



#### VANDERBILT W UNIVERSITY

#### MEDICAL CENTER

- Which firms were thriving financially?
- Which firms have the lowest E&O's?
- Which firms suffered from chronic stress and anxiety?
- Which firms worked +40 hour work weeks?
- Which firms advocated for mental health?
- Which firms left their desk at lunch?
- Which firms handled pressure (timeline, budget, difficult end users) with grace?
- Which firms responded to emails after hours?
- Which firms encouraged employees to have a life outside of architecture?
- Which firms said 'no'?





Healthy + 40 Hour Work Week + 'No'

## HOLISTIC

BUSINESS

BUILDINGS

Healthy + 40 Hour Work Week + 'No'

## HOLISTIC

BUSINESS

Healthy + Thriving Financially + Independent

BUILDINGS



Healthy + 40 Hour Work Week + 'No'

## HOLISTIC

#### BUSINESS

Healthy + Thriving Financially + Independent

#### BUILDINGS

Healthy + Properly Designed + Detailed + Low E&O

Unhealthy + 80 Hour Work Week + 'Yes'

## HOLISTIC

BUSINESS

BUILDINGS

Unhealthy + 80 Hour Work Week + 'Yes'

## HOLISTIC

#### BUSINESS

Unhealthy + Financially Scraping By

+ Dependent

BUILDINGS

Unhealthy + 80 Hour Work Week + 'Yes'

## HOLISTIC

#### BUSINESS

Unhealthy + Financially Scraping By + Dependent

#### BUILDINGS

Unhealthy + Not Appropriately Detailed, Lit, Air Flow, Specified, + High E&O

## HOW?

## THE UNHEALTHY ARCHITECT

Unhealthy + 80 Hour Work Week + 'Yes'

#### BUILDINGS

Unhealthy + Not Appropriately Detailed, Lit, Air Flow, Specified + High E&O

#### BUSINESS

Unhealthy + Financially Scraping By + Dependent



Healthy + 40 Hour Work Week + 'No'

#### BUILDINGS

Healthy + Properly Designed + Detailed

#### BUSINESS

Healthy + Thriving Financially + Independently

## 3 CORE PILLARS

MOVEMENT

STRESS
MANAGEMENT

BOUNDARIES

The Building
The Architect
The Business

## MOVEMENT

Movement is the key element to anything that is healthy...



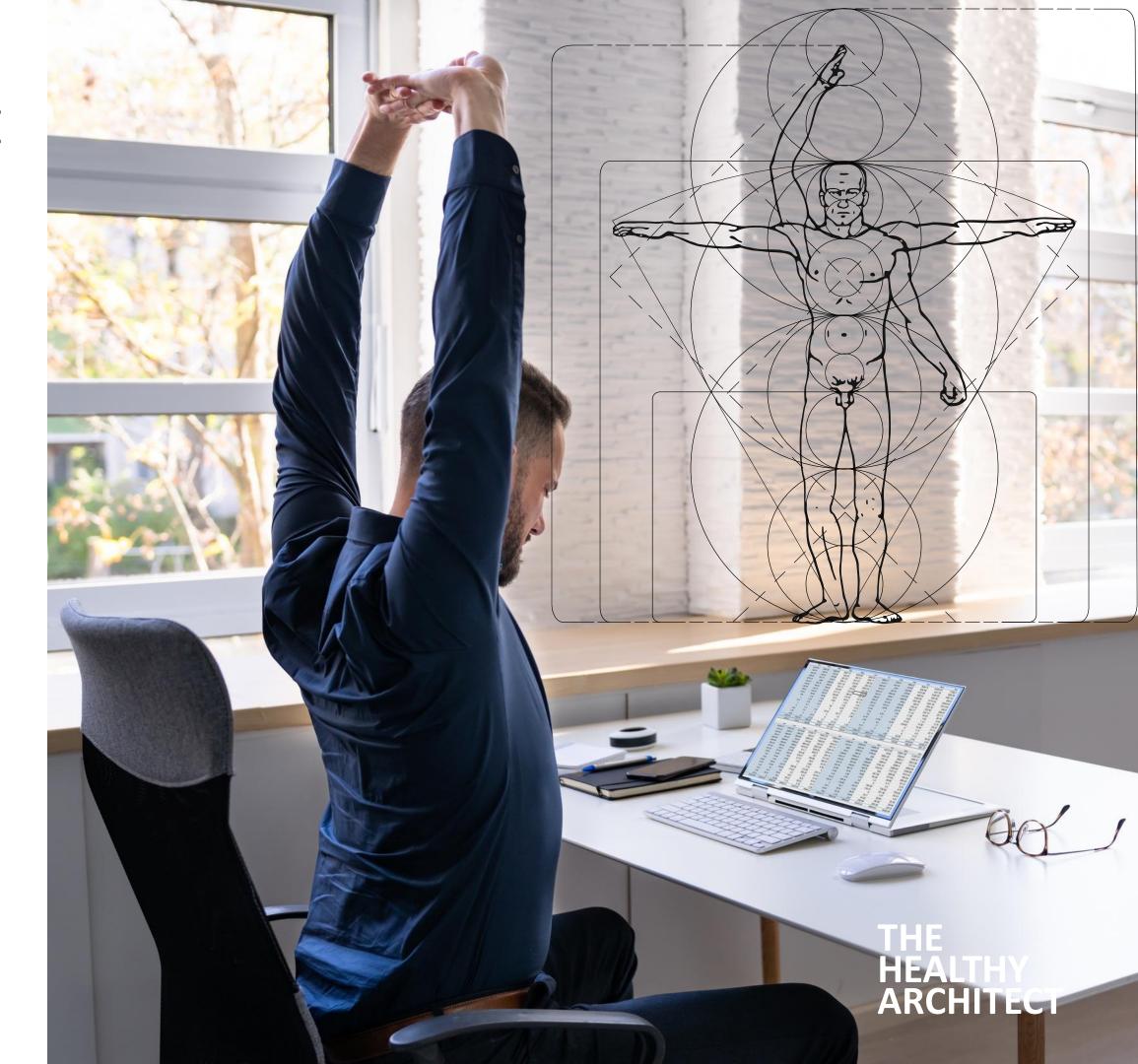
# BUILDINGS THAT PRIORITIZE MOVEMENT ARE HEALTHY.

- AIR
- WATER
- ELECTRICITY
- PEOPLE



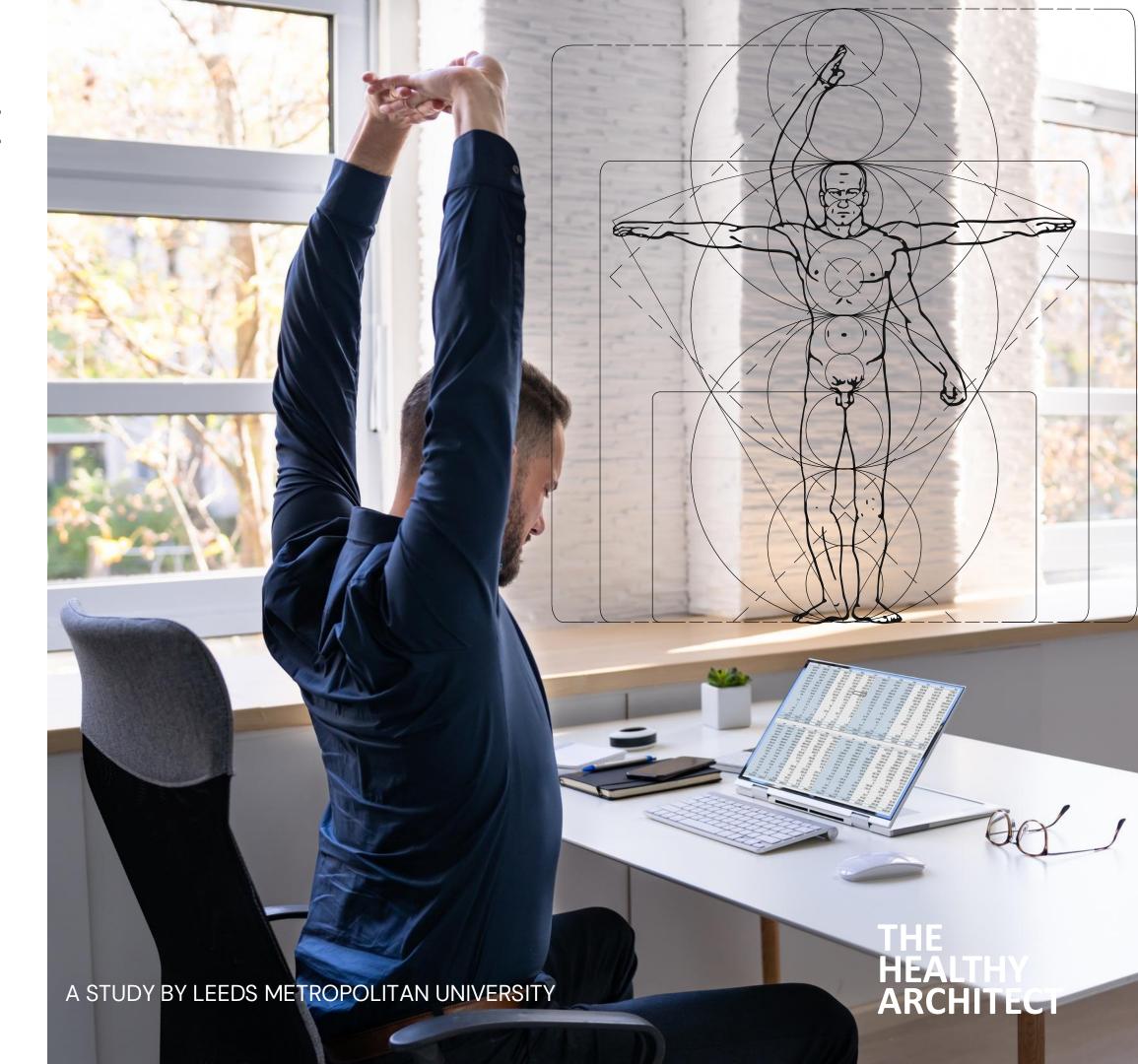
# ARCHITECTS THAT PRIORITIZE MOVEMENT ARE HEALTHY.

- ENDORPHINS
- CORTIZOL
- BLOOD
- OXYGEN
- COGNITIVE FUNCTION



# ARCHITECTS THAT PRIORITIZE MOVEMENT ARE HEALTHY.

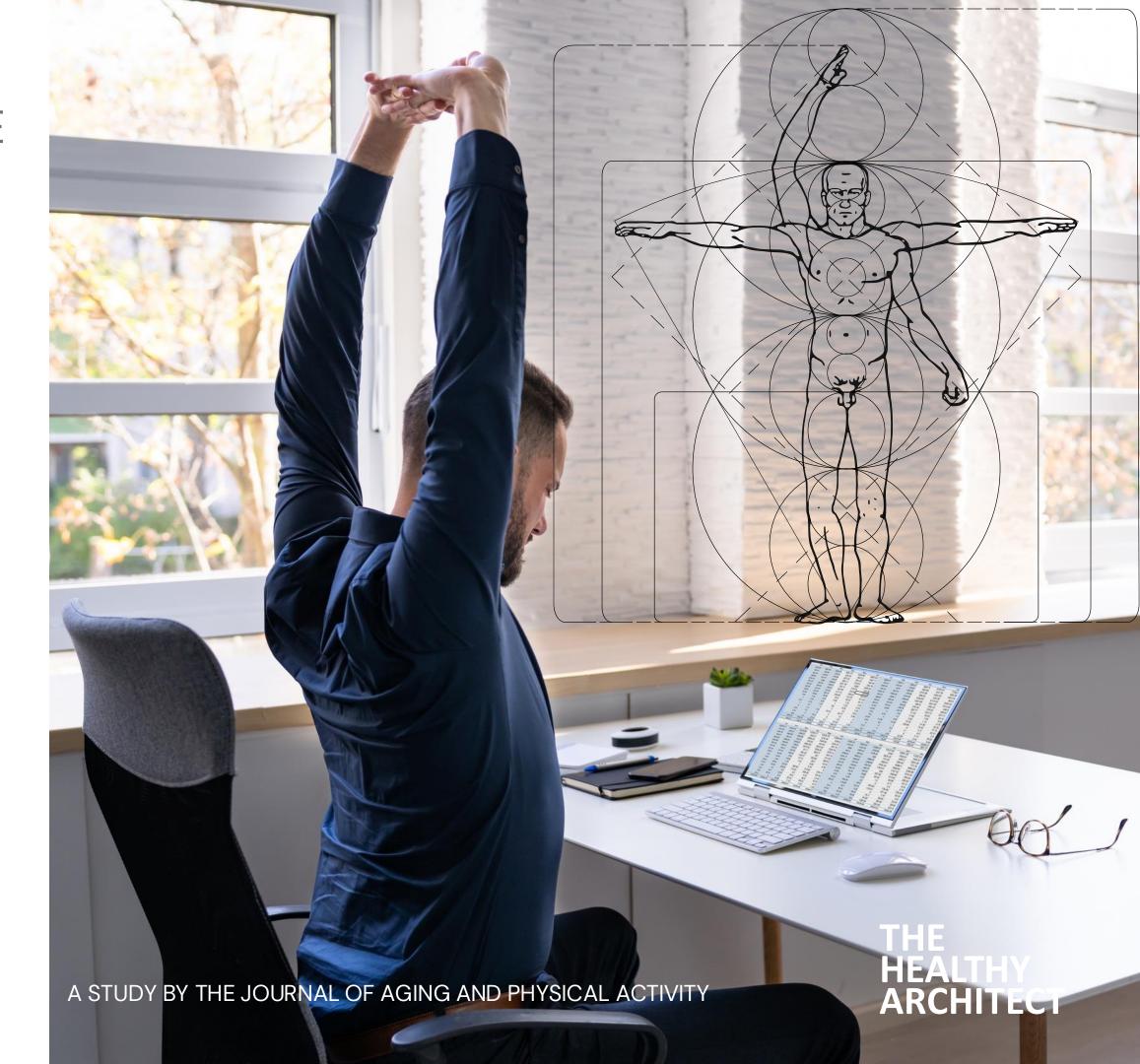
"Individuals who moved their body during their workday reported a 15% increase in job performance. They also experienced better time management, higher motivation, and improved mood, all of which are key contributors to success in business."



# ARCHITECTS THAT PRIORITIZE MOVENTAIN ARE HEALTHY.

### 25% FASTER INFORMATION PROCESSING SPEED:

"People who move their bodies regularly tend to process information 25% faster than those who do not move their body, regardless of age."



## BUSINESSES THAT PRIORITIZE MOVEMENT

ARE HEALTHY.

- CLIENTS
- PROJECTS
- MONEY

What if....

Businesses that move regularly tend to process information 25% faster than those who do not, regardless of age.



## HEALTHY MOVEMENT

- CALCULATED
- INTENTIONAL
- ENERGETIC
- SUSTAINABLE



## UNHEALTHY MOVEMENT

- CHAOTIC
- SPORADIC
- BURNOUT
- UNSUSTAINABLE





## STRESS MANAGEMENT

Lack of stress management is killing our industry...



# BUILDINGS THAT MANAGE STRESS ARE HEALTHY.

- EXTERNAL STRESS
- STRUCTURAL STRESS
- OCCUPANT STRESS



# ARCHITECTS THAT MANAGE MANAGE STRESS ARE HEALTHY.

- BRAIN FOG
- MEMORY LOSS
- BLOOD CLOTTING
- DIFFICULTY SLEEPING
- SLOW OR NO DIGESTION
- IMMUNE SYSTEM FAILURE
- CELLULAR DEVELOPMENT



# ARCHITECTS THAT MANAGE MANAGE STRESS ARE HEALTHY.

## CHRONIC STRESS CAN SHRINK THE PREFRONTAL CORTEX BY UP TO 10–15%:

"The prefrontal cortex is the area of the brain responsible for decision-making, attention to detail, and emotional control."



# ARCHITECTS THAT MANAGE MANAGE STRESS ARE HEALTHY.

CHRONIC STRESS CAN
CAUSE 20–30% INCREASE
IN BRAIN FOG:

"INDIVIDUALS EXPERIENCING
CHRONIC STRESS REPORT A 20%
TO 30% INCREASE IN THE
FREQUENCY OF BRAIN FOG
SYMPTOMS, SUCH AS
DIFFICULTY CONCENTRATING
AND FORGETFULNESS."



# BUSINESSES THAT MANAGE STRESS ARE HEALTHY.

- MORE ERRORS
- MORE OMMISSIONS
- SHORTER LIFE SPAN
- INEFFICIENT



#### HEALTHY STRESS

- MANAGED
- SHORT TERM
- ENERGETIC



#### UNHEALTHY STRESS

- UNMANAGED
- LONG TERM
- BURNOUT



## BOUNDARIES

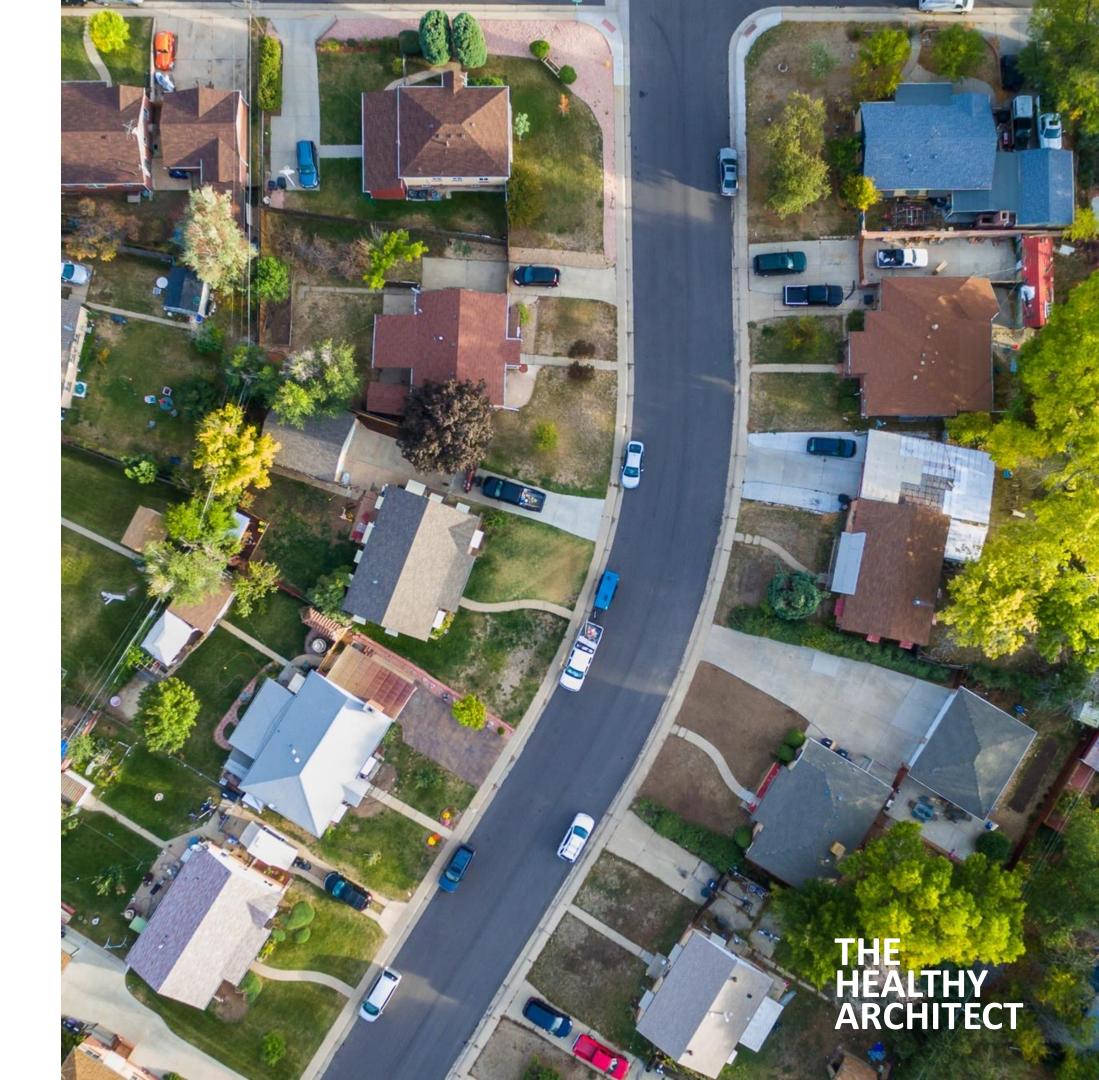
Aren't just for our site plans...



## BUILDINGS THAT PRIORTIZE BOUNDARIES ARE HEALTHY.

- ZONING
- PROPERTY LINES
- DEMISING WALLS

"That is yours and this is mine."



# ARCHITECTS THAT PRIORTIZE BOUNDARIES ARE HEALTHY.

- EXPERIENCE LIFE BEYOND ARCHITECTURE
- MULTIPLE IDENTITIES
- LONG TERM SUCCESS

"That is yours and this is mine."



## ARCHITECTS THAT PRIORTIZE BOUNDARIES ARE HEALTHY.

### 50% REDUCTION IN BURNOUT:

"Individuals who maintain boundaries around their work experience a 50% reduction in burnout compared to those who do not set such boundaries.

Burnout has a direct impact on productivity."



## ARCHITECTS THAT PRIORTIZE BOUNDARIES ARE HEALTHY.

#### **25% IMPROVEMENT:**

"INDIVIDUALS WHO
CONSISTENTLY SET AND
MAINTAIN PERSONAL
BOUNDARIES REPORT A 25%
IMPROVEMENT IN FOCUS,
MEMORY RETENTION, AND
DECISION-MAKING, COMPARED
TO THOSE WITH POOR
BOUNDARY-SETTING HABITS."



# BUSINESSES THAT PRIORTIZE BOUNDARIES ARE HEALTHY.

- SAYING 'NO' TO PROJECTS AND/OR CLIENTS THAT DON'T ALIGN WITH YOUR VISION
- RESPECT
- ELIMINATE "NOISE"
- LONG TERM SUCCESS

"That is yours and this is mine."



#### HEALTHY BOUNDARIES

- MANAGED
- VISIBLE
- LONG TERM SUCCESS
- ENERGETIC



## UNHEALTHY BOUNDARIES

- UNMANAGED
- UNCLEAR
- SHORT TERM GRATIFICATION
- DEPLETE





# 3 CORE PILLARS

MOVEMENT

STRESS MANAGEMENT BOUNDARIES

The Building
The Architect
The Business

## MINDSET

#### THE UNHEALTHY ARCHITECT

"I need to sit at my desk 80 hours a week to get it all done."

"Stress is just part of the architecture industry."

"I have to take this project because I need the money."

#### THE HEALTHY ARCHITECT

"I have 40 efficient and productive hours a week to work."

"Stress is a part of every industry but I have the tools to manage it properly."

"I will take the projects that align with the future of my business because this is what's best for its longevity."

### HEALTHY ARCHITECT

## HOLISTIC

HEALTHY BUSINESS HEALTHY BUILDING

HEALTHY ARCHITECT

## HOLISTIC

HEALTHY BUSINESS HEALTHY BUILDING



