
MIND

Mindfulness Extension

WELL Standard Concept: Mental Health Feature

MIND components of the WELL Building Standard encourage architectural design, biophilia, education, healthy sleep within your circadian rhythm, stress reduction, and altruism to support mental health. The built environment in which you live, work, or play should reinforce a healthy mental state, all inclusive of the mind, body, and spirit.

Mental health is the state of a person's emotional, psychological, and social well-being. Wellness education and literacy is of the utmost importance for both personal and community health. Untreated depression, anxiety, and chronic stress suppress the function of the immune system and can lead to increased risk of heart disease, metabolic syndrome, gastrointestinal and autoimmune disease, and inflammation.

Meditation is one way you can reduce these constant adrenal fatigue conditions and begin to relax, breathe, and walk through your day with a sense of peace.

The body and mind are inextricably connected. We are all spiritual beings living in a physical world. As Deepak Chopra states, "health is not simply the absence of disease, but a state of higher awareness that opens us to greater well-being, creativity, and joy".

So, what nourishes you?

The physical body is affected by our emotions. Our thoughts direct how we feel. Our mood then impacts our choices. Being mindful is the art of being present. Practice nonjudgemental thoughts as you bring your attention to the present moment and experience. You have the power and knowledge within you to be mindful of your feelings as they arise. All emotions are welcome. Allow for acceptance of what is happening and let it dissipate, rather than tend to these emotions in an ongoing or agonizing way, so as to not impact your health.

Practices to consider within your own life:

- Attend guided meditation class or use Chopra's Breethe app as a meditative guide.
- Understand your energy through acupuncture, reiki, bodywork. Open up the channels to your true self.
- Educate yourself on the concept of conscious thoughts vs. unconscious thoughts.
- Self-reflect and journal (use Mindful Minutes as a guide, morning or night).
- Cultivate gratitude for what you do have and not what you have not.
- Spend time in relation; deep connection with others.
- Talk with a coach about your goals.
- Daily recapitulation; form tiny habits.
- Continue your education; challenge yourself.
- Move your body through balance, strength, length, and motion.
- Sleep well and in balance with your circadian rhythm.
- Spend time outdoors, in nature. Receive Vitamin D from the sun.
- Receive regular massage from your partner or professional.

Become a silent witness to your beautiful presence.

How does that presence emulate into the world?

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