

ISSUE 2 / DECEMBER 2022



JOURNAL of
BIOPHILIC DESIGN

HOME

HIGHLIGHTS

*Each edition of The Journal of Biophilic Design has regular sections.
We highlight them here so you can navigate your way around the Journal.
If you would like to contribute to a future edition, please do contact our editor we would
love to feature your research and case studies.*

4	Home	124	Environment, People, Planet
6	Connections	125	The World's Lungs
14	Design for Life	128	The Rise of Wooden Buildings
20	Biophilia in the Home	136	5 Tips to do at Home
36	Habitarmonia	138	Workspace Design Show
42	Pioneer Nature Method in Architecture	140	Biophilia of Materiality
54	Pfeiffer Design	144	Wellbeing
62	Good Quality Homes	145	Sanctuary in Uncertain Times
64	Novella – the Story Begins	148	A Healthy Home Environment
72	Biophilic Lighting in the Home	150	Humans in Trees (2)
76	Home-Working the Biophilic Way	154	BD as a Natural Step in Human Evolution
80	Taking Your Office Outside	156	Third Age Home
84	The Journey to a Sustainable Balanced Life	158	Search for Belonging
88	Orienting the Home for Hybrid Working	160	Managing Ourselves
		162	Biophilic Interior Design
92	Science Behind Biophilic Design	166	Biophilic Cities
94	BD – Sustainable Behaviour	168	Valuing Our Green Spaces
96	BD for Homes and Hearts	170	Primal City: Urban Design for the Human Animal
98	Sounds Smart	174	Land Fall
102	Making Home a Supportive Space for People Living With Dementia	178	Book Reviews
106	The New Age of Hybrid Working	180	Magic Brush of Biophilia Quotes
110	Plants	182	Final Word
112	Home as Shelter		
116	Plant Focus – Fashionable Fig		
118	Vertical Gardens		

Details of our contributors can be found on our website.

Each edition of The Journal of Biophilic Design is published every other month.

Next issue's focus is **Healthcare**.

Sign up for [our newsletter](#) on [our website](#) to be reminded when the edition is out. Don't forget you can read this on [your Kindle](#) as well as buy a beautiful full colour printed edition to keep and refer back to, contact us for direct links.

If you would like to sponsor the Journal please contact us.

Future editions will focus on Cities, Creativity, Blue Mind, Education, Wellbeing, SEN, Environment, Leisure, Retail.

Home-Working the Biophilic Way

“Post-pandemic a large proportion of us are working from home for at least part of the week, if not all of it. Both of us have worked from home for some years now and have found our own spaces to work from. In that time, perhaps unwittingly, we have surrounded ourselves with biophilic design elements.”

Maggie Procopi (Workplace Trends) and **Nigel Oseland** (Workplace Unlimited)

Nigel writes:

These days I work largely from a ‘shed’ in our garden. Alex Johnson, blogger and author of ‘Shedworking’ refers to it as ‘the art of working from home in a shed-like space separate from the house’. I do not intend to discuss the merits of shedworking in elaborate detail here. Alex has already done that and he has done it well using beautiful images of ‘shed-like’ spaces from all over the world that illustrate his thesis. I can only offer a personal account of why I prefer shedworking and joined the ranks of previous more famous advocates of garden cabins including George Bernard Shaw, Roald Dahl and Le Corbusier.

After browsing through Alex’s book, you will agree that ‘shed’ is probably an understatement for most of the ‘shed-like’ structures used as home offices.

My own has an insulated roof, large, double-glazed windows and doors, 40 mm thick timber walls and a high-pitched roof. It’s more of a mini log cabin than a B&Q garden shed. Inside we had the option of adding plasterboard and additional insulation. But it was an additional cost and frankly, I liked the wood finish as it was and so decided to see how it went and introduce further insulation if needed. Thankfully it wasn’t required, and I retained the log cabin-like wood interior.

That the shed is completely separate from the house is the biggest benefit to me personally. Firstly, I must get dressed for work and make a short commute through the garden. So psychologically I am changing my mindset to one associated with going to a place of work. My shed is at the bottom of the garden (behind a bush), a good 75 m from the house. Once

down there I am more inclined to settle in and 'get on with it'. My focus is punctuated with occasional, rather than frequent, visits to the kitchen which allows me to stretch my legs, get some fresh air, and rest my eyes, whilst avoiding the biscuit tin for much of the day.

The distance from the house means I have fewer interruptions. The family never bother me down here. My main visitors these days are my cats and other distractions come from the occasional squirrel running across the roof, the pitter-patter of rain and a friendly robin prospecting for worms – all welcome. In winter I have bird feeders hanging just outside and have set up my camera in a permanent position waiting for that illusive rare bird to alight. I am also close to our wildlife pond, alive with frogs in the spring.

This is all viewed through one façade of full-height south-facing glazing. It's not just the animals, more importantly I look onto the more natural part of the

garden and the nearby ferns, castor oil plants, bamboo, mahonia and ivy – lots of ivy. I can open or close the windows as I please, controlling the daylight and ventilation to suit my needs and mood. The natural ventilation is supplemented by a desk fan that allows me to cool down even in the hottest of summers.

There has been some debate around whether working from home is good for the environment. Although less commuting reduces the carbon produced there is some concern that homes will be heated for longer offsetting any environmental benefit. Shed-working means that only a small space needs to be heated; in my case, this is with a small thermostatically controlled 2 kW Dimplex convector heater that is rarely on. And in summer I use the windows to cool via cross-ventilation without fear of air or noise pollution. However, at that point, the birdsong carries into my space, but it is often commented on and enjoyed by colleagues during Team calls.

*A Biophilic Environment is proven
to Reduce Blood pressure
Improve Short term memory by 14 percent
Make us more Productive,
Give us better Concentration
Help us be more Creative
Enhance mood and cognitive performance*

Maggie writes:

The shed was originally built for me as at the time I was working from home and Nigel was in London. In contrast to Nigel however I am not at all a tidy worker, and so to get (what I like to call) my organically messy notes, books and papers out of the house it seemed a good idea to move to a self-contained space. In reality, though it was short-lived, as come mid-afternoon I needed to be back in the house with the family returning from school.

I also tend to work more sporadically than Nigel, for shorter but still productive periods of time, breaking off for household duties, dog walking and family. So, it made sense for me to gravitate to the dining table, a beautiful large reclaimed wood farmhouse-style table, with various scars from family life over the last 20 or so years. I often work late at night as well and so shed working at that time would be no doubt very peaceful but not so practical.

Digitalisation means that I now have fewer bits of paper floating around also and so there is less mess and more space for plants. At last count, there are 35 pots of varying sizes. Some are more difficult to keep but I enjoy tending to them. I would encourage anyone who doesn't have green fingers to still bring low-maintenance plants into their space. Our younger son has little interest in plants but alighted on some succulents I brought back from a conference one day and they have been in his room ever since.

The dog is never far away and the cats check in with me frequently also. I can't imagine living without plants and animals around but even if without them, my workspace has wood floors and table, natural light, windows that open (how many office windows are stuck shut?) and the walls are painted with Crown's Mellow Sage. This is a most restful and natural colour and given half a chance I would cover the whole of the inside of the house with it. Artwork on the walls tends to be nature-inspired prints from the likes of Amanda Clark and Ed Org. I am lucky enough to also have a view of the garden, in particular our apple tree which I watch changing through the seasons.

Looking around I see also that most of the lampshades are glass, Art Nouveau, mostly shaped like tulips, and there is a Tiffany lamp with the iconic dragonfly design. In the days when I commuted to work for large organisations, I remember the harsh lighting that one had no control of was one of the things I hated most in the work environment. It made me tired, I felt and looked washed out by lunchtime.

This all seems the natural way to work for me but Zoom calls have allowed us to see into each other's places of work and sometimes their houses. I am still amazed at the starkly bare magnolia walls behind so many folk I speak to on video. Neglected spare rooms have often become the home office but could easily be made more comfortable with the addition of biophilic elements.

Final thoughts on home working

Exercise: our bodies were meant for moving. Remember to take breaks, exercise, and maybe invest in a sit/stand desk if that is your thing.

Social: to varying degrees we are social animals. Even the most highly introverted people sometimes need human company. Nigel is an extrovert and so regularly arranges coffee and lunches out. Maggie is more introverted but still enjoys a walk through the town on market day.

Productivity: the beauty of home working is that with a little planning you can arrange your space, your work-day, and your complete environment to best suit you for your health, wellbeing, happiness and productivity. The standard 9-5 job is fast becoming a thing of the past. Partial or full home working, done right, can release much-deserved time for additional activities and pastimes.

<https://workplacetrends.co>
<https://workplaceunlimited.com>

