

# Mental Health & Wellness

April is Stress Awareness Month. Did you know our building's biophilic design elements and natural lighting are scientifically proven to reduce stress<sup>1-3</sup>? Take a moment to appreciate the greenery around you.

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## The WELL Building Standard (WELL)™ M02, M09

1. Wolf K, Krueger S, Flora K. Work and Learning - A Literature Review. Green Cities Good Heal. 2014. [www.greenhealth.washington.edu](http://www.greenhealth.washington.edu). Accessed January 12, 2018.
2. Larsen L, Adams J, Deal B, Kweon B-S, Tyler E. Plants in the workplace the effects of plant density on productivity, attitudes, and perceptions. *Environ Behav*. 1998;30(3):261-281.
3. Largo-Wight E, Chen WW, Dodd V, Weiler R. Healthy Workplaces: The Effects of Nature Contact at Work on Employee Stress and Health. *Public Health Rep*. 2011;126:124-131. doi:10.2307/41639273

