

Whole-istic Living

Home as a Healing Environment



PROBLEM



“We shape our buildings and afterwards our buildings shape us.” - Wiston Churchill

Studies show that people are strongly affected by building façades. If the façade is complex and interesting, it affects people in a positive way; negatively if it is simple and monotonous.

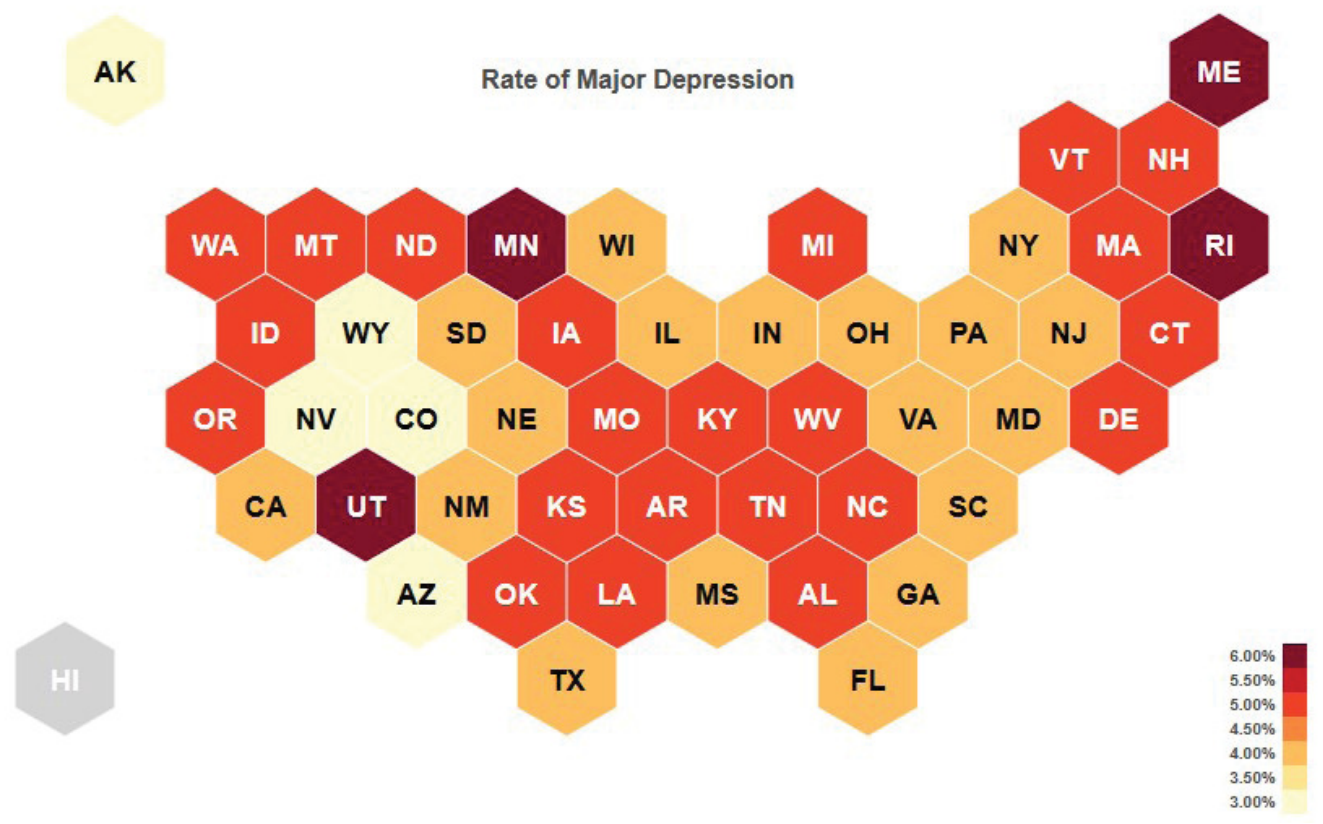
“Visual complexity of natural environments acts as a kind of mental balm” - Ellards.

Specialised cells in the hippocampal region of our brains are attuned to the geometry and arrangement of the spaces we inhabit.

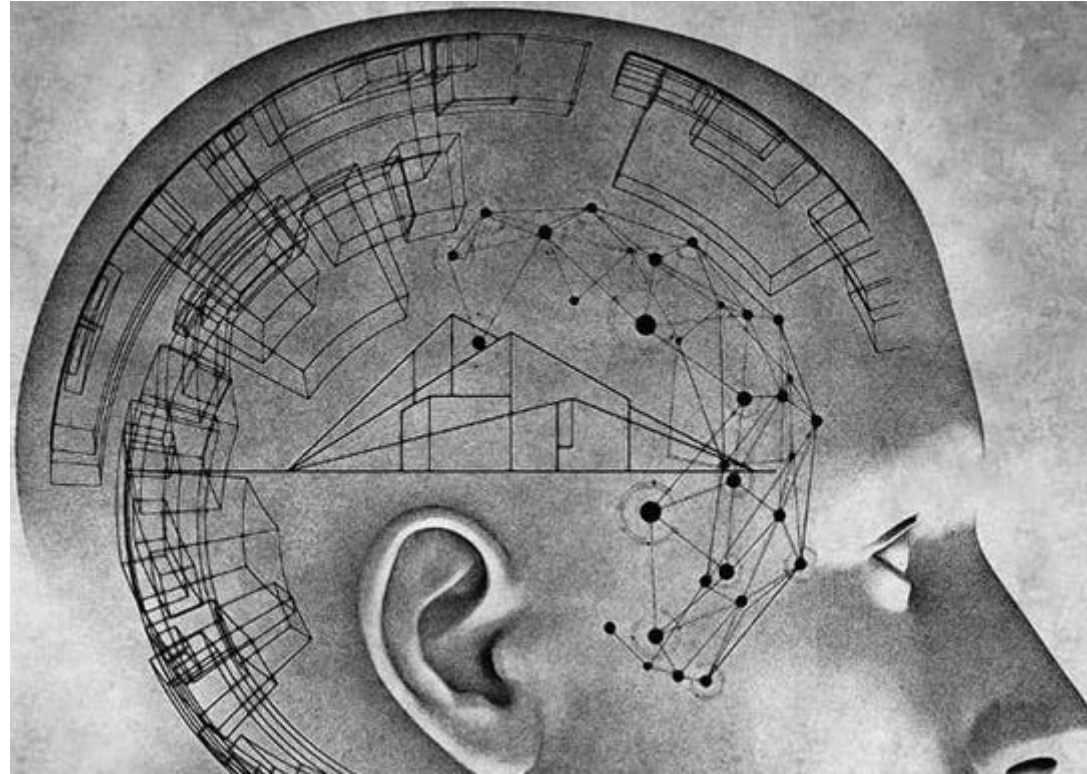
2013 virtual reality experiment in Iceland in which participants viewed various residential street scenes and found the ones with the most architectural variation the most mentally engaging.

Studies have determined that the average human spends around 90% of their time surrounded by buildings.

Depression Rates by State 2023



“Neuro-architecture”



Neuro-Architecture examines the brain's responses to the built environment, and helps architects design buildings that will have a more positive effect on our mood and senses, and ultimately our wellbeing.

So far, studies in Neuro-Architecture have made some other interesting discoveries, namely:

- Views of nature have the ability to help humans recharge, disconnect and heal on psychological and physiological levels.
- Humans are more attracted to symmetric, textured and interesting building facades.
- The use of the colour green reduces heart rates and relieves stress.
- The colour red creates positive mental awareness and cognitive stimulation.
- Natural light (bright morning and soft warm afternoon light) triggers various positive feelings whereas artificial blue light has the opposite effect.

However, in its most basic, primal form, when it comes to choosing a home, humans are looking for circumstances favourable to their survival. A place of refuge with the ability to observe their surroundings, located nearby resources (food...water...nature...).



With advances in neuroscience, it is becoming easier every day to measure these indices and understand how shapes, colors and scales can influence human perceptions. Currently, it is already possible to use MRI machines and virtual reality to understand how brain waves behave in spaces through biofeedback.

| | | | |
|-------------------------------|-------------------------------------|-------------------------------|-----------------------------------|
| Home Price \$99,900 | Down Payment \$19,980 20% | Interest Rate 6.94% | Loan Type 30-year fixed |
|-------------------------------|-------------------------------------|-------------------------------|-----------------------------------|



| | |
|----------------------------|-------|
| Principal and Interest | \$528 |
| Property Tax | \$105 |
| HOA Fees | \$0 |
| Home Insurance | \$35 |
| Private Mortgage Insurance | \$0 |
| Utilities | \$0 |

Estimated Lot Value

Average Value: \$95,928
Range of Values: \$92,856 - \$99,000
Current List Price: \$99,900
Days on Market: 196

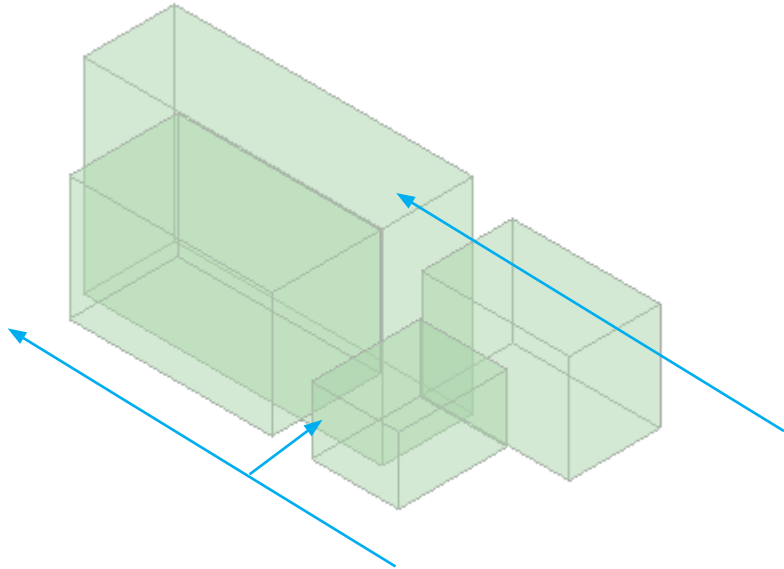
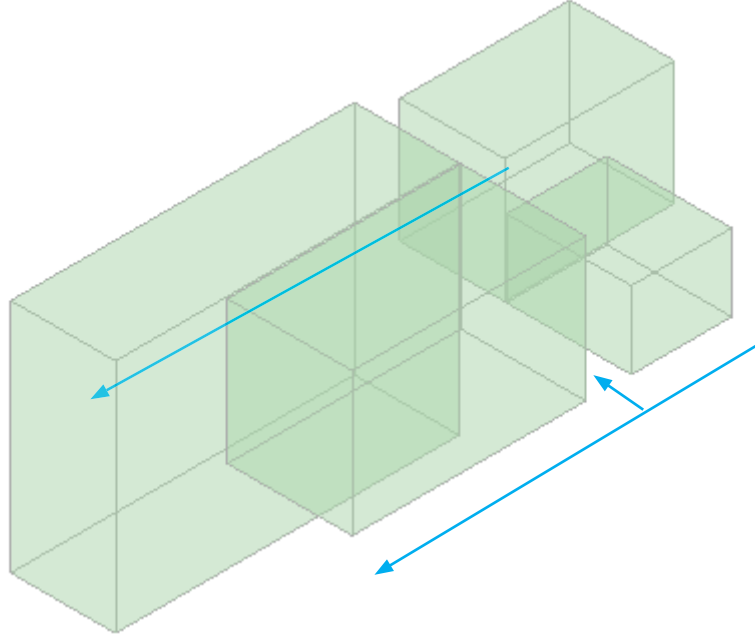
1 Year 5 Year



963 Patterson St Ogden, UT 84403



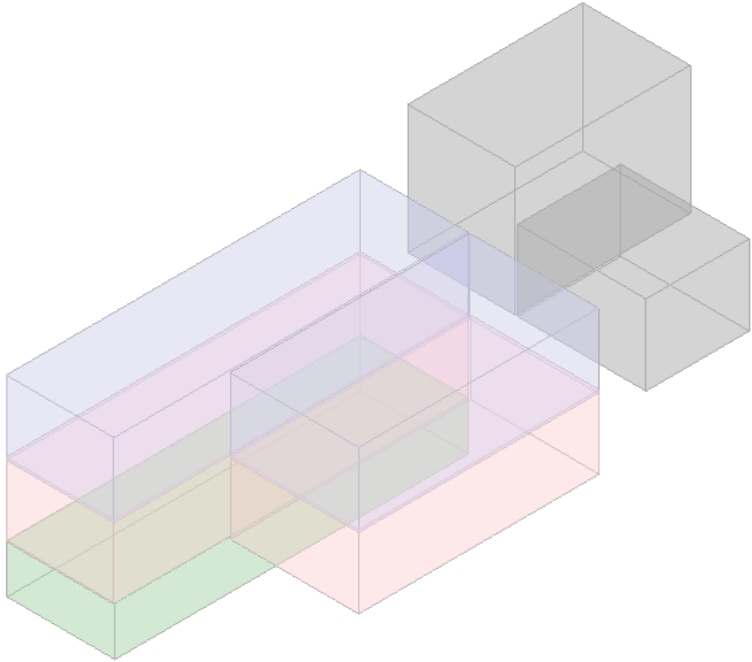
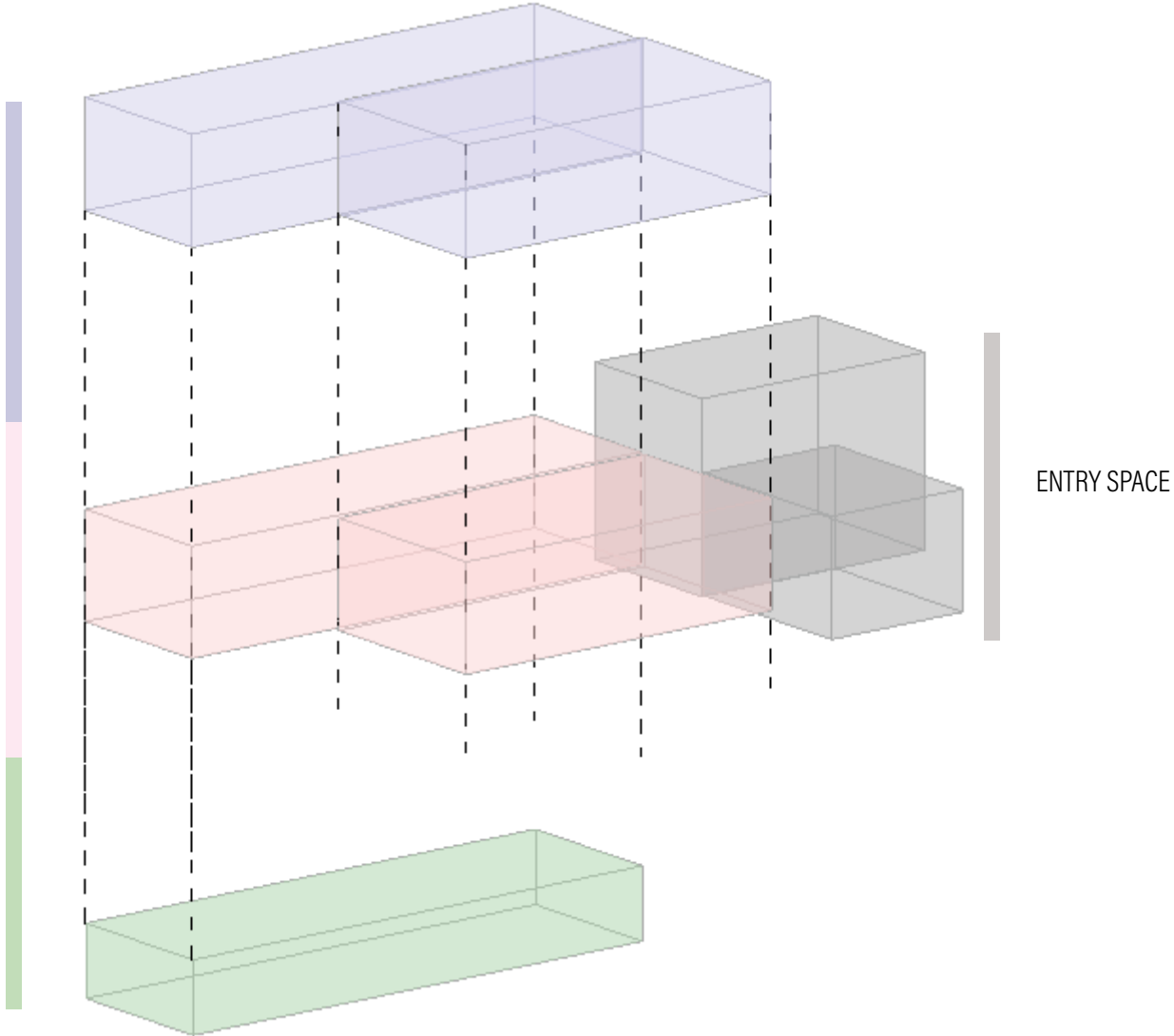
CONCEPT + PROGRAM



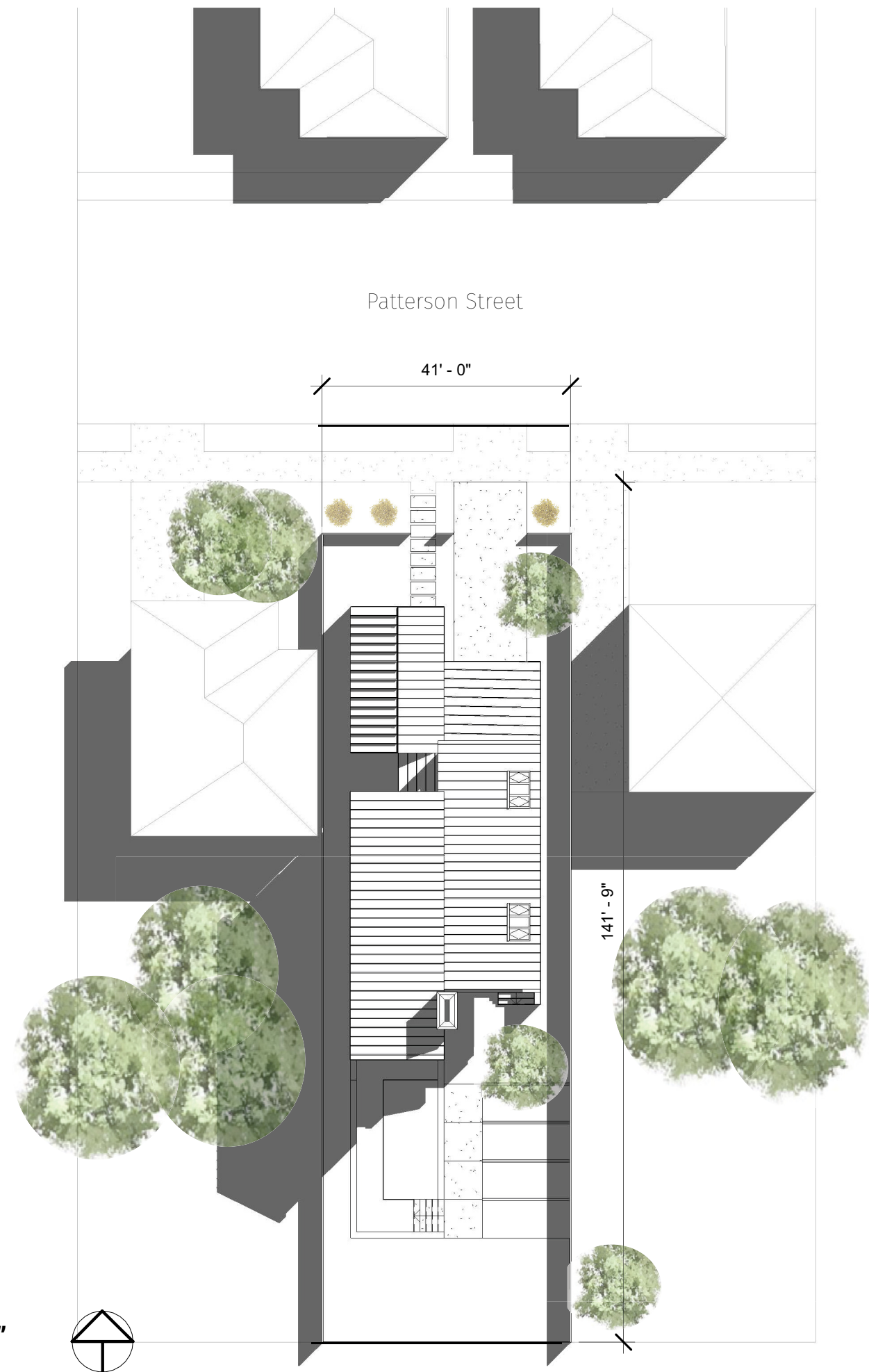
PRIVATE SPACE

COMMUNAL SPACE

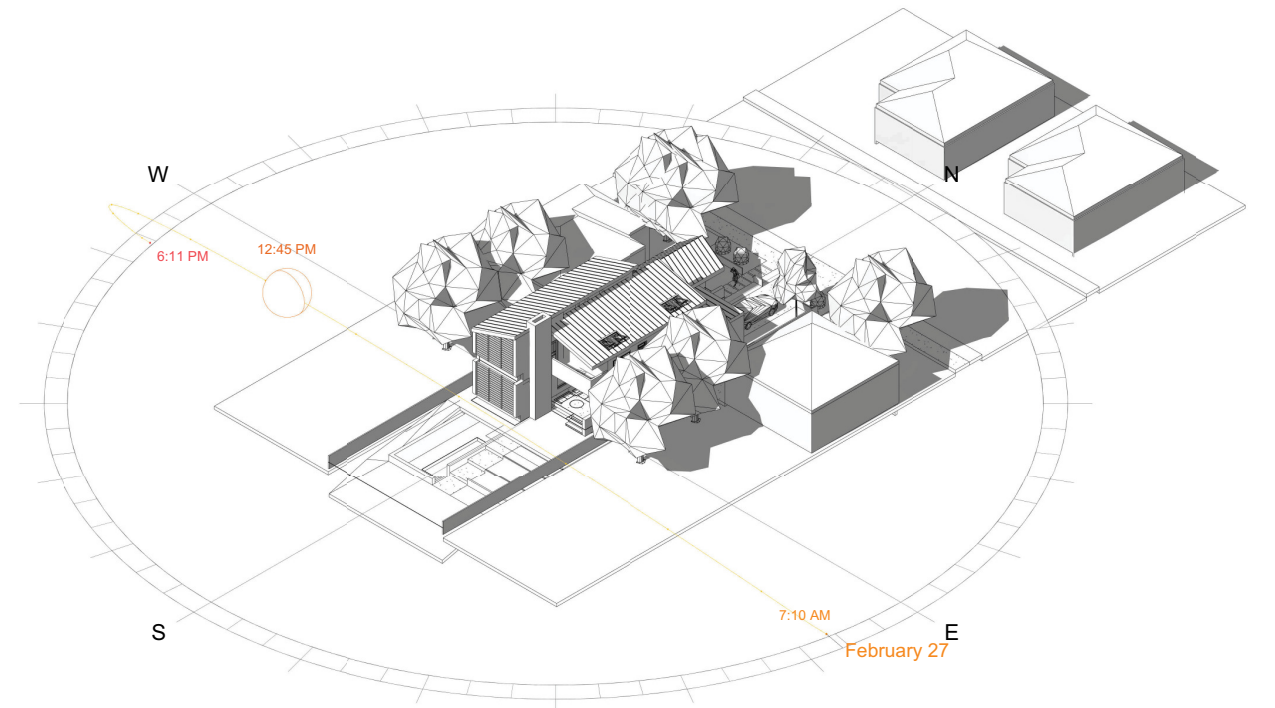
NOURISH SPACE



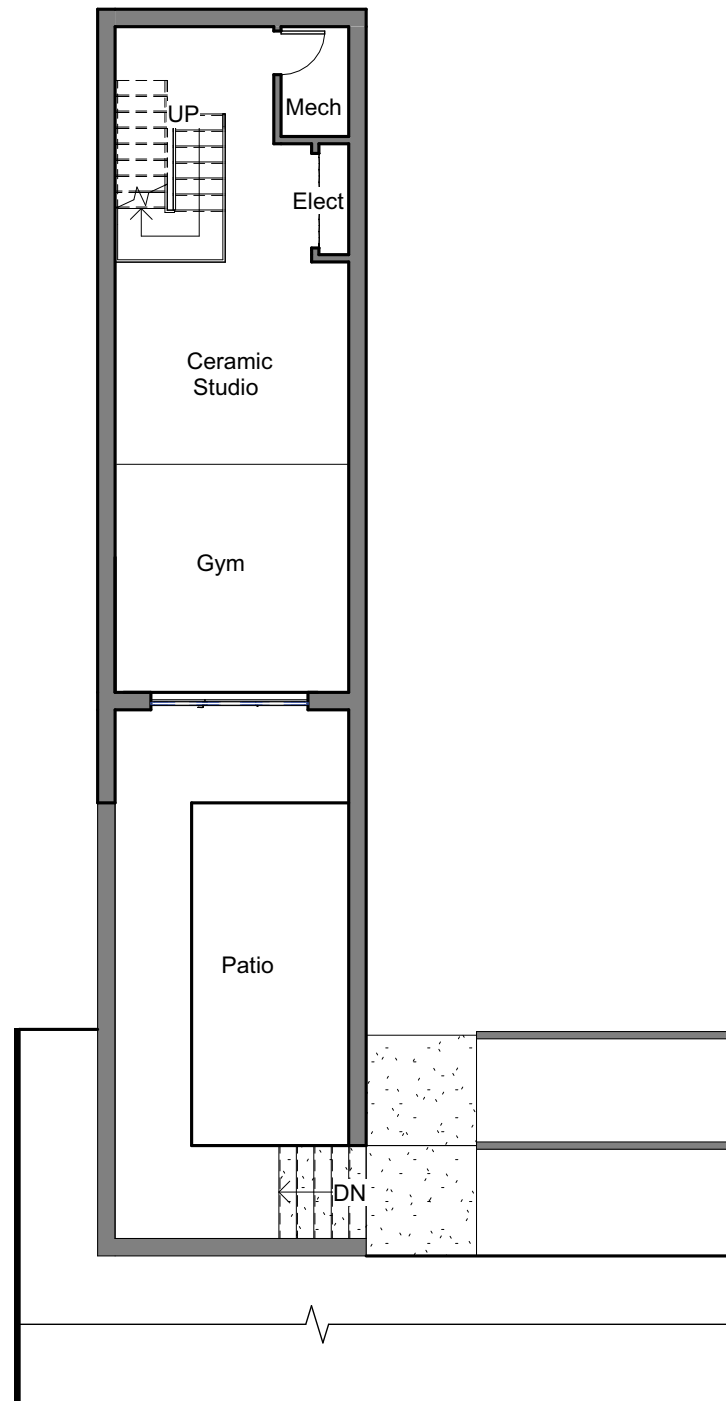
SITE PLAN



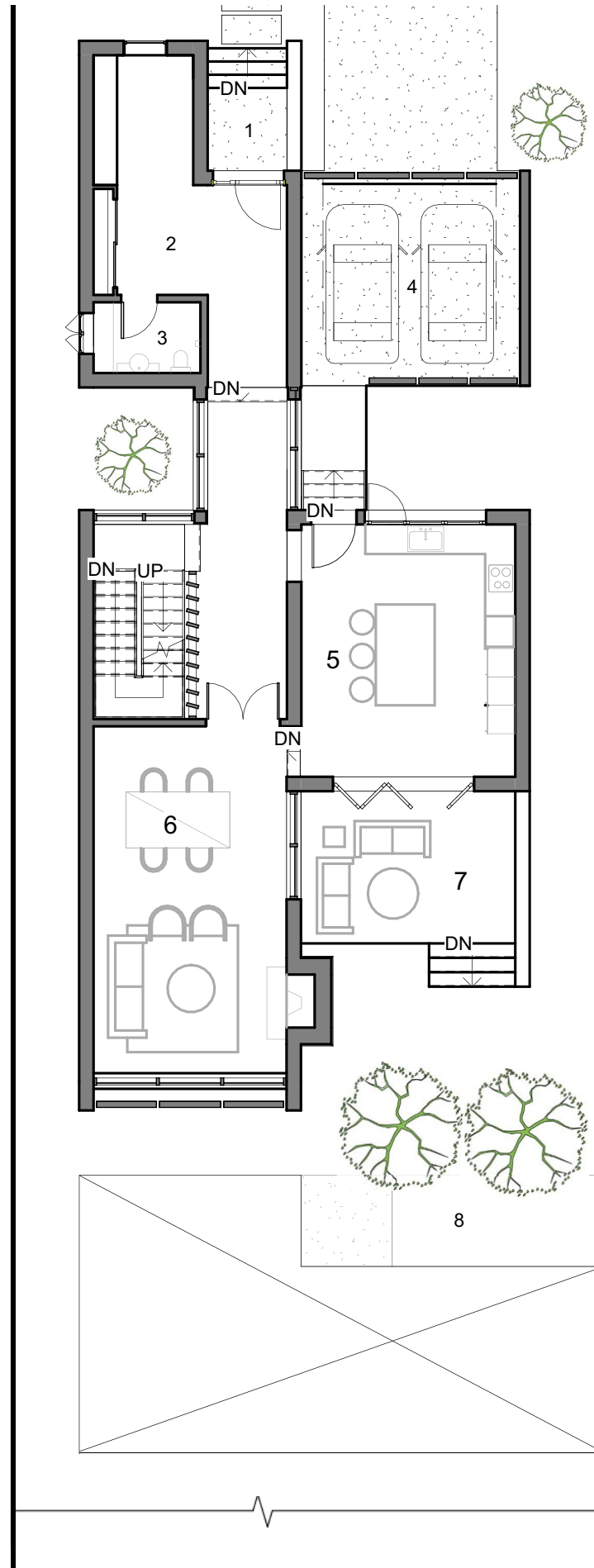
1" = 20'-0"



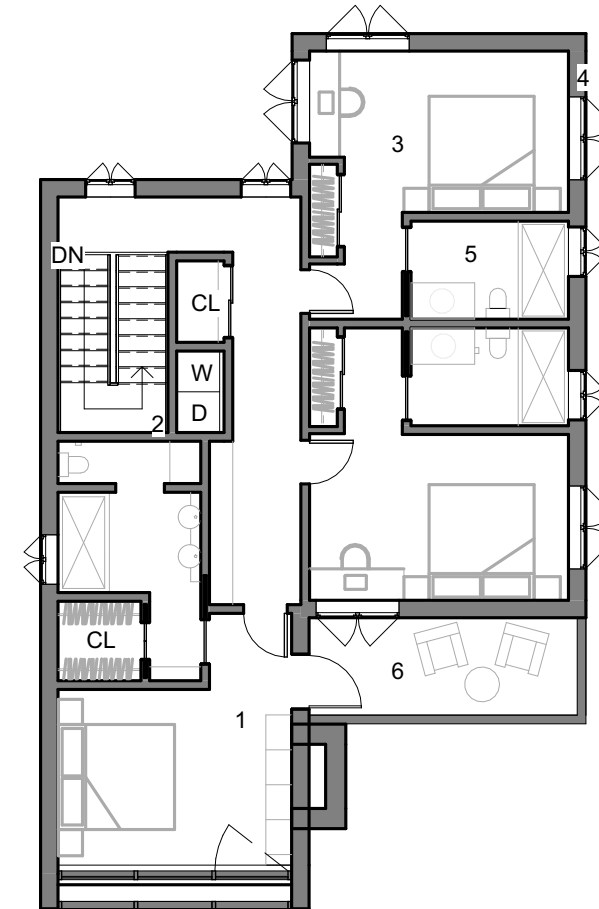
BASEMENT



LEVEL 1



LEVEL 2



FLOOR PLANS

- 1. Entry
- 2. Mudroom
- 3. Restroom
- 4. Garage
- 5. Kitchen
- 6. Dining/Living Room
- 7. Porch
- 8. Garden Patch

- 1. Master Bedroom
- 2. Master Bath
- 3. Bedroom
- 4. Bathroom
- 5. Bedroom
- 6. Balcony

1" = 10'-0"



NORTH ELEVATION

1" = 10'-0"



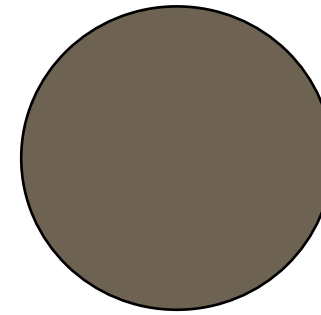
RAMMED EARTH



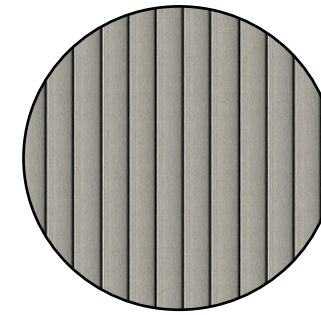
STONE



WOOD



METAL ROOFING



METAL SIDING



SOUTH ELEVATION

1" = 10'-0"



WEST ELEVATION

1" = 10'-0"



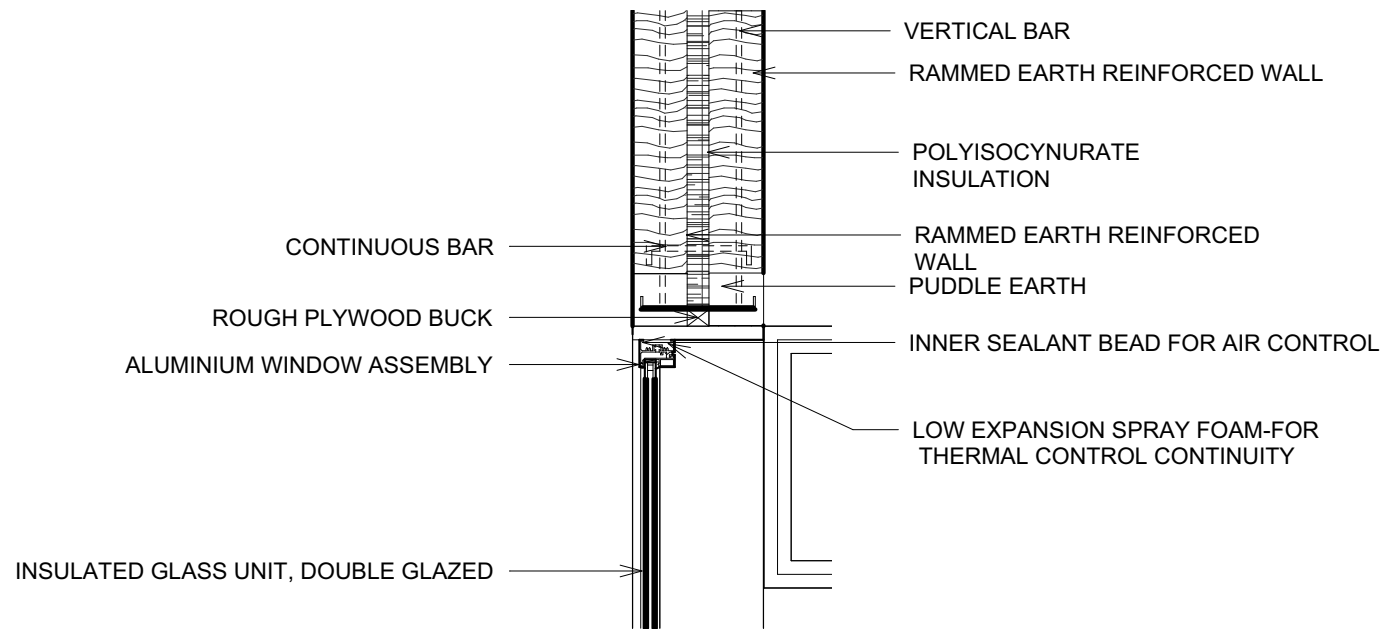
EAST ELEVATION

1" = 10'-0"

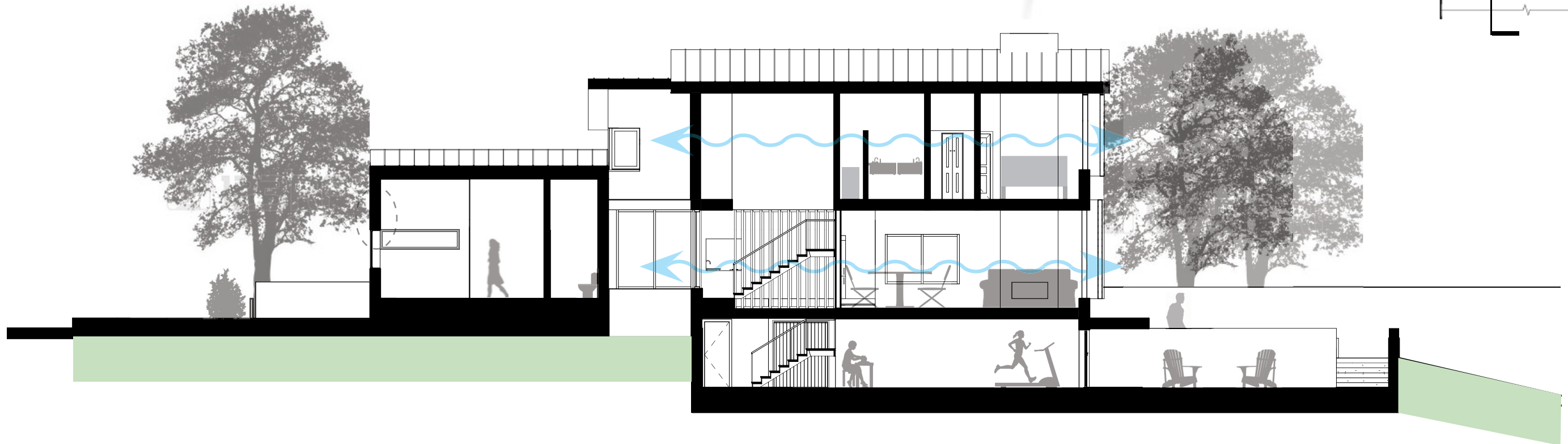
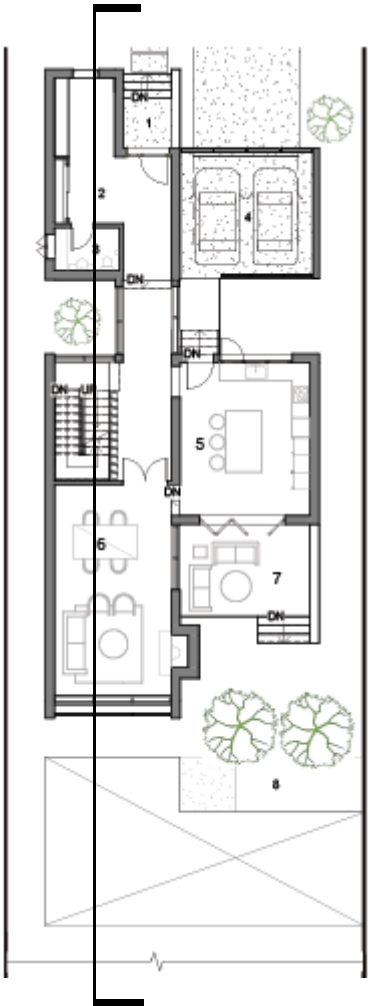


SECTION

1" = 10'-0"



① Section 1 - Callout 1
3/4" = 1'-0"



THANK YOU

