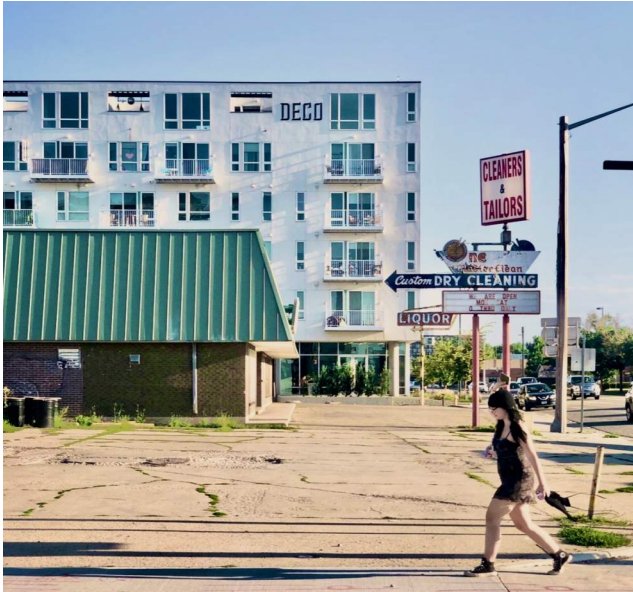


ARCHITECTURE & WELLBEING

Lecture by Jim Keo

“Whether people are healthy or not, is determined by their circumstances and **environment**. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health ...”

-World Health Organization: The determinants of health



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 decline 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.

This lecture will:

Define key frameworks for understanding human wellbeing.

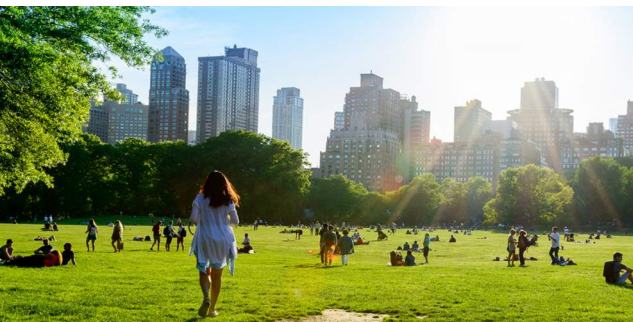
Examine evidence linking environmental design to physiological and cognitive outcomes.

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

Ultimately, the discussion considers a model of design that extends beyond aesthetics and function—grounding design decisions in evidence-based strategies that support human health, resilience, and flourishing.

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

-Juhani Pallasmaa



Executive function and self-regulation



attentional control
working memory
problem solving
inhibitory control

aids to resilience: the ability to overcome significant adversity

(Richard J. Davidson)

limited resource susceptible to depletion

