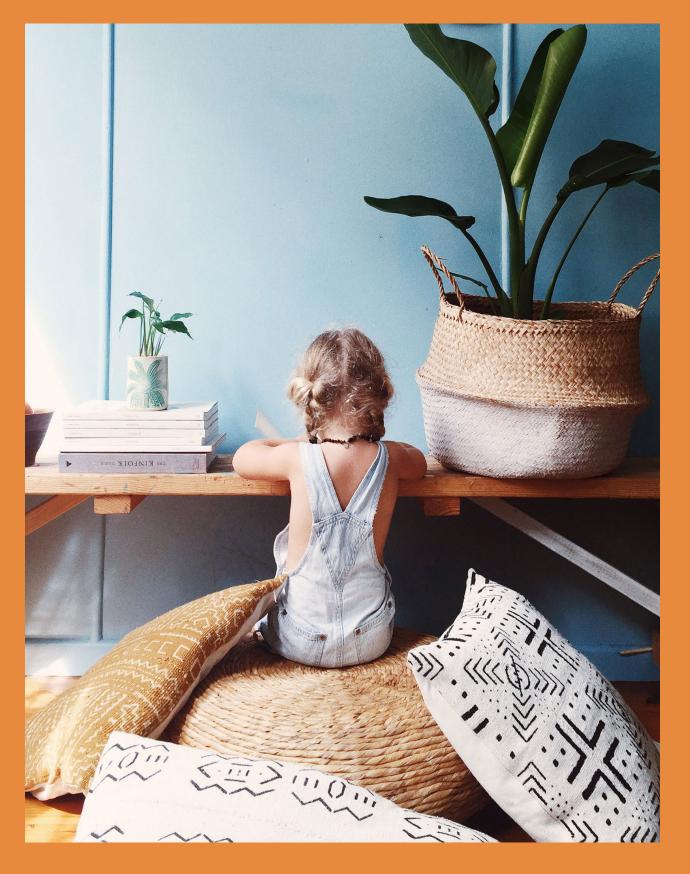


DESIGN FOR WELLNESS





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ALOHA FROM THE LAGOON HQ

> AKA / TESS GUINERY DESIGN STUDIO

WELCOME... TO THE #LAGOONTOTHEMOON MINI-SERIES. BRINGING YOU LITTLE POCKETS OF GOLD TO HELP YOU NAVIGATE THROUGH THE TRENCHES OF THE #FREELANCE WORLD.

LET'S TALK WELLNESS

BROUGHT TO YOU BY OUR GUEST CONTRIBUTOR / INTERIOR DESIGNER + QUEEN OF WELLNESS -

> CHRISTINE AMIRADAKI XO



/ 1-3

DESIGN FOR WELLNESS

1. NOT JUST A PRETTY FACE

Ever noticed you work better when you're in an environment that's bright, filled with light and splashed with colour? Or stepped into a dark, claustrophobic room and hit the exit asap! Who knows we eat way too much in a space designed to stimulate your appetite (mood lit & red tones)? Guilty! It's safe to say that interior design does more than make a space look pretty.

2. MOODY

I have always been passionate about interior design because of the effects it can have on someones body, soul and spirit. Our mindset, emotions and actions can all change based on the environment we step into. We can design spaces that make people feel a certain way! Miserable, frightened, cheerful, romantic, peaceful.

3. DESIGN FOR WELL-NESS

Lets zoom into creating spaces filled with peace. That space where you breathe a sigh of relief. I'm especially enthusiastic about creating environments that benefit wellness, both physically and mentally. After looking at much of Roger Ulrich's research and findings, three main components have been shown to create psychologically supportive environments...

- a) Control
- b) Social Support



/ 4-6 4. OWN THAT SPACE

As human beings we have a strong desire for control and self efficiency. Both influence stress levels and our state of mind. Lack of control has been found to elevate blood pressure, reduce immune system function, increase apathy and even feelings of depression. When creating these spaces ensure that they allow flexibility and instill ownership, making it personable to you. This space is your orchestra and yours to conduct. Own that space!

5. SOCIAL SUPPORT

Social support is crucial when dealing with stress, anxiety and feelings of depression. Ulrich's findings show that those who have a high level of social support tend to have low levels of stress & greater mental wellness. Therefore, creating an environment that encourages social support and relationship is important.

6. DISTRACTIONS ARE YOUR FRIEND!

Pos•it•ive Dis•trac•tion (as defined by Ulrich) An environmental feature or element that elicits positive feelings, holds attention and interest without stressing an individual and therefore blocks worrisome thoughts.

These can be categorized into 3 main groups:

- Nature elements | trees, plants, light, water!

- Animals
- Human beings

Any elements that provide these or connotations of these assist in creating a space full of rest, peace and wellness!!



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7. LET'S TRANSLATE

Okay, so we know why these various elements matter but how do we translate them into design decisions that effect OUR spaces!? My favorite part of this process... play time!

8. OWN THAT SPACE #2

Make a space that has the flexibility to be changed and re-created again and again. If you're like me... this happens about once a fortnight! Other elements that can be utilized are pivot doors, moving walls, various lighting, screens, temperature & ventilation control! Something I like to do is create mini spaces within a space that have specific purposes.. a sleep station, a painting station, admin/work station etc! Control over how your environment functions, feels and flows will assist a calm state of mind!

9. COLLABORATE

Create spaces that allow and encourage sociability, collaboration and relationship! Practically you can employ room and furniture plan layouts that drives connection. Include spaces for visitors to play and/or stay and communal areas that ensure daily social interaction. Check out PKMN Architecture's 'All I own' house for a crazy creative way of producing flexible sociable spaces!



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10. GREENS ARE GOOD FOR YOU

Get some of those greens into your interior spaces! A few of my favorite indoor plants are:

1. Rubber Plant: Deep green colour and super low maintenance!

2. Strelitzia: Stunning large leaf plant!

3. Succulents! Remember if the plant appears to be drying out it's actually because its getting too much water! Less is best.

11. SMART ART

Any connotations of living things, animals, humans or nature create positive distractions. Fill your space with beautiful pieces of art that take you back to nature. Sculptures, paintings, photographs... Go crazy (with a budget)!

12. PEACE OUT

Enjoy those little tips, be free and create your little hubs of peace!



PLAY TIME! ENJOY CREATING YOUR NEW SPACES

LOVE CHRISTINE

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CHRISTINEAMIRADAKI.COM @CHRISTINEAMIRADAKI

