What You Ignore at Work May Harm You
The Effects of Light, Design, and Nature

satisfaction with your work environment may render you more satisfied with your job

the importance of your environmental comfort small but mighty consider environmental aspects such as:
lighting, ventilation, privacy, and acoustics as your contentment with these aspects is positively correlated with predicted job satisfaction

bring the outside world inside...

Confined to an indoor office for a majority of the day? Tweak your workspace to include aspects of nature ...and reap some major benefits

15-25% sunlight penetration is optimal for relaxing tasks

moderate amounts of sunlight via windows is ideal the preferred zone for a desk is within sight of a window

16-25% sunlight penetration is optimal for relaxing tasks

the case of healthcare while environmental aspects are an important factor in all workplaces, perfecting environmental conditions in healthcare has long been studied

nurses with increased exposure to daylight experience less burnout

sights and sounds of nature have been shown to decrease the odds of a patient experiencing pain

high levels of light illumination in hospitals may result in fewer medication errors

no windows? no problem

walks outside during a lunch break, especially in a park setting may help memory recall

decorate your desk with plants to help improve satisfaction with your job

having a sense of privacy and control over your workspace can be beneficial for job performance

involving nature through pictures and recordings can help the body relax during particularly stressful periods

Based on an original article by Shelby Beutel in BU Well Volume 1
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