

NEWSLETTER



Biophilia Week.

As construction professionals, it is our responsibility to look after the environment as well as the wellbeing of our clients, who are the users of our space. This is why as a construction company we are continuously looking for ways to ensure our clients get the most out of our buildings and spaces. During research about the effects of spaces on a user's mental and physical wellbeing we have stumbled upon the topic of biophilia, and we have decided to educate our clients as regards the topic, hence this newsletters theme.

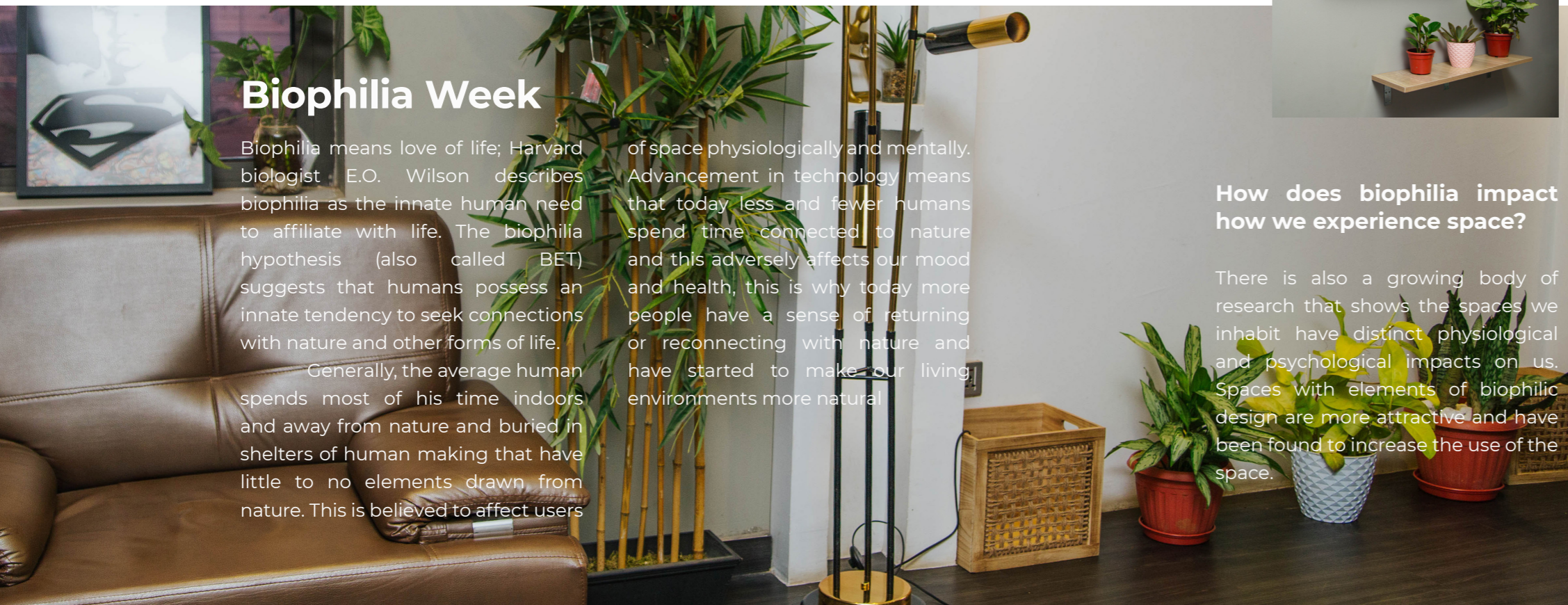
Issue_I_2021.



actual news

newsroom

Experience. Biophilia.



Biophilia Week

Biophilia means love of life; Harvard biologist E.O. Wilson describes biophilia as the innate human need to affiliate with life. The biophilia hypothesis (also called BET) suggests that humans possess an innate tendency to seek connections with nature and other forms of life.

Generally, the average human spends most of his time indoors and away from nature and buried in shelters of human making that have little to no elements drawn from nature. This is believed to affect users

of space physiologically and mentally. Advancement in technology means that today less and fewer humans spend time connected to nature and this adversely affects our mood and health, this is why today more people have a sense of returning or reconnecting with nature and have started to make our living environments more natural



How does biophilia impact how we experience space?

There is also a growing body of research that shows the spaces we inhabit have distinct physiological and psychological impacts on us. Spaces with elements of biophilic design are more attractive and have been found to increase the use of the space.

We are all responsible.

Why is biophilia important to a built environment?

As species that evolved on the savannas of Africa, after which we later spread out to various parts of the planet with a substantial percentage of us living in urban areas. We spend more than 90% of our lives inside buildings. So biophilic design is focused on bringing experiences of nature closer to us in built environments. Doing this can be achieved in various ways from the use of plants, water, daylight, natural materials, fractal patterns, and spaces that give the users and occupants of spaces views of the environment.

enhance mood and creativity. These and other outcomes can increase health and wellbeing, as well as productivity.

What is the future of biophilic design?

One of the trends we have observed is using biophilic design to support changing functions of spaces, such as hotel lobbies as workspaces, workspaces using elements of residential design, and other spaces like airports and transit hubs adopting guest experience strategies seen in hospitality design.

We think that increasing biophilic design will be used to convey messages about a brand, and a signal about caring for building occupants.

Benefits of biophilia to us?

Biophilic experiences can reduce stress, improve cognitive function, and



Why is biophilic design so significant now?

Many companies are increasingly focused on improving the health and wellbeing of their employees, frequently through programmatic efforts like yoga, meditation, and healthier food offerings. Biophilic design is a strategy to support the health and wellbeing of everyone in the office through the design of spaces themselves. Different biophilic design elements support different outcomes, some help with stress reduction, others with cognitive function. Choosing the desired outcome can then help determine which design elements will be the effective.



challenges & opportunities of incorporating biophilic elements in the workplace?

Similar to the early green building movement, there are concerns about the changes in first costs and the costs

for ongoing maintenance of various features of biophilic design. There are opportunities for every workplace to incorporate biophilic design, whether it's a small intervention like the art selection in an existing building or creating a space from the ground up that incorporates biophilic design throughout. With time, the challenges will begin to fade as more projects illustrate the scale of opportunities for biophilic elements and their value.

Biophilic Design Application

Evolving our connection with nature

Biophilia—our intrinsic human connection with the natural world—continues to guide our design thinking and process at Big Homes. We are intrinsically linked to nature and the living world, so it makes sense that our spaces reflect these connections to foster health and wellbeing.

Direct contact with vegetation, in and around the built environment, is one of the most successful strategies for fostering human-nature connection in design. The presence of plants can reduce stress, improve comfort, enhance mood, and prompt healing. Through including indoor/outdoor gardens, we offer patients, families, and staff green spaces with native plants, walking paths, and a variety of seating, which—when woven together—create nature-filled spaces for moments of connection, reflection, and respite.

Having elements of nature in a room space can help you create a living environment with clean air which helps to reduce the disconnect with nature. It improves air quality by removing harmful pollutants and also stabilizes humidity levels. Indoor plants have also been proven to reduce the symptoms of sick building syndrome. Plants produce a boost in mood and productivity. But they are also responsible for jacking up the quality of the air. Plants are natural air filters, removing carbon dioxide and releasing pure oxygen. We look forward to continuing to evolve and support human-nature connections in the built



environment in meaningful ways and walking this path towards a restorative future with our partners, clients, and communities.

NEWS.

Big Homes :
www.bighomesnigeria.com

Company Address
911 Mall,
Usuma St,
Maitama, Abuja.

