



Synthesis Project

MA (eca) Interior, Architectural and Spatial Design

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MANIFESTO

For me, there are three main features of the "interior", and they create uniqueness of interior together

Diversity

Interior design is a space subject and is one of the strategic methods to improve and optimize human living environment and spiritual world. This space is not only a closed internal environment, but should also be used for borderless connections with the external environment or subjects. It connects the countries, cities, streets and buildings. Also, it connects people's feeling, behaviors and needs.

Adaptation

While choosing the composition of interior, basic rules need to be considered like ergonomics, material properties and construction requirements. It is reasonable instead of blind.

Narrativity

The interior is a teller, a storyteller, connecting reality and imagination. Each interior has a specific own story, and this story is the core of a interior.





Background :

Basing on the early research from a macro scale of an interior connecting within 40GS, the whole building is proposed a community hub for students focusing on the wellbeing including mental health and physical health. This project will discuss further in mental health.

Mental health issue is attached great importance by university, so students' mental health problems will be the main object of the project. Based on the previous survey of students' mental health, psychological problems mainly include autism, anxiety, insomnia and etc. Some are caused by the environment and the existing stage, such as culture conflicts, relationship difficulties, loneliness, stress from study and family, depression and anxiety.

Medicine treatment is one of the solutions. The University's Health and Wellbeing Center has provided students with medical treatment and professional consultation services. Actually, these are very common in the student population and do not require medication. Also, drugs may make people dependent So the creative proposal of mental health center will be put forward.....

Project Title: PERMA Center

PERMA and the building blocks of well-being

Martin Seligman

Psychology, University of Pennsylvania, Philadelphia, PA, USA

ABSTRACT

Seligman (2011) hypothesized that PERMA (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) are the elements of well-being. Goodman, Disabato, Kashdan & Kaufmann (2017) reported strong evidence that subjective well-being is the final common path of such elements and their data are entirely consistent with Seligman's hypothesis. They argued, incorrectly however, that he suggested that PERMA constituted a different kind of well-being rather than just its building blocks. The complicated issue, one that transcends psychometrics, of how to decide on elements of well-being is discussed.

ARTICLE HISTORY

Received 6 January 2018
Accepted 15 January 2018

KEYWORDS

Well-being; measurement; PERMA; SWB

Martin Seligman raises PERMA theory and practice it as a therapy for psychology and for wellbeing. In my design, I also would like to create a space with full of happiness and energy, which fitting the essence of the PERMA theory, so I named the project as "PERMA Center".

A proposed site: The L4-L5 in 40 George Square

User: All students in the University of Edinburgh.

Research and Development

I found some literatures on how to address mental health through **non-medicine treatments**.

-Meditation

DOI: 10.1002/jclp.22932

RESEARCH ARTICLE

WILEY

Self-compassion, meaning in life, and experiential avoidance explain the relationship between meditation and positive mental health outcomes


ORIGINAL PAPER

Loving-Kindness Meditation Promotes Mental Health in University Students

Christina Totzeck¹ · Tobias Teismann¹ · Stefan G. Hofmann² · Ruth von Brachel¹ · Verena Pflug³ · Andre Wannemüller¹ · Jürgen Margraf¹

Published online: 2 May 2020
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Abstract
Objectives Loving-kindness meditation (LKM) has been shown to improve wellbeing and positive emotions in clinical and non-clinical populations. The main goal of the present study was to examine whether LKM might be an effective intervention to promote positive mental health using the Positive Mental Health Scale (PMH) and to decrease depression, anxiety, and stress in university students.



Meditation is an effective way to ease mood.

- Sensory, people and architecture

Meanwhile, Pallasmaa (2012) illustrates the connection among sensory experience, people, and space.

Sensory experiences become integrated through the body, or rather, in the very constitution of the body and the human mode of being. (Pallasmaa, 2012, p.44)

We stroke the boundaries of the space with our ears. (Pallasmaa, 2012, p.55)

- Sensory approaches

Australian Occupational Therapy Journal

Occupational Therapy Australia

Australian Occupational Therapy Journal (2015) 62, 277–285

doi: 10.1111/1440-1630.12224

Review Article

Sensory approaches in mental health: A scoping review

Justin Newton Scanlan^{1,2} and Theresa Novak³

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Introduction

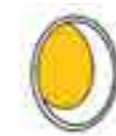
The use of sensory approaches in mental health settings has expanded rapidly over the last 10 years. This surge in popularity has been spearheaded by US-based occupational therapist Tina Champagne (Champagne, 2005; Champagne, Koomar & Olson, 2010; Champagne & Stromberg, 2004) and is often associated with international efforts to reduce and eliminate the use of seclusion, restraint and other forms of restrictive practices in mental health services. Occupational therapists in Australia, New Zealand, the United States and the United Kingdom have embraced the new opportunities presented in the use of sensory approaches in mental health and have integrated these into their daily practice.

Sensory approaches in mental health are designed to assist consumers to more effectively self-regulate their emotional and physiological arousal (Sutton, Wilson, Van Kessel & Vanderpyl, 2013). A range of sensory approaches have been adopted in mental health services. These include: 'sensory rooms'; sensory groups; 'sensory kits'; and specific Sensory Integration programmes.

Sensory rooms (sometimes called 'comfort rooms') are specialised spaces in inpatient or residential settings designed to provide predominantly soothing sensory input to a variety of the senses. These can include: coloured lights and scenic pictures (sight); aromatherapy (smell); self-massagers, 'stress balls', fidget toys and textured items or fabrics (touch); sweet, sour or salty food or flavoured tea (taste and oral-motor sensation); relaxing music/sounds (hearing); and rocking chairs (proprioception) (Champagne & Stromberg, 2004; MacDaniel, Van Bramer & Hogan, 2009). Weighted items such as weighted blankets, toys, vests and lap bags are sensory inputs at once (e.g. deep pressure, touch and sight: Mullen, Champagne, Krishnamurty, Dickson & Gao, 2008). Individuals can select to use the sensory room for 'time out' and to make active efforts to soothe and calm themselves. A specific form of sensory room, the 'Snoezelen' room originated in the Netherlands and is designed to provide both soothing and stimulating sensory inputs.

This literature clearly states that the sensory contributes to mental health positively, which gives me reasonable evidence to define the initial idea of my project, surrounding sensory.

It also mentions a phrase "sensory room", a room provided sensory input to a variety of the senses. It is a big integrating point with my spatial design.

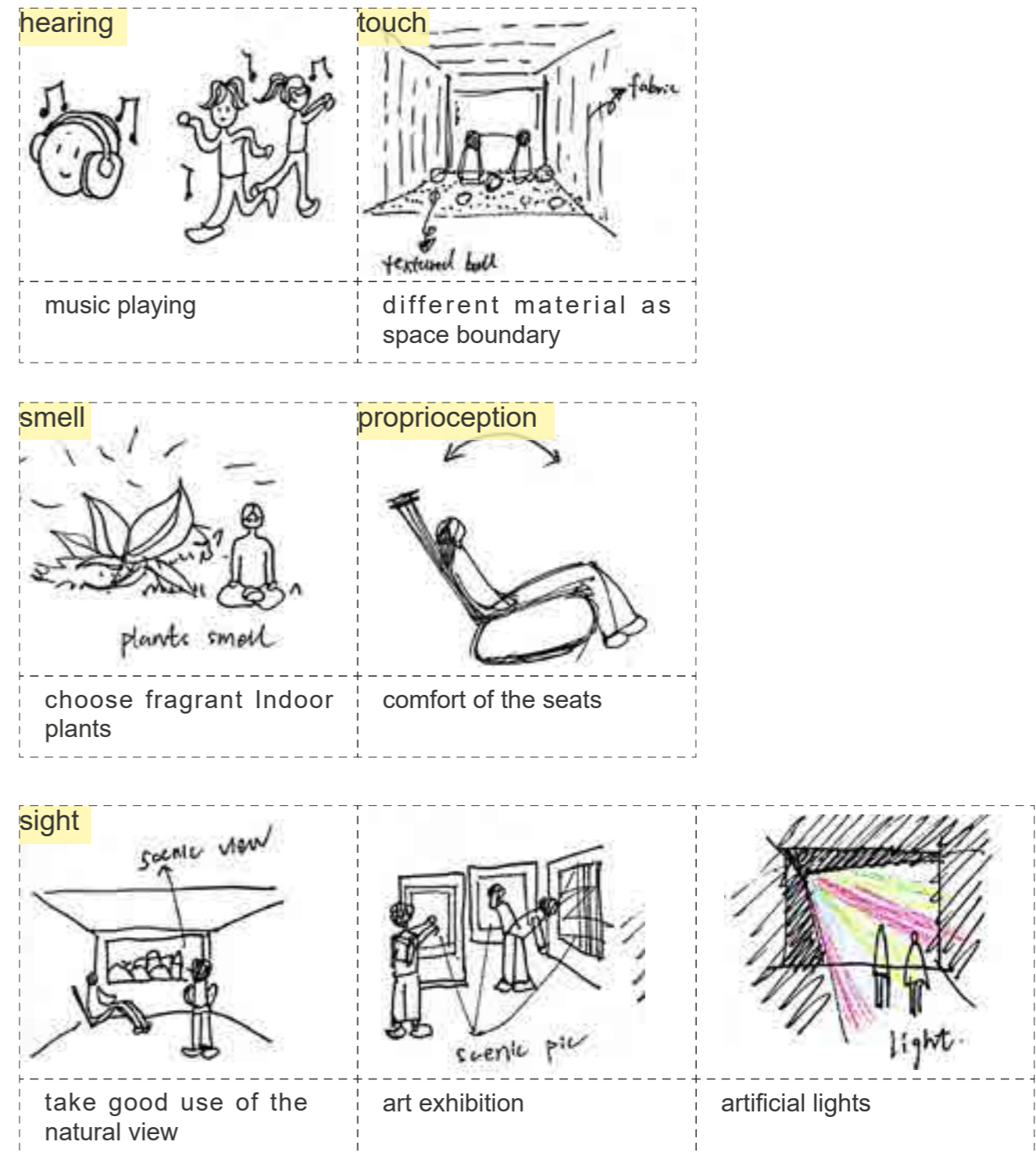


In conclusion, sensory can be used as a method for psychological problem and being applied in the architecture is meaningful.

With all the researches I did, I hope to create a non-medicine health environment through sensory intervention to bring spiritual relief and release. And I mainly combined the concept with the article I found titled "Sensory approaches in mental health: A scoping review."

Sensory rooms (sometimes called 'comfort rooms') are specialised spaces in inpatient or residential settings designed to provide predominantly soothing sensory input to a variety of the senses. These can include: coloured lights and scenic pictures (**sight**); aromatherapy (**smell**); self-massagers, 'stress balls,' fidget toys and

textured items or fabrics (**touch**); sweet, sour or salty food or flavoured tea (**taste and oral-motor sensation**); relaxing music/sounds (**hearing**); and rocking chairs (**proprioception**) (Champagne & Stromberg, 2004; Mac-Daniel, Van Bramer & Hogan, 2009). Weighted items



Precedent Inspiration

- Interior with greenery



Thoughts:

Greenery can effectively relieve people's moods and pressure, creating a natural and comfortable atmosphere.

What inspires me is how to insert the nature into space. For the connection of the external environment, internal landscape designed at the edge and center of the space is a good choice. It is great to turn the enclosed space into an inner urban community, with green and functional zoning.

- Nishigahara House // Roovice



Thoughts:

This is a residential design that includes studio and residence. The second floor removed all the walls that were dividing the southern side in the existing dwelling: this generated a bright living room with the custom-made dining table placed in the space between the kitchen and the windows facing the balcony.

I think the space shown in the picture is similar to the space along the windows in my site. The space in the case has only one wall and no extra doors and walls. I think this can make the space more transparent, but also ensure a certain degree of privacy. It inspires me about the division of public space and how to take advantage of windows.

- Meditation chambers' at Google HQ offer a blueprint for office wellbeing



The bunker-inspired meditation chambers combine technology, light and sound to create a meditative effect.

Inspired by the architecture and protective aspects of bunkers, the experience within each chamber is enhanced by augmented light and sound sequences which create a meditative effect that both grounds and cleanses on the haptic and psychic fronts.

Thoughts:

This relates to meditation space and VR immersion space. Let me think of the change of light intensity in space, and the position of people in space. Lying down, sitting down, or?

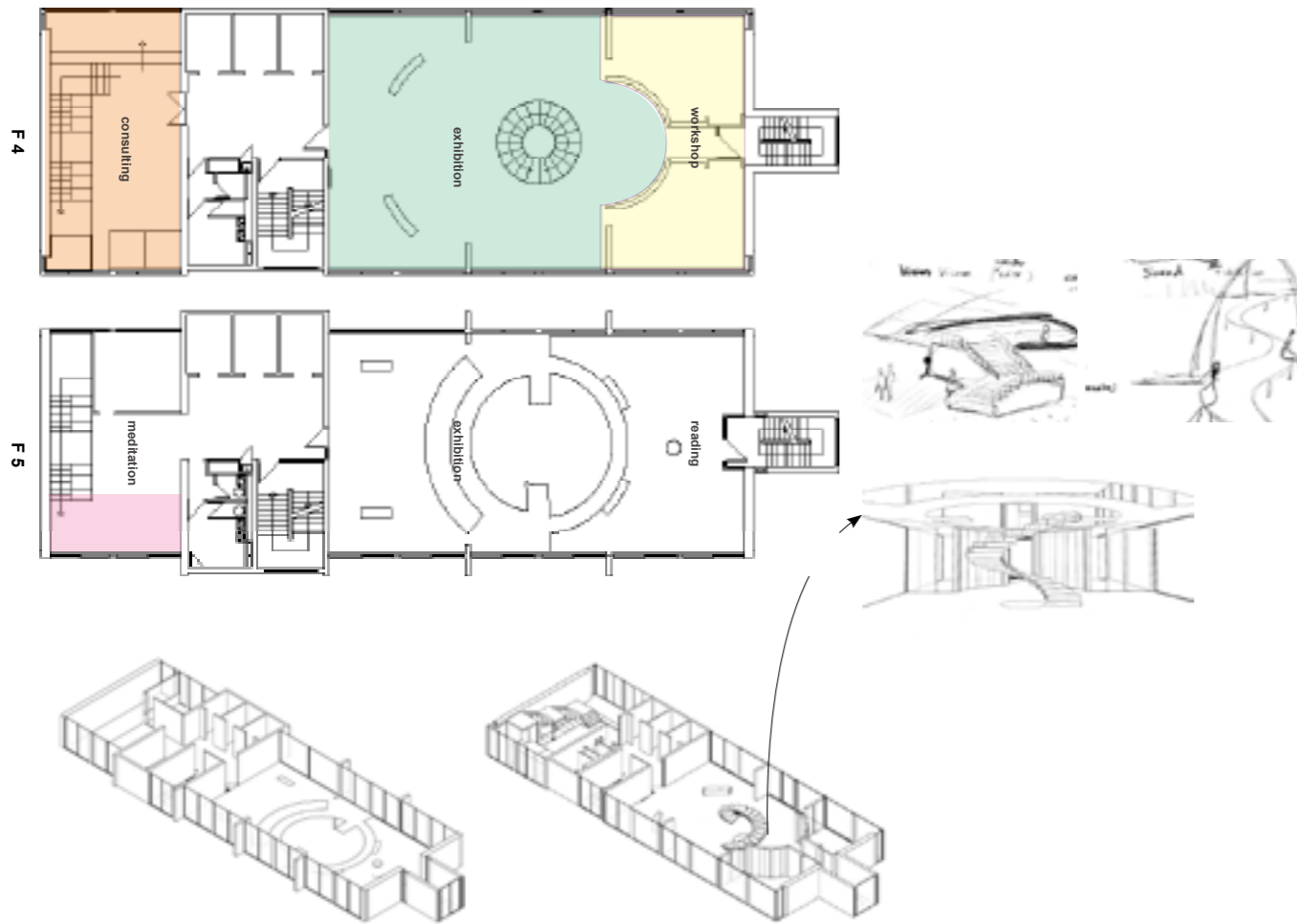
- Studio 10 divides up Fashioned from Nature exhibition with translucent corridors



Thoughts:

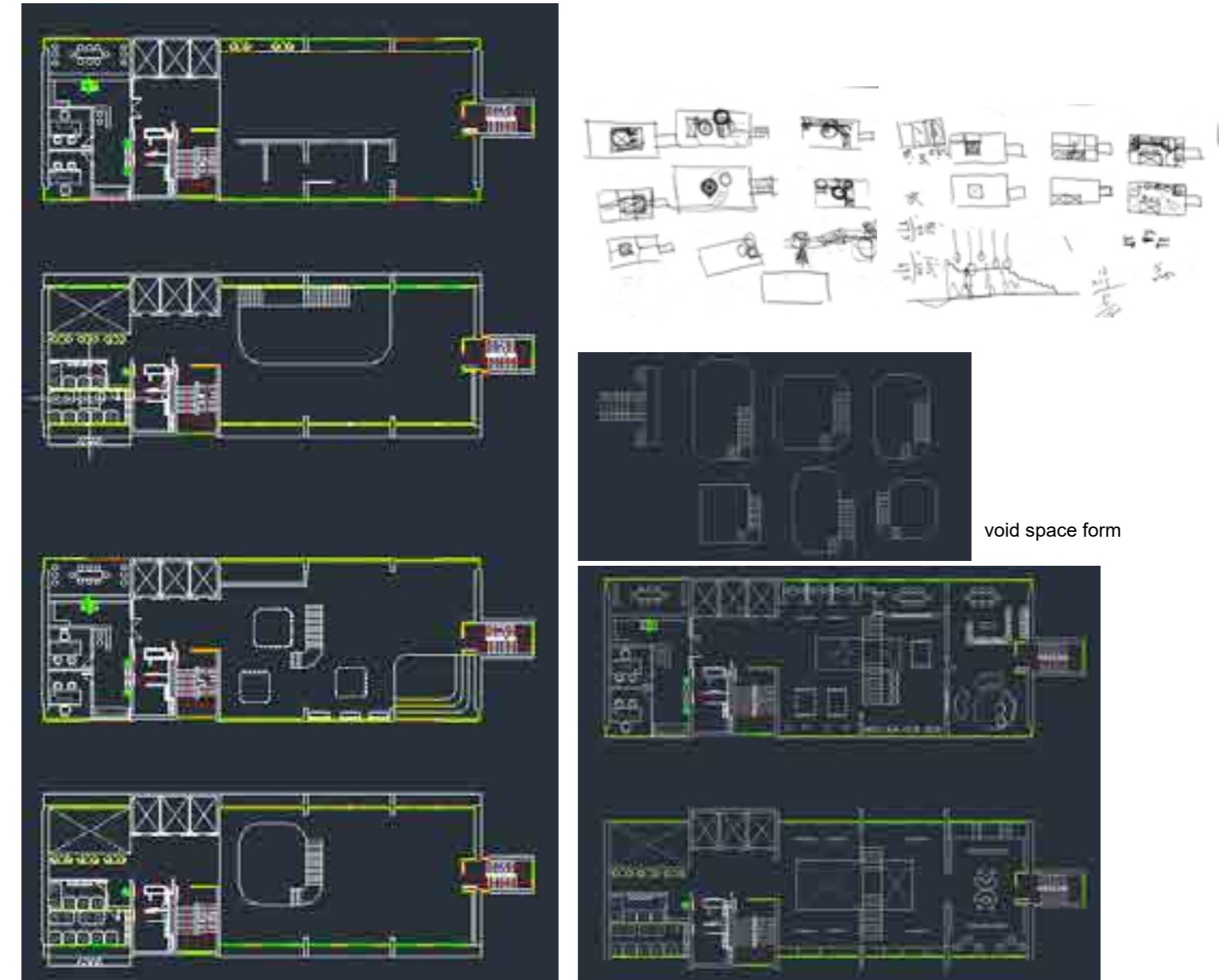
This is an exhibition center. Translucent fabrics were used to create zones. I appreciate translucent materials used in this exhibition including Tyvek -- a synthetic fabric wrapped with a steel structure and a kind of soft voile, which makes the boundary of space more blurred. This influenced me about the immersive experience space in the center of the site.

Design Process



First edition

The central area is too large without function. It is clear that exhibition is the main area of the central area, so the functional zoning should be re-divided. Also, the form of the space changed as curve line with the sketch

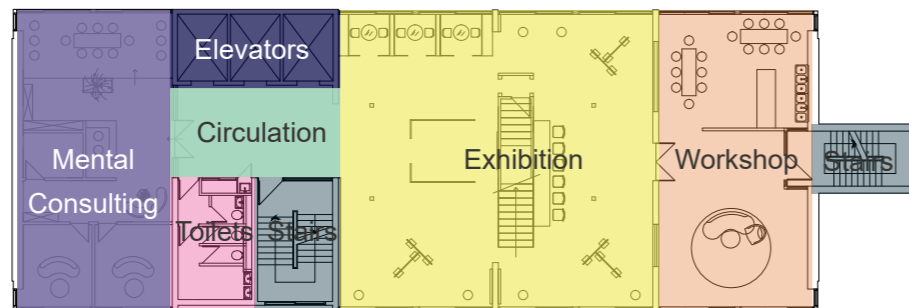
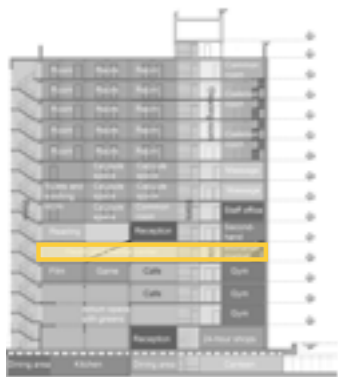
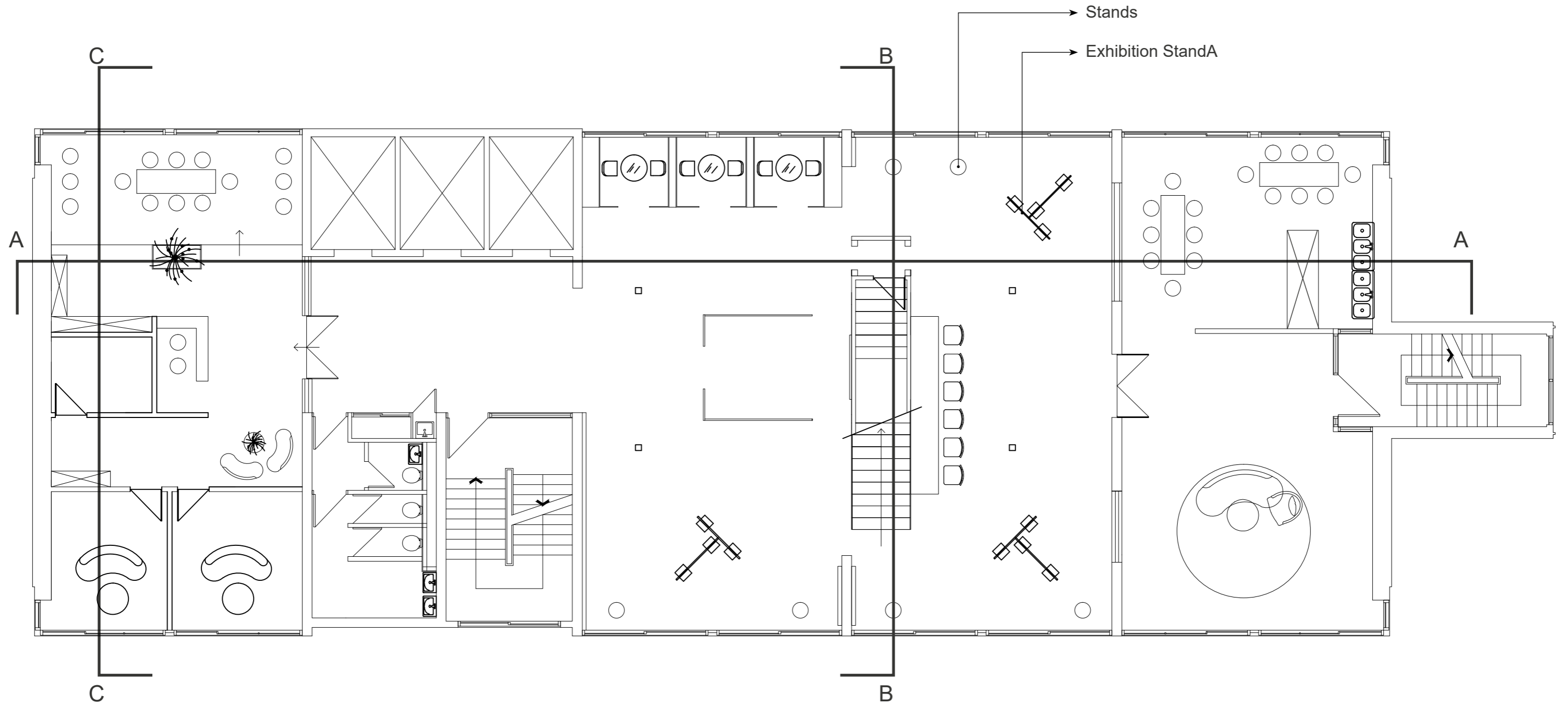


Second and third edition

The evidence for curves is not strong enough. The plan lacks details and furniture. Drawings need to be more standardized.

So, considering the characteristics of architectural form and architectural style, the curve was finally changed into rectangle, and the division of spaces was more accurate.

Final Proposal



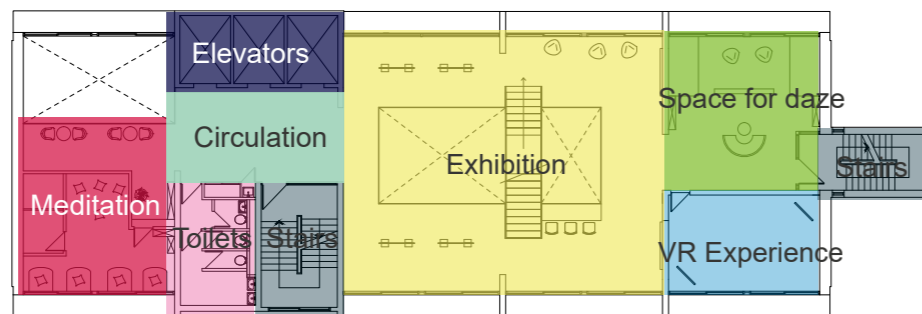
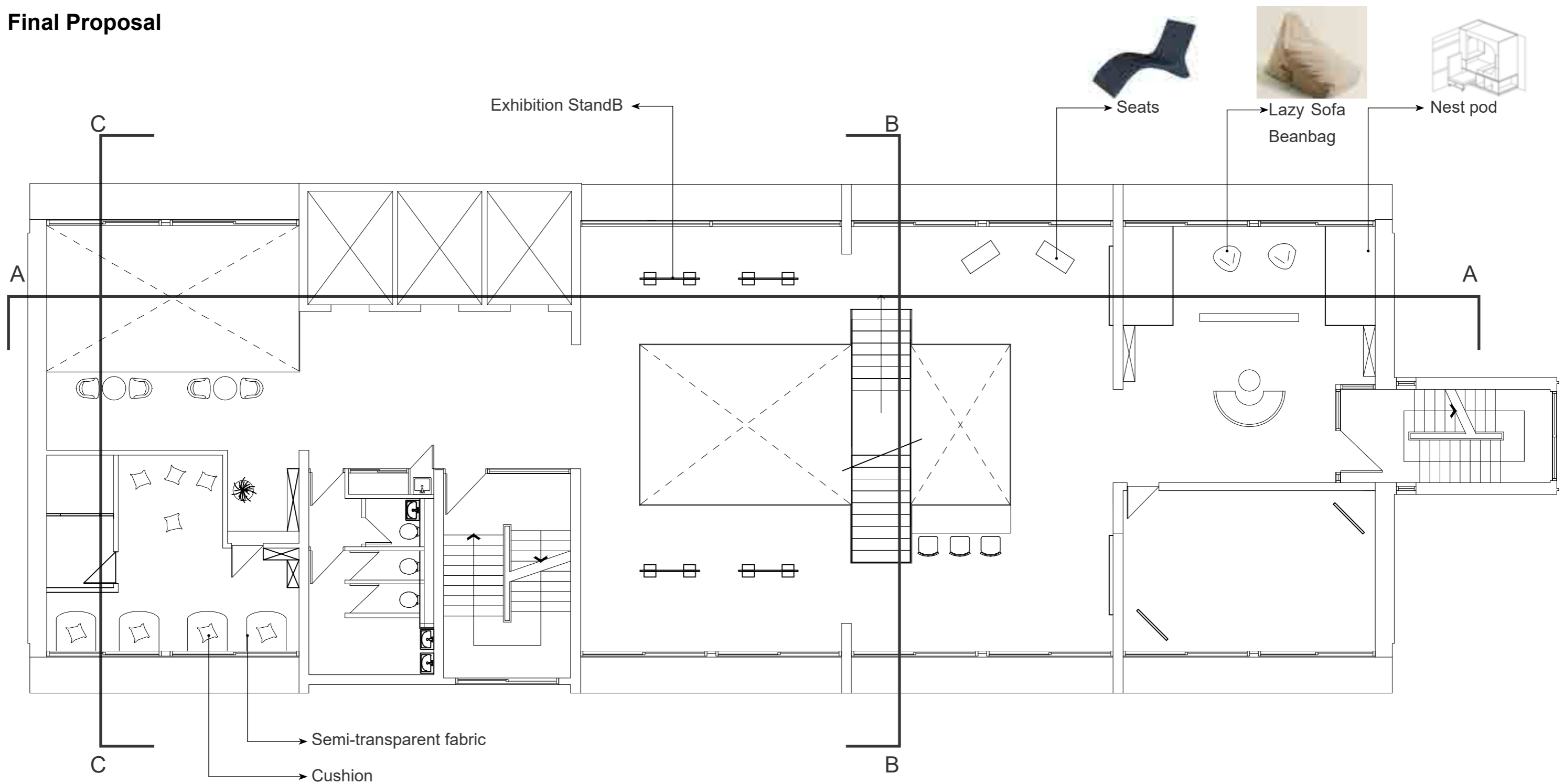
The Floor 4 is quiet noisy and is mainly public space including void exhibition space, workshops and activity space and consulting space about psychology.

There are senses involved: touch, sight, proprioception and smell.



Title	Synthesis Project
Drawing Number	001
Drawing Name	Plan-Level4
Scale	1:100
Date	31-07-2022

Final Proposal



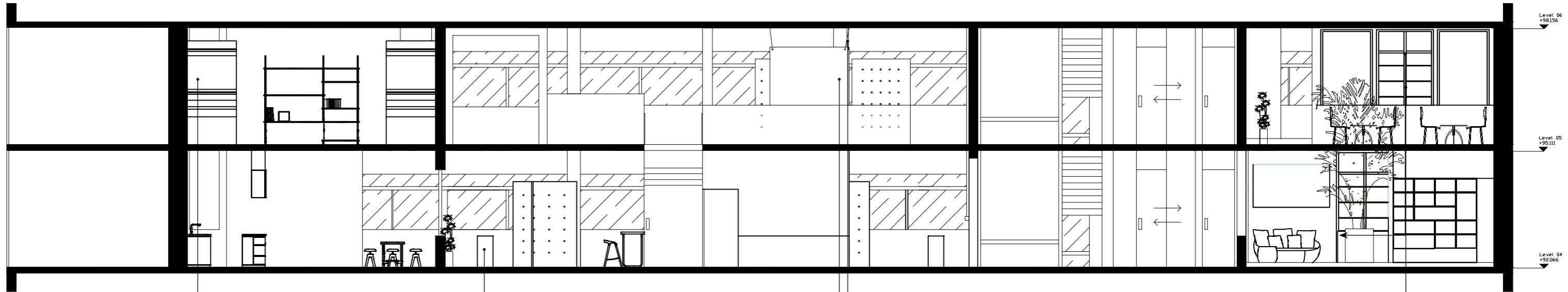
The Floor 5 is mainly about private space in order to provide a quiet space for people themselves. There are various types of space for meditation and dazing through the hearing, sight and smell.

Apart from that, the exhibition in this floor connects the Floor4. VR experience give people sight, touching and hearing experience.

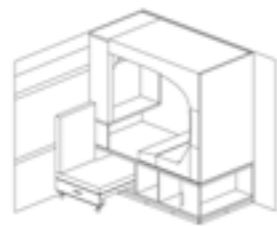


Title	Synthesis Project
Drawing Number	002
Drawing Name	Plan-Level5
Scale	1:100
Date	31-07-2022

Final Proposal



Nest pod



Stands

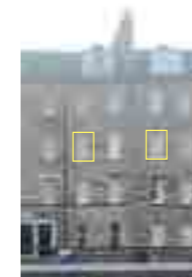


Can be a stand for showing, a decoration and a seat for rest

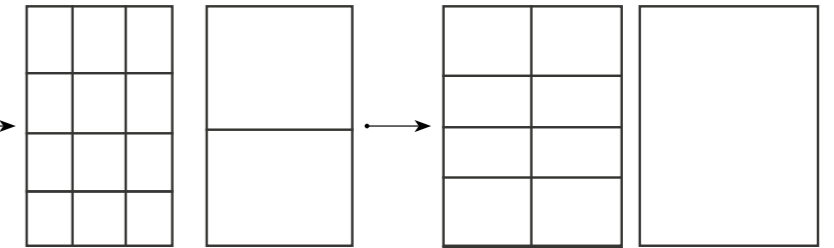
Adhesive vinyl Banners



Fishing line



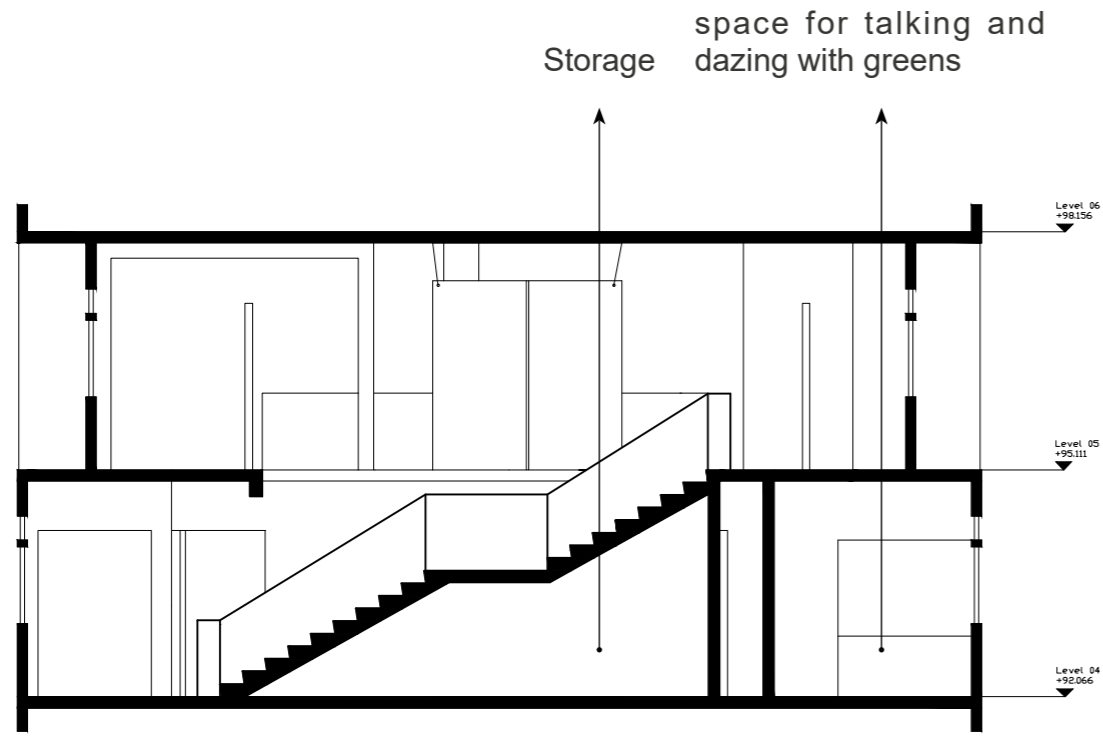
Abstract the window form of the building which is opposite to the 40GS to, work in concert with the 40GS



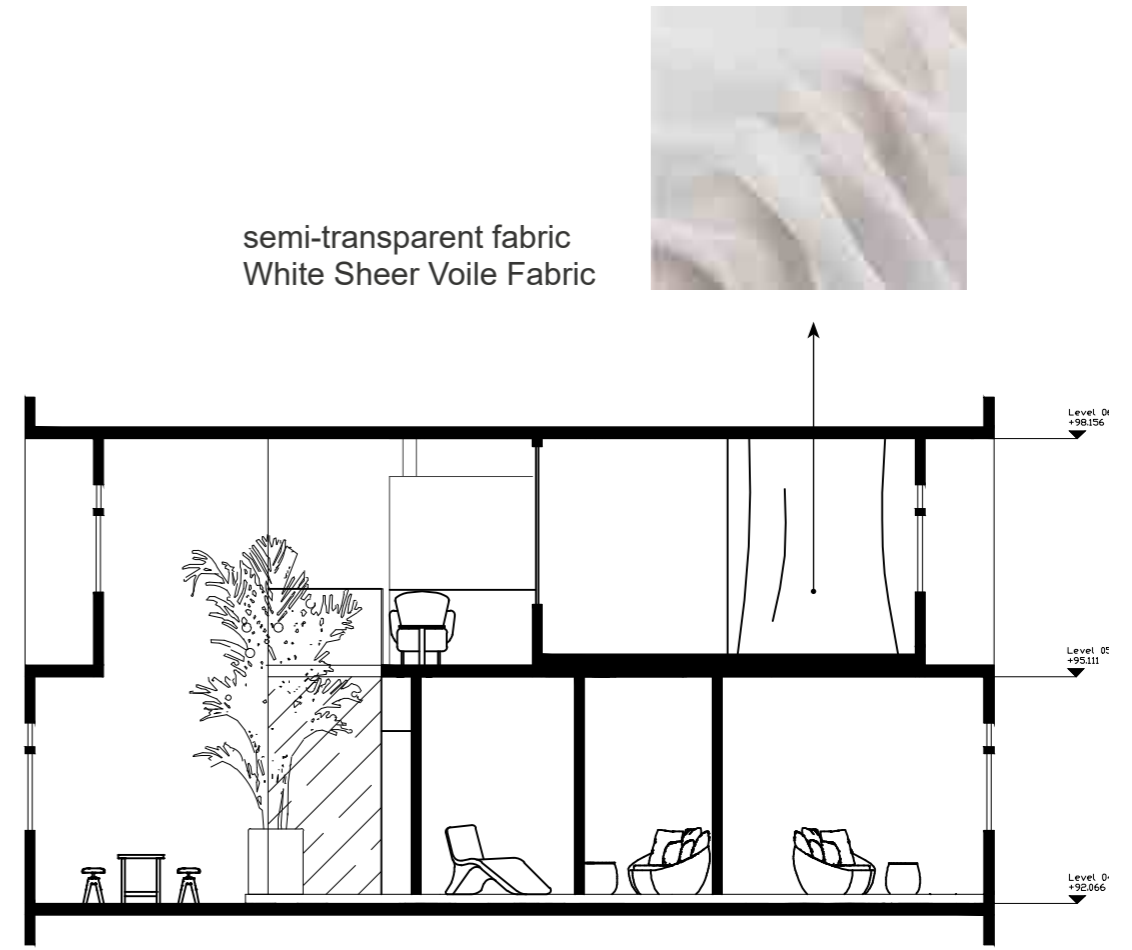
Window frame



Title	Synthesis Project
Drawing Number	003
Drawing Name	Section A-A
Scale	1:100
Date	02-08-2022



Section B-B



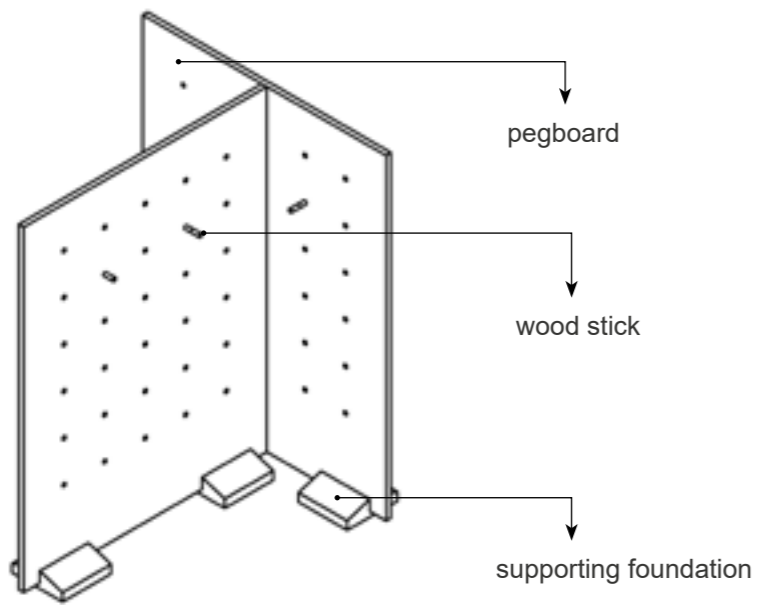
Section C-C



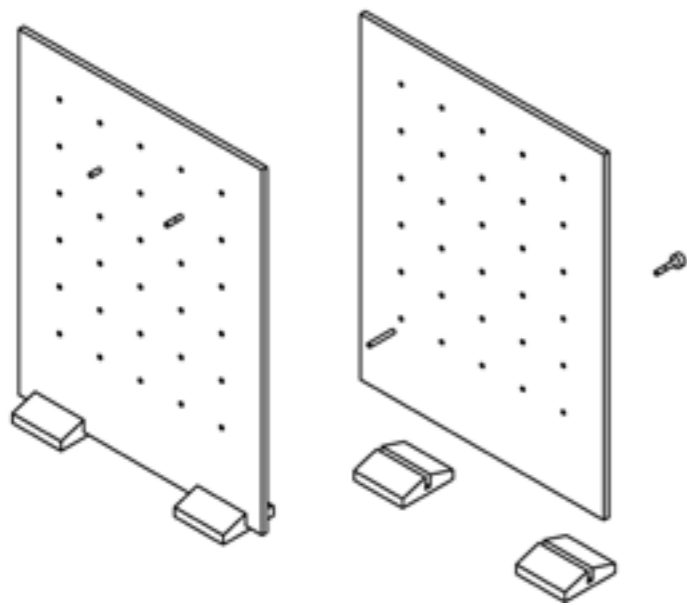
Title	Synthesis Project
Drawing Number	004
Drawing Name	Section B-B, Section C-C
Scale	1:100
Date	02-08-2022

Final Proposal

Stand A

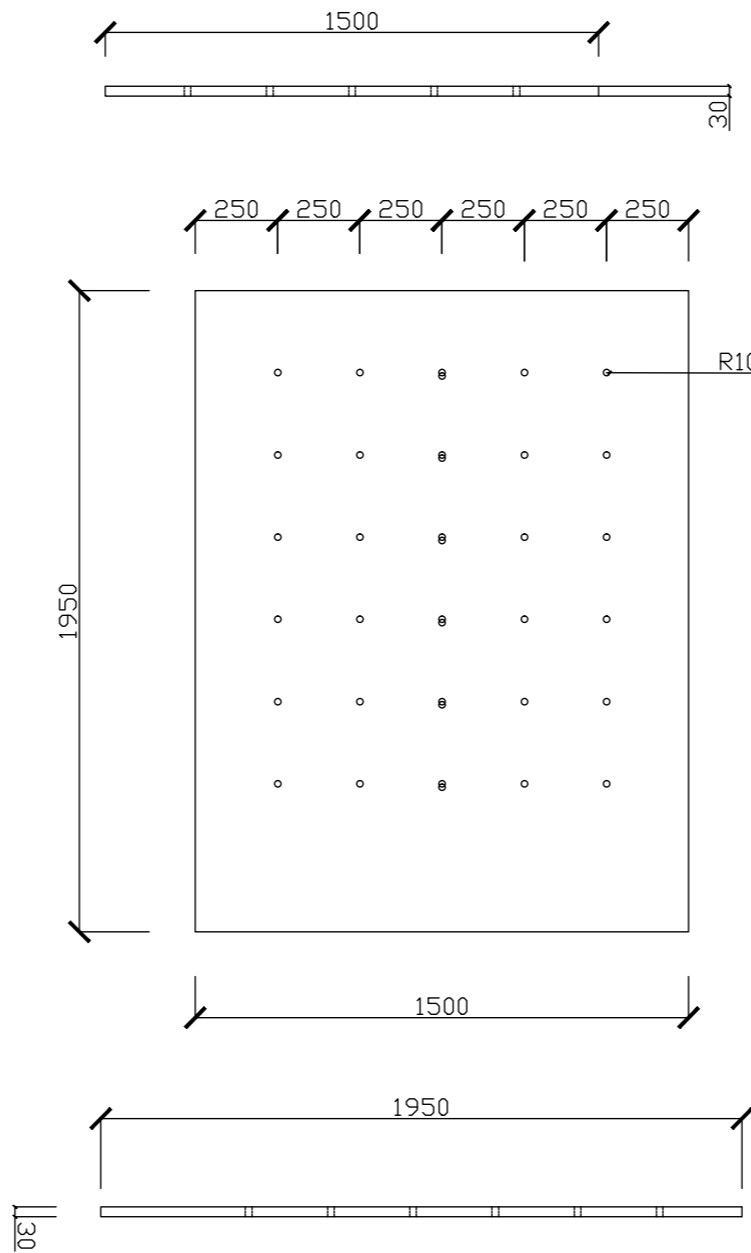


Stand B



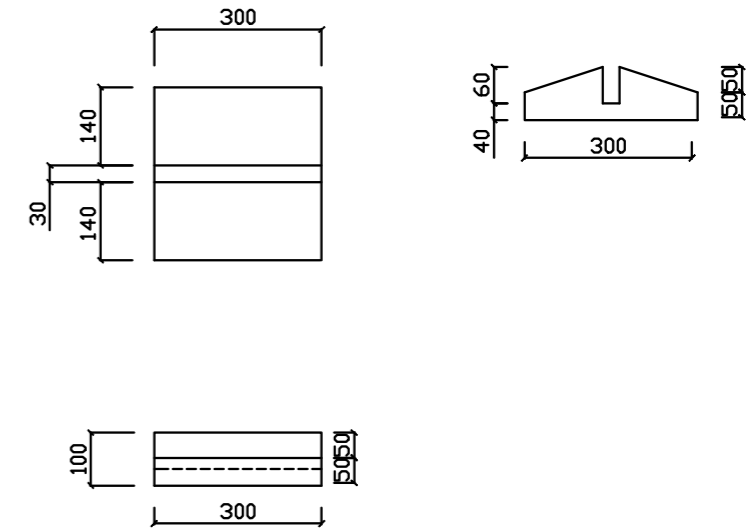
Pegboard

Material:
plywood painted in green

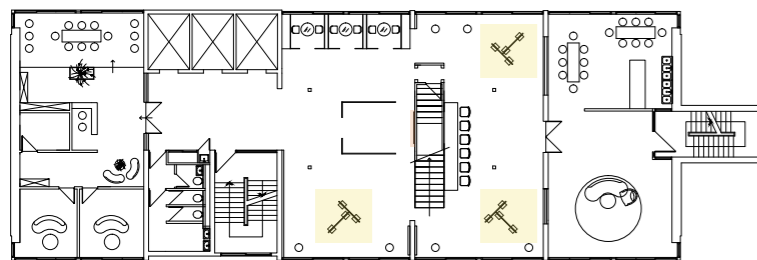
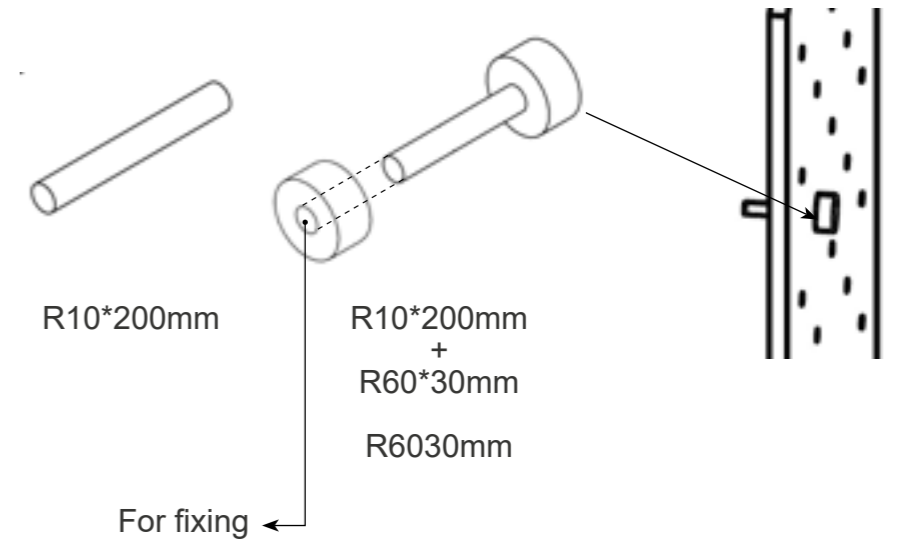


Supporting foundation

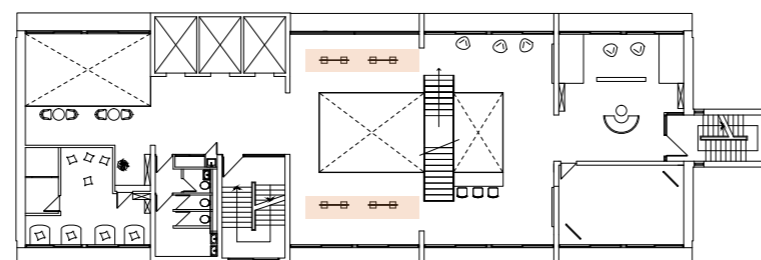
Material:
plywood



Wood stick painted in white



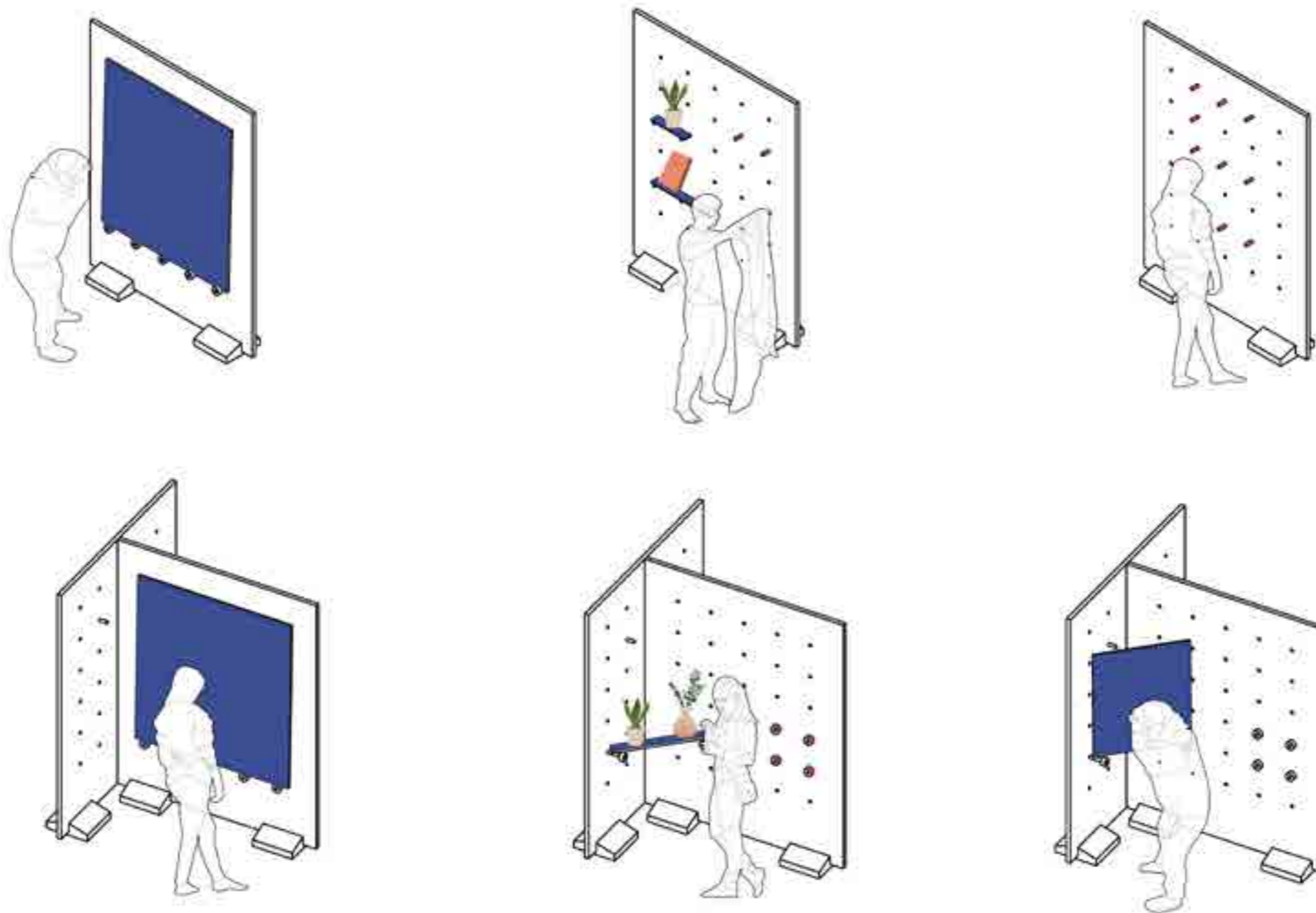
Stand A



Stand B

Title	Synthesis Project
Drawing Number	005
Drawing Name	Exhibition Stand
Scale	N
Date	02-08-2022

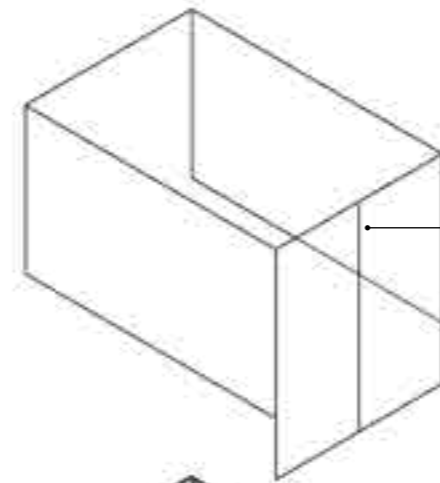
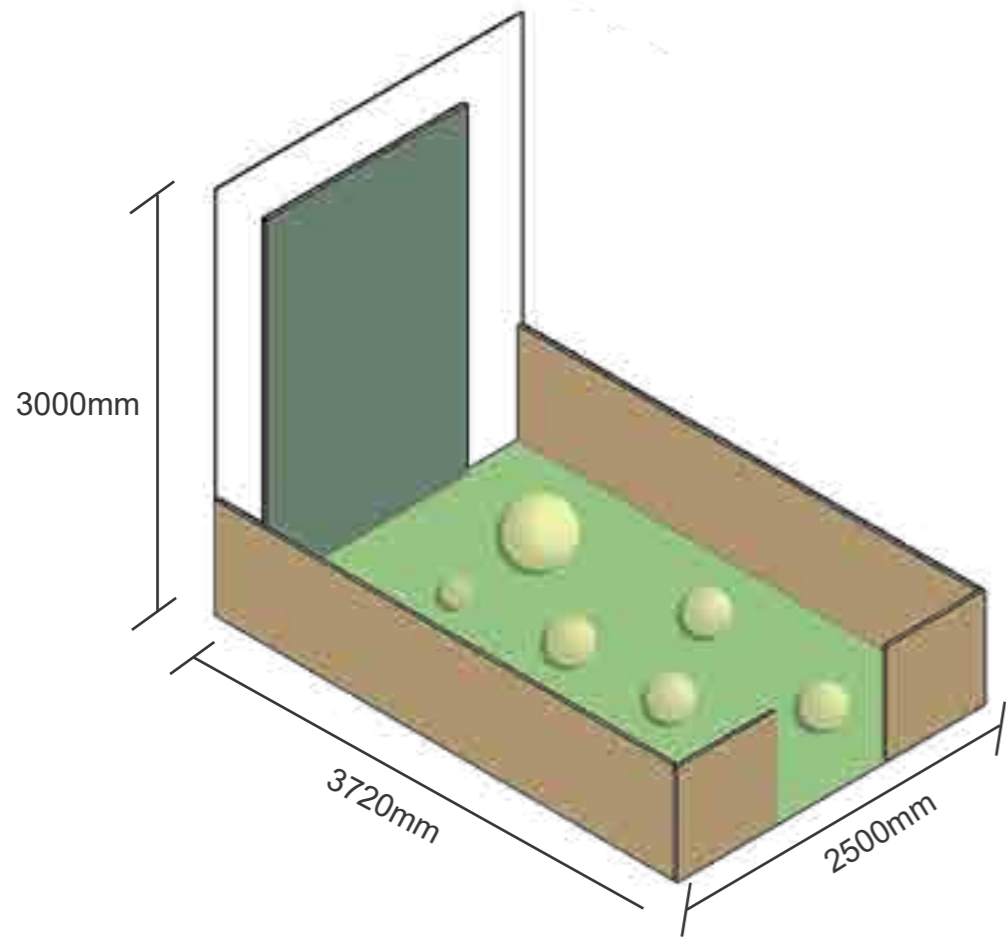
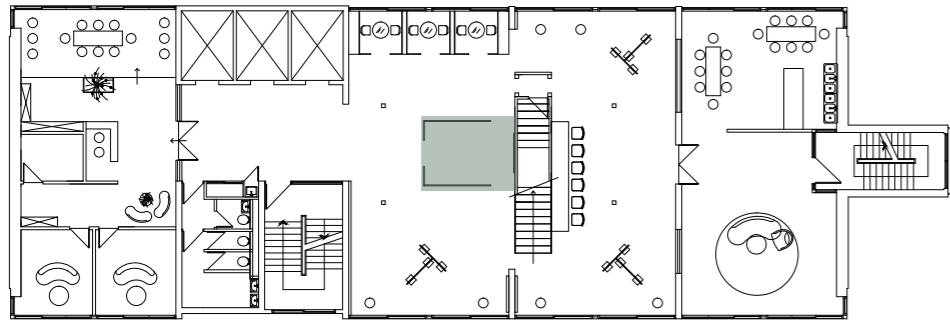
Stands exchanging



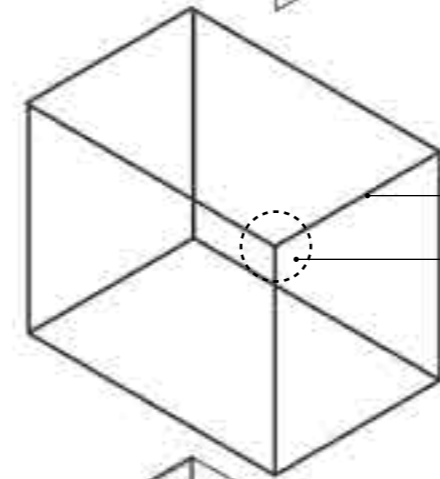
By combining wood stick and pegboard in a variety of ways, stands can be used not only for exhibition to show the masterpiece, but also for different purposes in other corners of the space while not using.

Design Specifacation

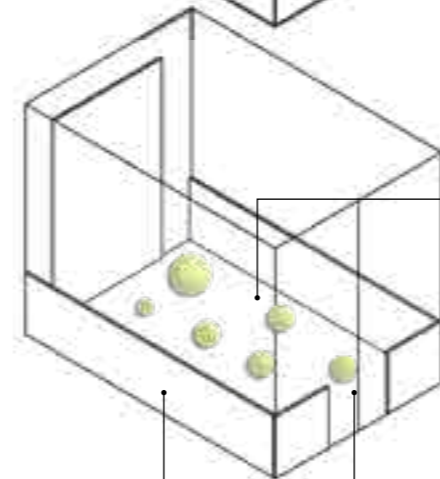
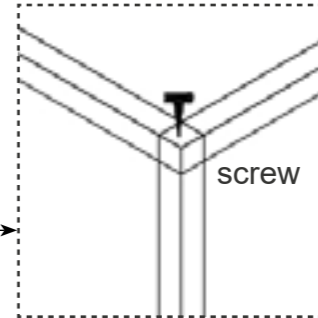
Green application



semi-transparent fabric
White Sheer Voile Fabric



wood painted black



carpet



textured balls



20mm plywood

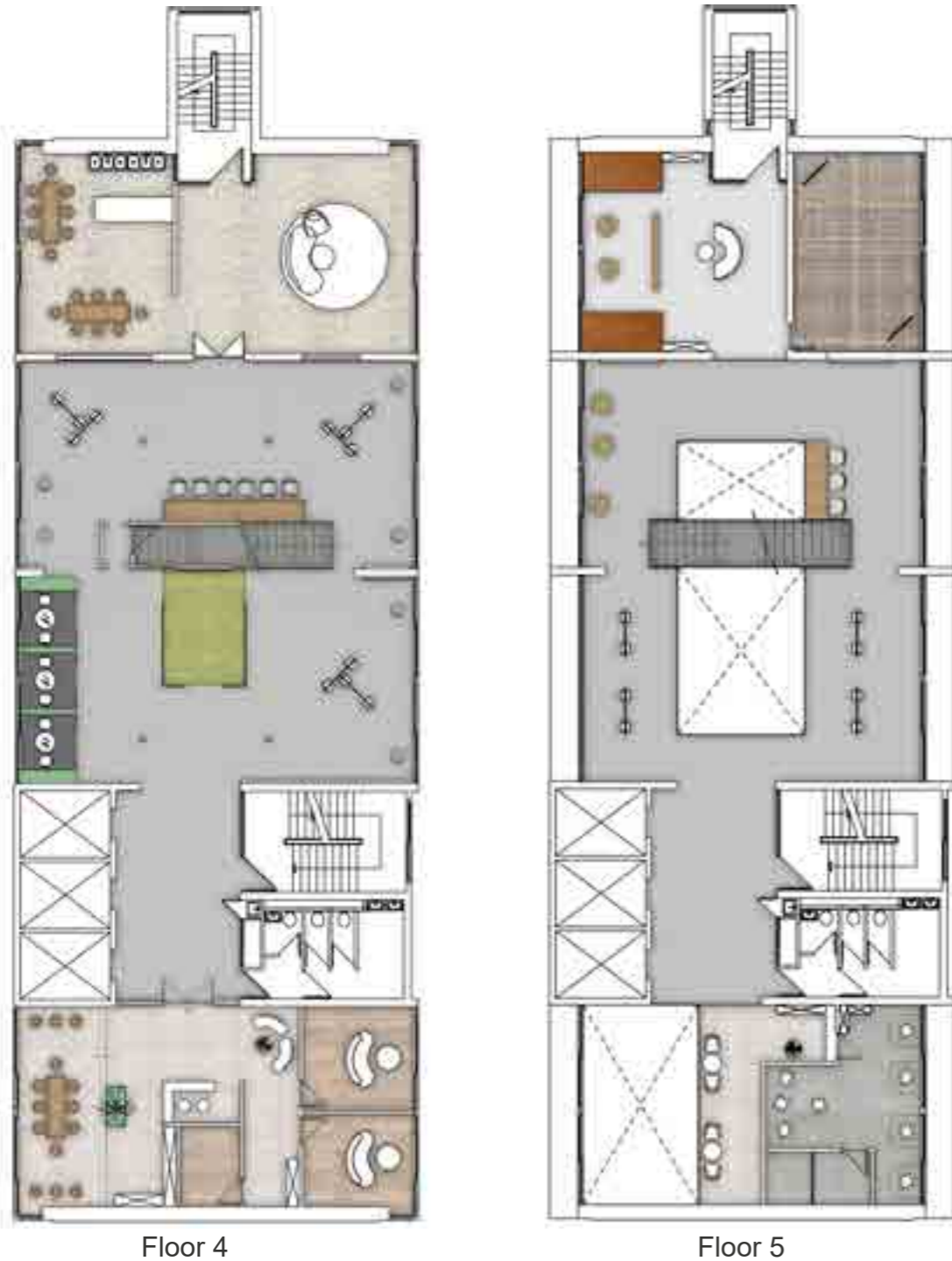


Immerse space **touch** **sight**

Touch: Different textured balls(wool, plastic)

Sight: The green wall will show the image or videos on regular basis

Material



Floor 4

Floor 5

Floor:



wood concrete PVC Floor
carpets with different patterns

Public area: Wood(echo original building material), concrete(echo original building material) and patterned PVC floor (aesthetic and easy to clean)
Private area: Carpets with different patterns to ensure a quiet environment.

Wall:



original white wall with paints wood frame Voile fabric

The original white walls are retained and some of the walls were painted with colors to differentiate the space.
Abstracting the characteristics of the surrounding buildings, the wooden window frames are combined with the walls, echoing the environment.
Voile fabric:

Ceiling:



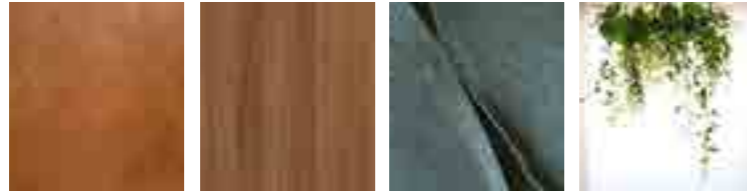
fishing line

Retain the original ceiling and attach fishing wire to the ceiling to hang decorations or exhibition panels. This can be done by wrapping it around a hook on the ceiling.

Fishing wire serves two very useful purposes while hanging: it is extremely strong, and since it is thin and clear, can easily be hidden from sight.

Material

Furniture:



leather wood cloth fabric plants

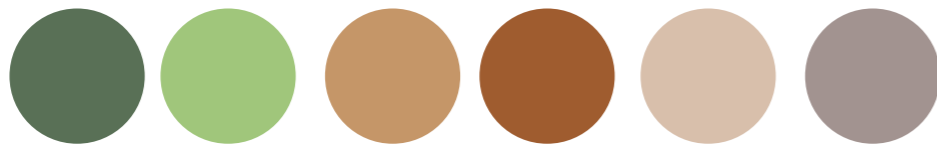
leather: easy to clean and is durable

wood: echo the original existing material of the building





cloth fabric: soft and comfortable

plants: make the space colourful and increase light fragrance

Color board:

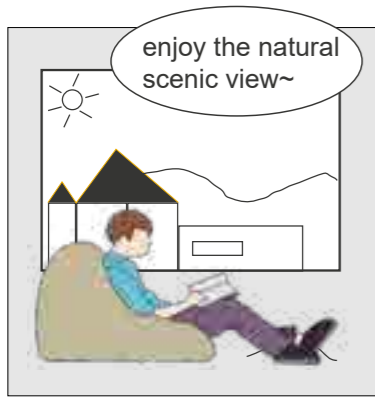


Plants:

Name	Image	Color	Condition	Smell
Jasminum polyanthum		white	It will bloom and scent your space all winter. It likes porous, well-draining soil, a somewhat humid environment, and a decent amount of light (which needn't be direct sun) In a hanging planter; as a vine, it will grow into twining trails.	sweet and floral
Mint		green	A well-draining soil and an east-facing window, and keep it moist without overwatering. A room deodorizer, purifying air.	herbal
Citrus		orange	Citrus needs lots of light and ample watering with well-draining soil. Choose a south- or southwest-facing window and a lightweight planter made of nonporous material, which will retain a bit of moisture and serve your citrus the extra humidity it loves.	sweet-tart
Lavender		Lavender	Treat your lavender plant to loads of light, keep it out of drafts, and allow it to dry a bit between waterings.	floral, herbal, and woody

I chose four different types of indoor plants from color, scent and growing conditions.

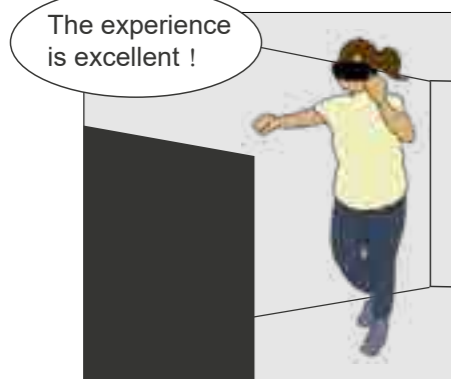
3D image and narrative



enjoy the natural scenic view~

sight smell

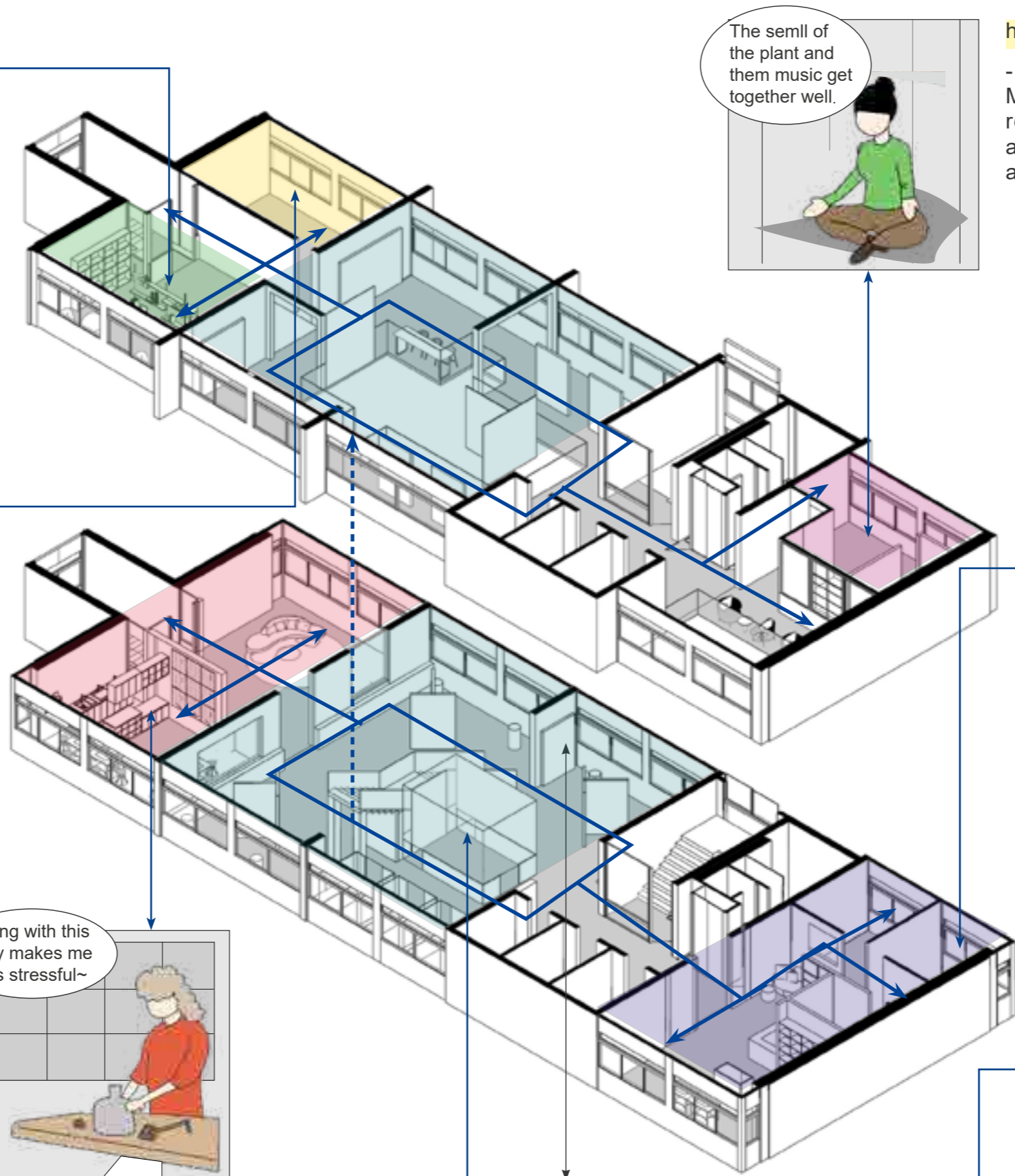
- Space for a daze
It is essential for the individual to be able to retreat to a private and safe space. It will be placed along the window or in a corner to avoid disturbing. Some fresh plants will be selected to blend into the space.



The experience is excellent!

sight touch hearing

- VR space
VR experiences enrich narrative and experience to the space.



The smell of the plant and them music get together well.

hearing sight
- meditation space
Meditation is one of the ways to relieve emotions. Music and light are considered to create a sense of atmosphere.



You can relief your mood upstairs on meditaitaion.

proprioception
- consulting room
The consulting room is different from that in the health and Wellbeing center. It rethink the relationship between professionals and patients in a space and the choice of furniture.



Doing with this clay makes me less stressful~

touch
- workshop
Public area for people to share and communicate.



This is my favourite piece!

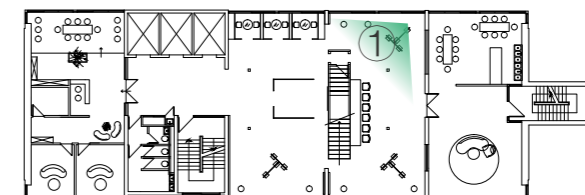
touch hearing sight
- exhibition
There are two exhibitons. One is for showing pictures. Another is for increasing the interaction between space and people through blurred boundaries with special material and form.



①

Exhibition space

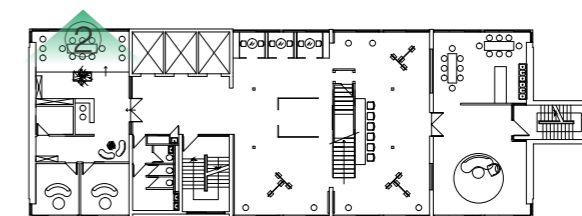
This is a public space for students to enjoy an exhibition and have a communication. The exhibition stands can be changed and interactive depending on different needs.



Floor 4



②
Mental Help center
This space is for face-to-face consulting and some lectures about psychological problems



Floor 4



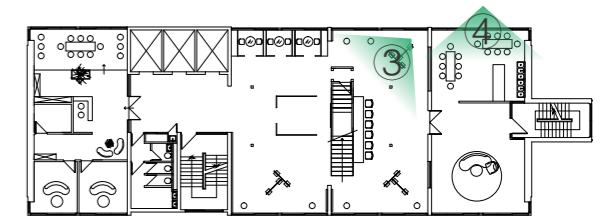
③

Private green space
It is located in the corner of the exhibition area along the beautiful window views.



④

Workshop
The workshop will provides various hand-making activities with different materials like metalworking, wool and clay.



Floor 4

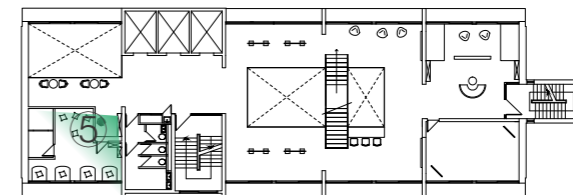
Final Renderings



⑤

Meditation space

Students can choose private space or public space. It is easy to calm down with the light music, plants and sky.



Floor 5

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Website

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- <https://www.wallpaper.com/design/google-office-meditation-rooms>
- <https://architizer.com/blog/projects/nishigahara-house/>
- <https://www.dezeen.com/2021/04/24/studio-10-fashioned-from-nature-exhibition-shenzhen/>
- <https://www.wikihow.com/Hang-Decorations-from-a-Ceiling>
- <https://www.bobvila.com/articles/fragrant-indoor-plants/>