

## **Biophilic Design: Nine ways to enhance physical and psychological health and wellbeing in our built environments.**

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### **Abstract**

Biophilic Design is an applied science that takes into account the most recent findings on the relationship between human beings and Nature to render artificial spaces more coherent with innate human biophilia. It is well known that the application of Biophilic Design reduces stress, stimulates creativity and clear thinking, improves physical and psychological wellbeing and accelerates healing. Considering the relentless process of global urbanization, these benefits will become increasingly important in the design of our urban spaces, buildings and interiors. The aim of the present study is to develop a conceptual framework for Biophilic Design, reducing the gap between scientific research and its translation into functional applications.

**Keywords:** Biophilia; Biophobia; Biophilic Design Characteristics; Biophilic Design Elements.

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