



The Ultimate

BIOPHILIC DESIGN HOME OFFICE CHECKLIST

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Elevate your productivity and creativity in your home office by harnessing the power of biophilic design.

This comprehensive checklist will guide you through each essential aspect of creating a home office environment inspired by biophilic design, optimizing your space for increased productivity, enhanced creative energy flow, and a more harmonious work environment.

Natural Light

- Position your desk near windows to maximize natural light.
- Remove clunky and musty curtains and blinds, and any other elements that may block the path of light, such as large tables or cabinets.

Benefit: Natural light not only reduces eye strain but also promotes alertness while regulating your mood, mental health, & sense of wellness

Indoor Plants

- Incorporate indoor plants into your home office space to bring nature indoors.

Benefit: Plants not only improve air quality but also contribute to a sense of calmness and vitality.

Natural Materials

- Choose furniture and decor made from natural materials such as wood, bamboo, or stone.
- Incorporate natural materials or symbolic textural references from nature, such as a zen garden.

Benefit: *These materials add warmth and authenticity to the space while connecting you to the natural world.*

Biophilic Patterns

- Incorporate patterns inspired by nature into your decor, such as leaf motifs, floral prints, or organic shapes.

Benefit: *These patterns can evoke a sense of harmony and tranquility.*

Water Features

- Add a small indoor fountain or tabletop water feature to your home office.

Benefit: *The sound of flowing water can promote relaxation and creativity while enhancing the Feng Shui of the space.*

Artwork

- Create a wall gallery with framed prints of some of your favorite snaps of the outdoors

Benefit: *Provides a sense of calm and mental restoration - bonus points if you frame pictures you have taken yourself exploring the beautiful outdoors*

Standing Desks & Ergonomic Chairs

- Use ergonomically designed office furniture, such as standing desks and ergonomic chairs
- Use ergonomically design office tools, such as keyboards and mouse pads

Benefit: *A healthy body needs movement - a sedentary life has significant adverse Impacts on both physical and mental health*

Views of Nature

- Position your desk in a way that provides views of nature, such as a garden, park, or natural landscape.

Benefit: *Even glimpses of greenery can have a positive impact on your mood and productivity.*

Print and follow this checklist to create a healthy and productive home office space!

*For more feng shui tips, visit
www.holistichome.love*

