

## Mindfulness/Transforming the Culture of Wellness

**IDCEC#111643R1 Designation-HSW**

**AIA Course# MTC02 Designation-HSW**

**Course Credits:**

**1.0 CEU / 1 LU**

### **Course Description:**

How mindfulness supports an overall culture of wellness. Exploring mindfulness as a practice in the workplace, and its impact on employee mental, physical and emotional health and wellbeing and new trends in design to promote these practices within our spaces.

### **Learning Objectives:**

1. Understand current health benefits of incorporating mindfulness as a wellness practice which include decreased stress levels resulting in improve mental and physical health and more productivity. Explain how organizations are focusing on offering employees more intentional programming around mental and emotional support because these new-age solutions result in much higher adoption rates (80%+)  
(source:HelloDriven.com,<https://home.hellodriven.com/research.html>) and stronger personal outcomes that contribute to better business outcomes. Additionally, stress is a large contributor to high turnover, absenteeism and more healthcare needs from workers.
2. Share insights on how commercial design can facilitate wellness in the workplace by providing spaces to re-charge mentally and physically, spaces to practice mental health exercises and spaces for overall focus on health and wellbeing (re-charge rooms, quiet rooms, yoga rooms, etc.)
3. Show the importance of incorporating design elements that foster and enhance health and wellness in the workplace. Incorporating space for mindfulness or meditation, including analog rooms to reduce stress and allow space for physical connection and creativity a step away from technology. Acoustics and lighting are critical in creating a space that enhances the user experience with a positive health response, biophillic design should be incorporated to bring a sense of nature and calm into the workplace and create a positive emotional response and sense of belonging.
4. Show how acoustics and lighting are critical in creating a space that enhances the user experience with a positive health response, biophillic design should be incorporated to bring a sense of nature and calm into the workplace and create a positive emotional response and sense of belonging.