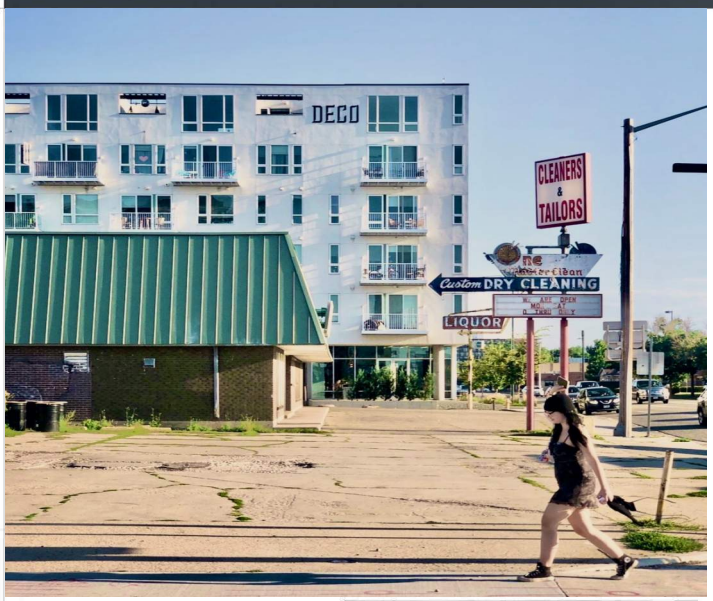
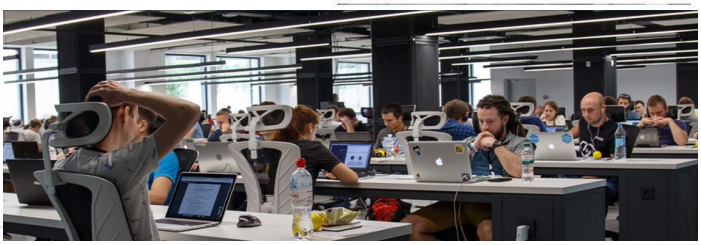
ARCHITECTURE + WELLBEING

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. Research into mental and physical health is revealing important insights into how the built environment can influence human wellbeing, with significant 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*

