

MechSE WELLness

M02 Access to Nature

Intent: Support occupant well-being by including the natural environment through interior and exterior design.

Increasing nature access at work helps relieve stress and mental fatigue, supports focus, and encourages overall mental well-being. Exposure to plants and other natural elements is linked with decreased levels of diastolic blood pressure, depression, and anxiety; increased attentional capacity, better recovery from job stress and illness; increased psychological well-being; improved employee morale, decreased absenteeism, and increased worker efficiency and job satisfaction. Exposure to natural light has a substantial impact on mood, circadian rhythm, and productivity. Research also links exposure to natural views with positive emotional and cognitive health outcomes.

Impact: Access to nature in built spaces supports healthy environments by mitigating stressors and positively impacting cognitive and emotional health, focus, productivity, and overall well-being.

What are the requirements to earn this credit?

1. Provide direct connection to nature via plants, light, and nature views.
2. Provide indirect connection to nature via natural materials, patterns, colors, or images.
3. Deliberate placement of natural elements along common routes, classrooms, conference rooms, and lounge areas.
4. Encourage occupants to have plants, natural materials, and nature images in workspaces.

How is MechSE accomplishing these requirements?

Our facility includes a variety of beautiful plants. We are pursuing nature images of campus or local areas to help all of us connect to our amazing place and heritage. Natural patterns and materials were provided in the bio/plant based flooring, leather furnishings, wood surfaces and patterns, combination of muted and bright colors, and inclusion of a coffee shop with scents of natural coffee. Upcoming trend for biophilic spaces including beauty, prospect and refuge, nature, and connection to place were included in our design.

