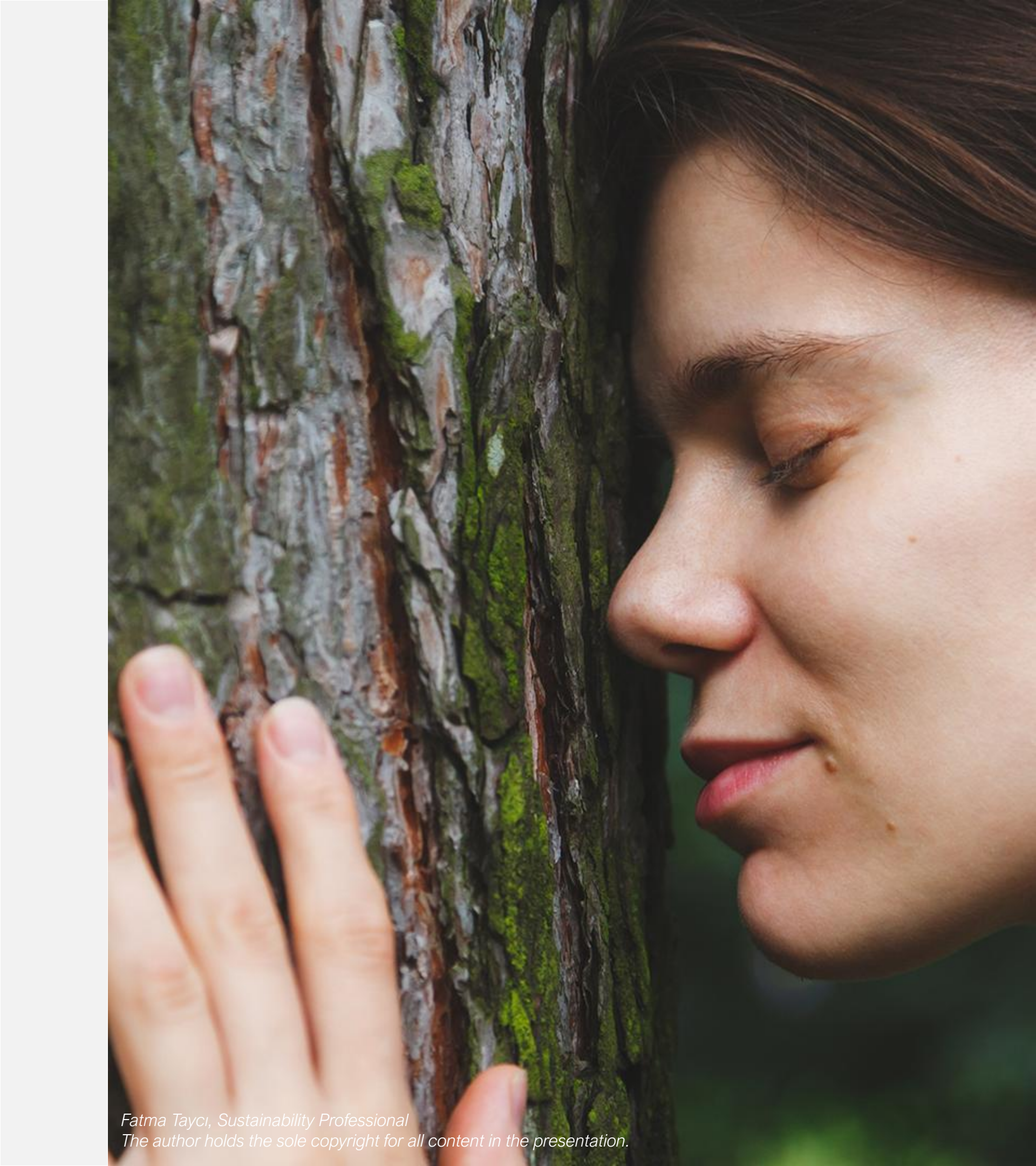


Immersive Start Guided Open-Eye Meditation





The Healing Power of Nature

Integrating nature into industrial environments for better wellbeing, safety, and engagement.

Content

1. Guided Open-Eye Meditation
 2. Nature as a Workplace Ally
 3. Science Meets Serenity
 4. Industrial Case Studies
 5. Technology + Nature
 6. Actionable Pathways
 7. Closing Challenge
-





Why It Matters Global Workplace Health & Wellbeing

- **WHO (2023):** Depression and anxiety cost the global economy nearly USD 1 trillion annually, causing 12 billion lost workdays.
- **Gallup (2024):** Only **23%** of employees feel engaged. Highly engaged teams show **70%** fewer safety incidents.
- **EU-OSHA (2022):** **27%** of EU workers report stress, anxiety, or depression linked to work.
- **ILO (2024):** Work-related accidents and diseases equal **~4%** of global GDP losses (≈ USD 3 trillion yearly).

Integrating nature into workspaces is a low-cost, evidence-based way to lower stress and improve safety.

Nature as a Workplace Ally

Biophilic and biomimicry principles enhance wellbeing and safety.

Biophilic design: natural light, air, greenery, water, and organic materials. Biomimicry: learning from nature to solve design problems (e.g., *termite-inspired ventilation*).

Case inspiration: Eastgate Centre (Zimbabwe), Siemens Green Factory (Germany).

Visuals: European green campuses, natural lighting, water integration.



Science Meets Serenity - Evidence & Data

- **Harvard T.H. Chan School (2022):**
Offices with nature views show **15%** lower stress hormone levels.
- **University of Exeter (2023):**
Access to green areas reduces absenteeism by **20%**.
- **Finnish Forest Institute:**
10 minutes of natural exposure lowers heart rate by **6%**.
- **Meta-analysis:**
Nature exposure improves focus, creativity, and emotional recovery.



Industrial Nature Successes



Sustainable Factory Design

A factory designed with sustainable, nature-inspired features can greatly improve employee satisfaction and well-being.



Natural Light and Gardens

Incorporating natural light and acoustic gardens in workspaces has been shown to reduce absenteeism among employees.



Nature-Based Stress Reduction

Nature labs and green courtyards in workplaces can decrease stress and enhance creativity for employees.

Blending Technology with Nature



Immersive Nature Technology

AR/VR solutions create virtual nature experiences in the workplace to promote employee relaxation and mental wellbeing.



Biophilic Restorative Spaces

Compact Nature Pods integrate natural elements for restorative breaks, combining design and biophilia for stress reduction.



AI-Driven Ambient Systems

AI systems dynamically adjust lighting and soundscapes to match employees' stress levels, supporting workplace wellbeing.

Implementing Nature at Work

1. **Assess:** Measure wellbeing and safety data.
2. **Design:** Integrate biophilic elements (*light, plants, sound*).
3. **Engage:** Include employee participation and leadership buy-in.
4. **Pilot:** Create 'green zone' prototypes and measure impact.
5. **Scale:** Track KPIs, link results to business performance.





Nature Inspires Healing

“If nature can heal a forest after a fire, it can heal our workplaces too.”

What one natural element can you bring into your daily work?



Thanking Nature: Three Pillars

Sustainability for the Future

Sustainable practices protect natural resources and preserve biodiversity, ensuring a healthy environment for future generations.

Well-being Through Nature

Spending time outdoors and connecting with nature boosts both mental and physical health.

Safety in Natural Workspaces

Ensuring safety in natural environments protects workers and helps preserve fragile ecosystems during professional activities.



Thank you for your attention

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