

ARCHITECTURE & WELLBEING

Lecture by KEO studioworks



LECTURE OBJECTIVES: AN EVIDENCE-BASED PATHWAY



1. DEFINE key frameworks for understanding human wellbeing.



2. EXAMINE evidence linking environmental design to physiological and cognitive outcomes.



3. EXPLORE methods for translating neuroscientific research into architectural and urban design practice.



4. CONSIDER a model of design beyond aesthetics and function—grounding decisions in evidence to support human health, resilience, and flourishing.



INTRODUCTION TO LECTURE THEMES

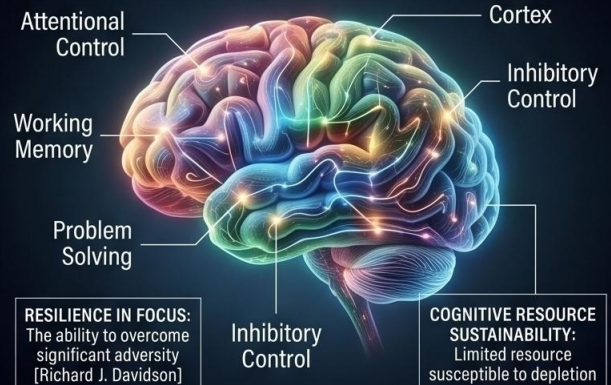
Recent advances in neuroscience, biology, and cognitive science are deepening our understanding of how the brain, body, and environment interact. This research offers new insight into how the spaces we inhabit influence mental and physical health, with important implications for architecture and urban design.

As mental health challenges and cognitive dysregulation increase, understanding the built environment's role in human wellbeing has become increasingly important. Emerging evidence shows that spatial, sensory, and material qualities can influence neurophysiological processes, emotional regulation, and quality of life.

*“Whether people are healthy or not...
environment... impacts on health...”*

—World Health Organization: The
determinants of health

EXECUTIVE FUNCTION & SELF-REGULATION



*Architecture is the art of
reconciliation between ourselves and
world, and this mediation takes place
through the senses.*

- Juhani Pallasmaa