



Let's make architecture an
instrument of peace

The impact of architecture on the
mental health
of residents is still taboo





As a licensed Architect, I have given myself one mission =>
respect all differences of bodies, of sensoriality, of sensitivity

My quest : a better physical and psychological well-being for everyone

By over-reacting to the environment without filters, residents with disabilities are valuable indicators of the deleterious effects of materials and spaces which influence our emotional and physical health, and therefore our behaviors

They taught me to identify disharmonies, inconsistencies, excesses and deficiencies in each environment



Reminder of our ambitions...

We have a clear vision of our objectives but we don't have a clear vision of the method and the narrative that will reconcile everyone



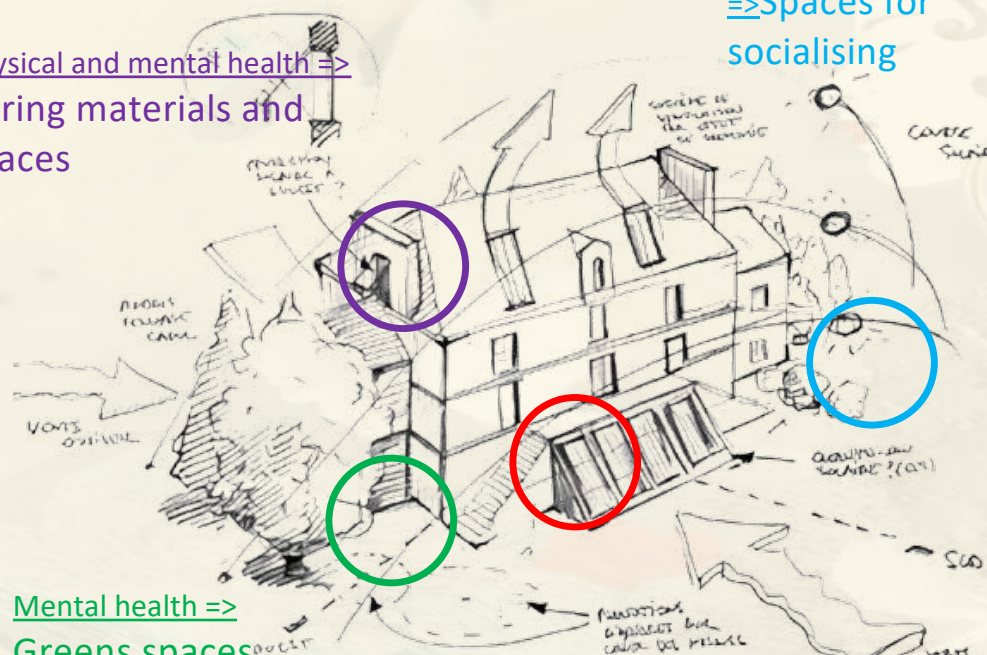
The WorldGBC Health & Wellbeing Framework

Six Principles for a Healthy, Sustainable Built Environment

- The Whole world is investing in decarbonization technologies, that's good, but it does not make people happier
- Architecture still needs to achieve its own revolution to take into account mental health in general
- Over the last few decades an increasing number of architects have taken ergonomics into account, proving that we can evolve our practices to build a better environment, prioritizing psychological health

How to create the conditions for a virtuous loop that would take care of residents and encourage them to take care of nature

Physical and mental health =>
Caring materials and spaces



Mental health =>
Greens spaces,
trees, bird song,
bees

Mental and physical health =>
Evolving, accessible and
adaptable spaces

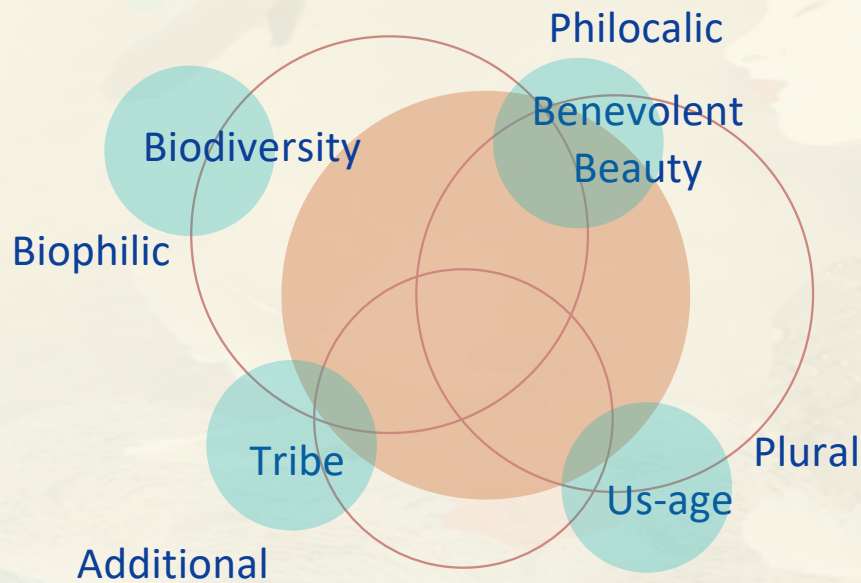
Mental and physical health
=> Spaces for
socialising

What about emotional health and architecture?

- There is an abundance of schematics illustrating energy performance, but none pertaining to residents' emotional health
- (Thermal) renovation of existing buildings is a worthy goal but it's also critical to restore residents' self-esteem
- Beauty in architecture is necessary but a caring architecture is vital

How to create the conditions for a virtuous loop that would take care of residents and encourage them to take care of nature

Humans are by nature



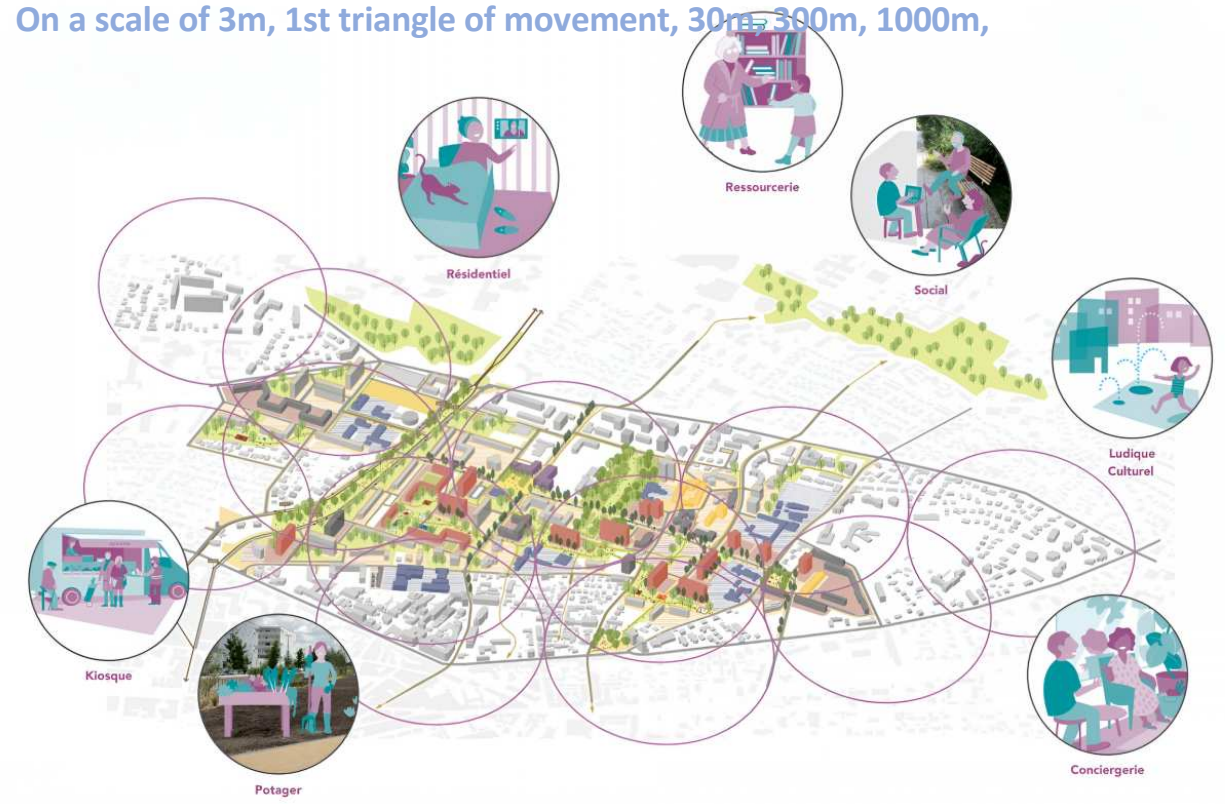
Body and mind move in a complex interdependent ecosystem

Designing buildings that meet people's physical and psychological health is foremost a desire to put mental health back at the heart of the project, through their ages, their physical differences, their vital need for benevolent beauty, nature and hugs ;-)

Forgetting one of them brings imbalance because benevolence/caring is not attained

HUMANS are sociable by nature, reciprocity, sharing, relationship is Healing

On a scale of 3m, 1st triangle of movement, 30m, 300m, 1000m,



Cities are often ill-adapted to
our uses and challenge our body
and our mental through the ages

Benevolence /caring begins
by using new words to build
and re-build benevolent areas

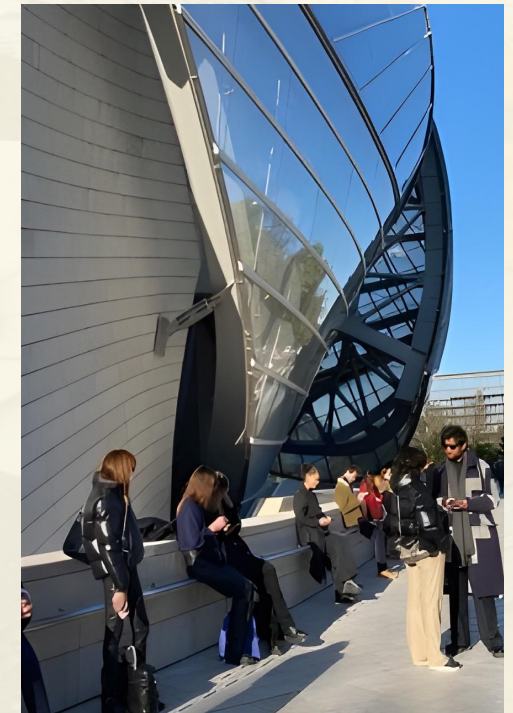
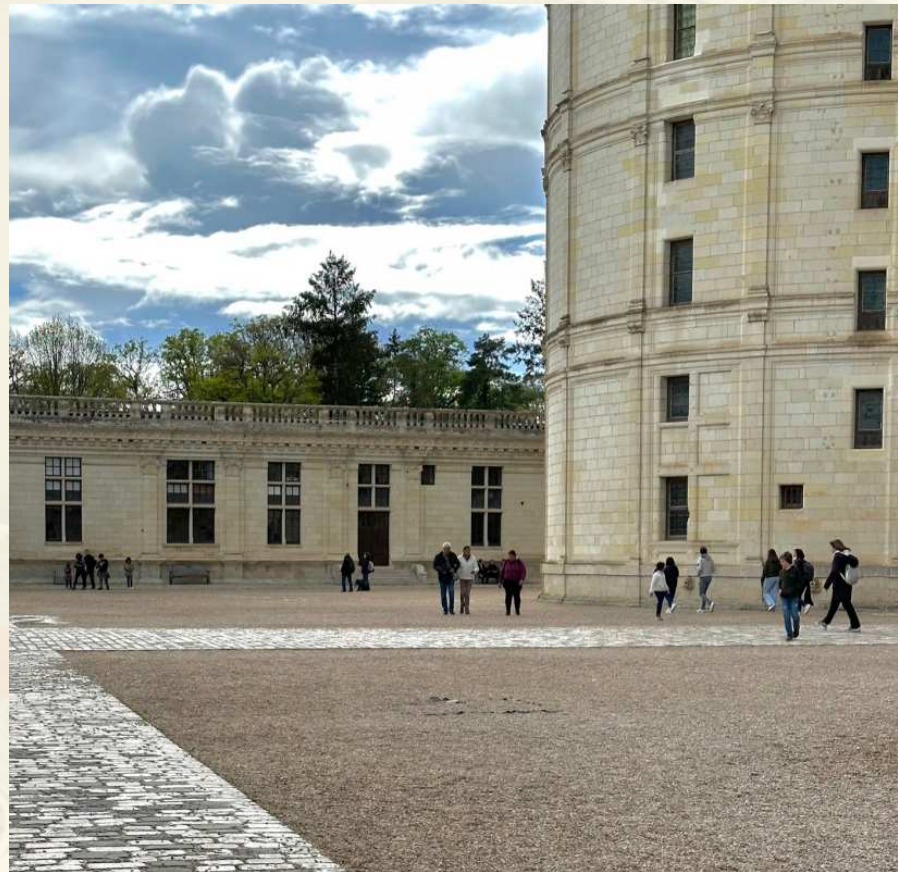
Benevolence/caring begins by
replacing roads with streets

HUMANS are philocalic by nature

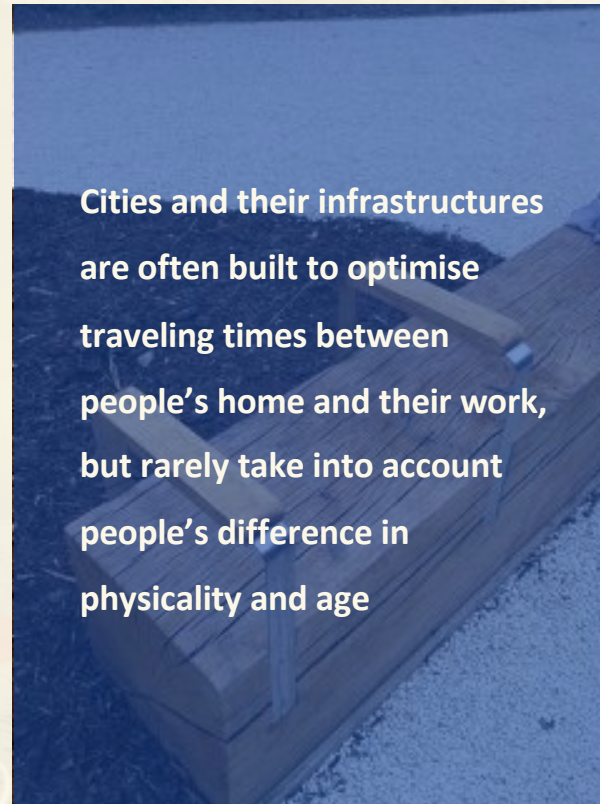
The love of beauty and caring is Healing

It is often believed that behaviours are just the result of social and educational policies or aesthetics

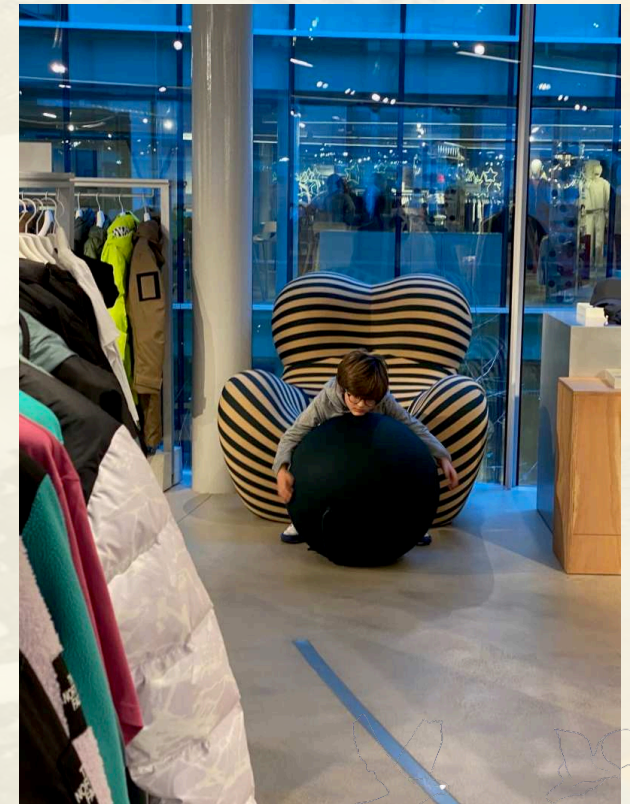
When we mix benevolence/caring and beauty, visible and intuitive architecture, facades, or materials can pacify the personnel and visitors



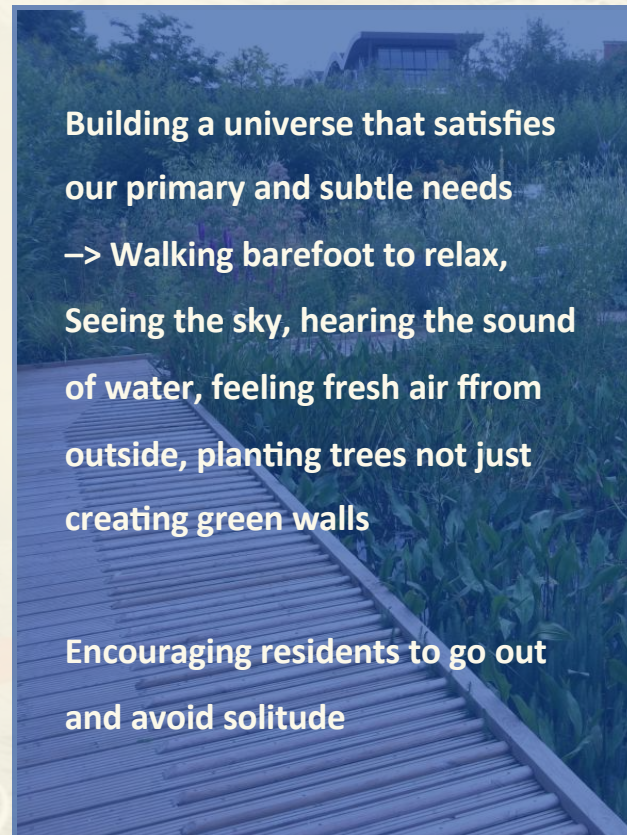
HUMANS ARE PLURAL Beings from birth, respect uses through ages is Healing



Cities and their infrastructures
are often built to optimise
traveling times between
people's home and their work,
but rarely take into account
people's difference in
physicality and age



HUMANS ARE BIOPHILIC by nature, nature is Healing



Building a universe that satisfies
our primary and subtle needs
→ Walking barefoot to relax,
Seeing the sky, hearing the sound
of water, feeling fresh air from
outside, planting trees not just
creating green walls

Encouraging residents to go out
and avoid solitude





A Holistic approach to pacify

**We can standardize strategies,
methods, and our commitment to
Humanity**

**But solutions cannot be standardized
and applied from one territory to
another, or from one culture to another**

- Putting physical and mental health at the heart of every architectural and urban project
- Learning from our elders and our children by combining the best of the past with the best of the present
- Building a living world that respects the physical and mental health of all living beings (mineral, vegetal, animal & human) on our planet
- Providing these tools and methods, setting a good example and educating the policy makers and the construction industry



Cultivating 'caring walls' and spaces is one of the best ways to pacify the world

**“A habitat must be functional but also caring to satisfy our need
for benevolent beauty, nature and community,
while evolving through our life,
benefitting our physical and psychological well-being”**

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