LANDSCAPE PAINTINGS

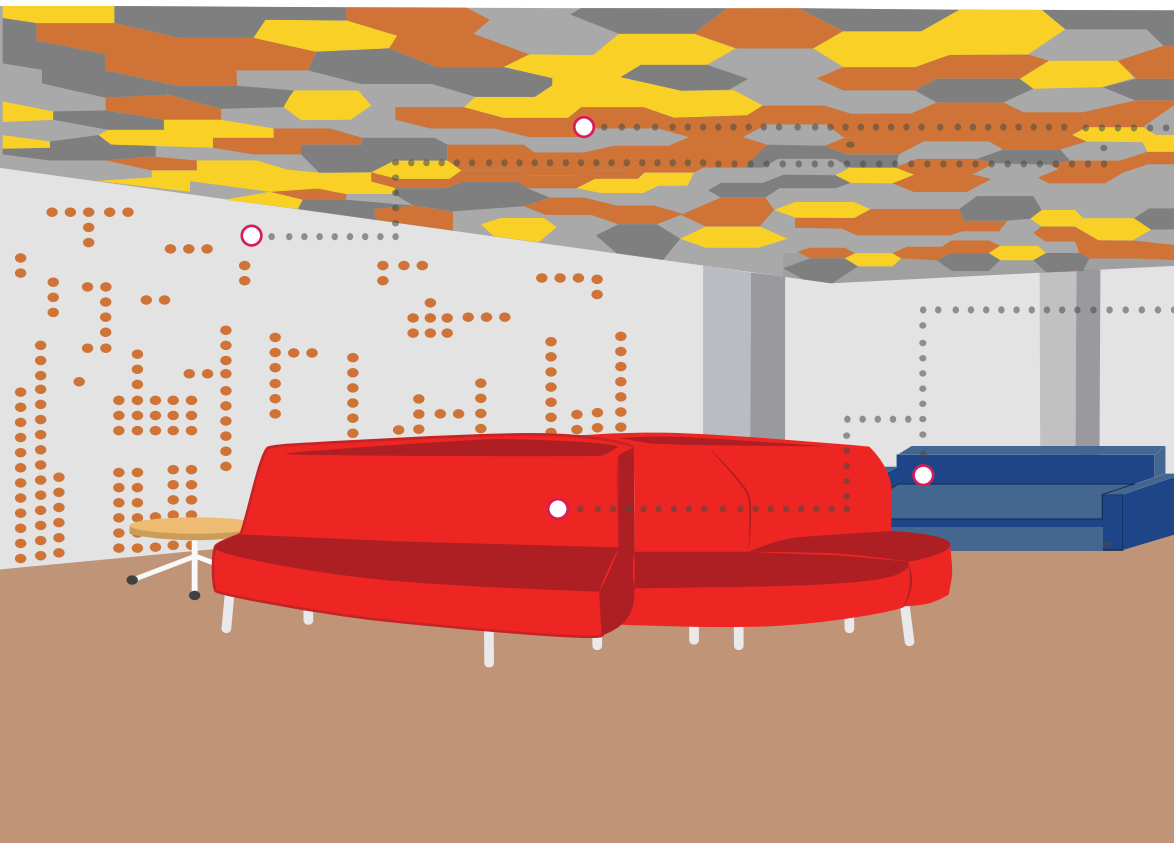


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5

Incorporating art and colour into a space creates a welcoming environment, lowers stress and anxiety levels and promotes a general improvement in mood.



DESIGN FEATURE

- INFRASTRUCTURE TO PROVIDE SPACE FOR ART
- A VARIETY OF COLOURS USED AND INCORPORATED THROUGHOUT THE BUILDING



CREATING

WELL-BEING THROUGH PHYSICAL SPACES AT SFU

6

Inclusive spaces are accessible to all. They foster physical and mental well-being by allowing students to use spaces with ease while offering flexibility to meet diverse needs.



DESIGN FEATURE

- VARIOUS TYPES OF RECONFIGURABLE FURNITURE TO ACCOMMODATE DIFFERENT BODY TYPES AND ABILITIES
- ADJUSTABLE TASK LIGHTING



CREATING

WELL-BEING THROUGH PHYSICAL SPACES AT SFU

7

Space design and configuration can facilitate **Social Connection** and positively impact mental and social well-being.



DESIGN FEATURE

- WINDOWS AND BRIGHT LIGHTING INCREASES SOCIAL BEHAVIOUR
- ENCOURAGE SOCIAL CONNECTION BY INCREASING PROXIMITY, AVAILABILITY AND EASE OF SOCIAL INTERACTION THROUGH OPEN CONCEPT DESIGN, RE-CONFIGURABLE FURNITURE AND OPPORTUNITIES FOR SHARED WORK SPACE