



# Mind

Your mind and your body are impossible to separate, meaning you need to be in a healthy mental state to obtain optimal physical health, and vice versa. Exercise, for instance, triggers the release of serotonin in the brain, which improves your overall mood and helps regulate your sleep cycle. Your space is designed to help reduce stress and support a healthy mental state. There are policies in place that provide access to programs designed to improve your mental state and increase mindfulness.

The new design elements in this space, from plants and greenery to wall art, can improve your cognitive and emotional health.

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The WELL Building Standard (WELL)™  
M01, M02, M03, M04, M05, M06, M07, M08, M09

