



NATURE- INSPIRED BREAKS

Chronic stress is becoming a problem for more and more people, and can eventually result in a burnout. Therefore, it is very important for the employee as well as for the employer that stress will be reduced at work. Psychologists do a lot of research on the impact of nature on people's well-being. Research has shown that nature can reduce stress, but what is it in nature that provides this beneficial effect? And how can we use these elements from nature as designers for our products, to achieve even better effects?

'Nature-inspired breaks' is a relaxing place where you can come to release your worries for a moment. It is an interactive and multisensory design, created to reduce stress at work by using stress-relieving

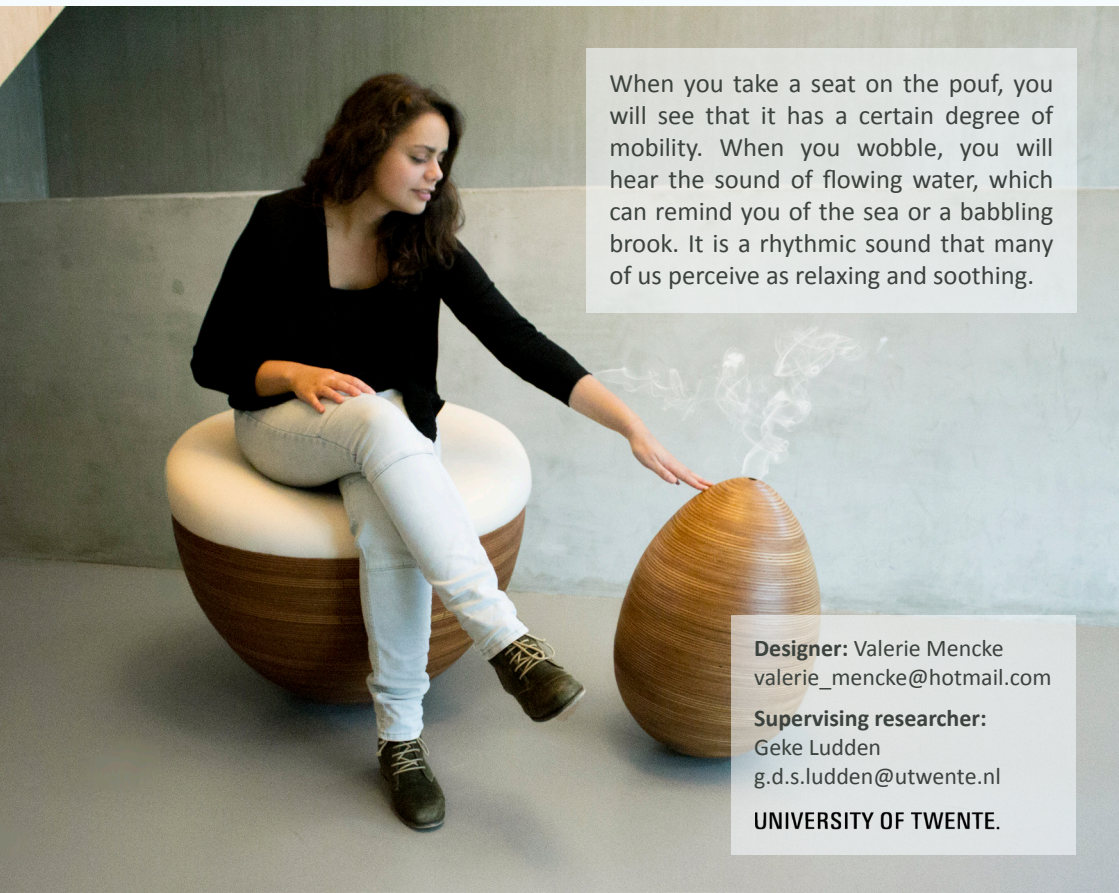
elements from nature. The design consists of a sound-emitting sitting pouf and a humidifying aroma diffuser.

'Nature-inspired breaks' creates relaxation by positive distraction from negative thoughts. Many elements in nature grab your attention, and there is so much to discover for all your senses that you forget your worries for a moment. These positive distractions arise in this design by the use of 'fresh flow'. Freshness stimulates you and allows you to clear your mind. Flow makes you lose track of time. By making use of interactive elements and by stimulating your senses, your curiosity will be stimulated and you will be able to experience 'fresh flow' with your whole body.



A necessary element of relaxation is feeling safe. In the design, we accomplished this by using curved and soft shapes, and the warm shades of the wood.

The wooden egg is a humidifier and aroma diffuser. When you give it a gentle push, the egg will keep wobbling. The egg will make you relaxed by using aromatherapy. When moving, the egg gives off a relaxing scent and you see the vapor rise from the top of the egg. Furthermore, the egg stimulates your curiosity: what will happen when I give it a push? And what scent will I smell? The rhythmic movement holds on to your attention, you look at the different rings of the wood, and lose track of time.



When you take a seat on the pouf, you will see that it has a certain degree of mobility. When you wobble, you will hear the sound of flowing water, which can remind you of the sea or a babbling brook. It is a rhythmic sound that many of us perceive as relaxing and soothing.

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