

1 Welcome sun and air with a porous perimeter

Operable windows with shade controls can increase control & comfort, connect us to the exterior environment, and typically provide better air quality in comparison to mechanical cooling and heating. Sunlight affects melatonin production, sets circadian rhythms, and can influence serotonin levels. Reduced light exposure can result in circadian imbalance which increases the risk for depression and disease (Kellert 2008).

2 Bring gardens inside

Indoor plants reduce psychological stress, increase job satisfaction, lift mood, and improve cognitive performance (Bringslimark 2007). These effects can combat disease and chronic stress.

3 Plant (or save) a tree for every window

Views to green landscapes improve cognitive performance, accelerate healing, and increase recovery from stress (Ulrich 1984, Sullivan 2009). Properly sited buildings and carefully considered windows provide neurological nourishment.

4 Enrich the edges

Protected outdoor areas adjacent to buildings provide cover, transition, refuge, and environmental modulation.

5 Open views

Humans prefer prospect views that allow us to survey our surroundings for opportunity and hazard. We also have an innate desire to explore and appreciate mystery (Ulrich 1993).

6 Shake hands with plants

When we know something, we are more likely to protect it (Wilson 1984). By making plants accessible and inviting we provide opportunities to meet and appreciate them.

7 Layer gardens

Vertically layered gardens create enclosure, immersion, and attract the greatest number & diversity of wildlife. Tough and low maintenance native plants capitalize on evolutionary symbioses with local fauna.

8 Embrace soft fascination

Non-rhythmic movement of light refracting off the surface of water provides soft fascination resulting in mental regeneration. The presence of water has historically signaled availability of drinking water, defensive advantages, and high food productivity which may support the nearly universal positive response and strong preference for visual access to water (Ulrich 1993).

9 Provide outdoor places to sit (or imagine sitting)

A moment of refuge with a favorable prospect provides a moment of contemplation, rest, and recovery. Moveable furniture creates flexible use and gives users more control.

10 Encourage twenty minutes with nature

Twenty to thirty minutes in nature is shown to provide maximum stress reduction in relation to time expended (Hunter 2019). Benefits extend to increased immune system resilience, reduced pain levels, increased serotonin levels, and improved cognitive performance.

11 Reveal time

By highlighting the seasonal change of plants and life cycles of materials we reconnect to our broader climate & context and expand our sensory experience.

12 Make it beautiful

Our efforts must be beautiful. They must attract our attention, promote wonder, weave the ground and sky, and change over time.

"A beautiful landscape works on our psyche, affording the chance to ponder on a world outside ourselves. Through this experience, we are decentered, restored, renewed and reconnected to the biophysical world. The haptic, somatic experience of beauty can inculcate environmental values."

- Elizabeth K. Meyer Sustaining Beauty. The performance of appearance, A manifesto in three parts.

"If it isn't beautiful, then it isn't sustainable."

-James Wines



A TREE FOR EVERY WINDOW

*Maximizing Health Benefits at the
Intersection of Landscape and Architecture*