

# RESHAPING WORKSPACES:

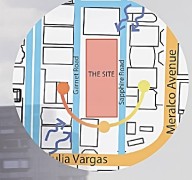
## PROMOTING MENTAL HEALTH AMONG BPO WORKERS THROUGH AN ADAPTABLE BIOPHILIC OFFICE IN ORTIGAS

CARL MARIA PAULETTE CANDICE G. | 2015-08344 | AR1992 THYZQ-3

BPO workers are one of the top office workers who experience mental health problems, this is due to their nature of work and the stress that come with it. This study aims to address these issues and at the same time adapt to the changes that the COVID-19 pandemic has brought about. The method focused on the research on the exploration of the needs of BPO employees, causes of their mental health issues, and office space design interventions for mental health, increasing job performance and productivity. The data shows that biophilic design greatly aids in improving a person's well-being while flexible spaces are ideal for the changing work systems. These concepts were applied to the study, in addition, the concepts of placemaking, connectivity and maximizing reach are also used to create its design. The proposed project is an office design that mainly features the principles of biophilic design in the workspaces of the structure and the use of co-working spaces to be able to adapt to different work settings.

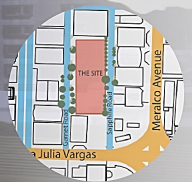


### SITE ANALYSIS



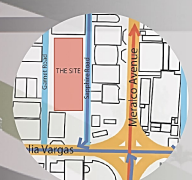
#### SUN AND WIND PATH

The map shows the sun path and wind path on the site. The sun will hit the southeast side heavily as there are no structure to low structures on this area. The southwest can still be protected or shaded due to the tall buildings present on the side.



#### SITE FEATURES

The site is partially surrounded by trees from Garnet Road and Sapphire Road and has no vegetation inside the lot itself. Electric posts and street lamps are placed along the east side of the road. The lot is surrounded by office and condominium buildings.



#### TRAFFIC ANALYSIS

UV express pass by Dona Julia Vargas both ways, this transportation can also be found along Sapphire Road but it only passes one way going towards Dona Julia Vargas. On the other hand, Jeepneys pass through Meralco Avenue, however, they go through the overpass on the

### CONCEPTS



**PLACEMAKING**  
It aims to shape the public space to increase its shared value. The facility aims to invite people to engage with the space both the workers and the public. Public amenities will be placed such as stores, parks, walkways, and other spaces for gathering.

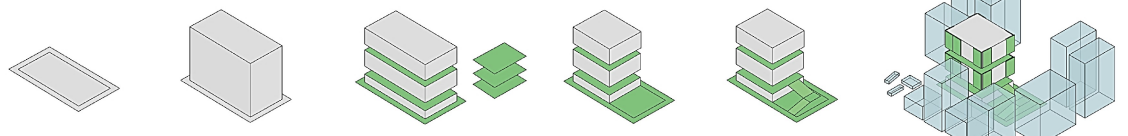


**BIOPHILIC DESIGN**  
Connection with nature has beneficial effects such as improved mood, productivity, health, and well-being. The principles of biophilic design will be applied such as greenery, sunlight, open space, and many others.



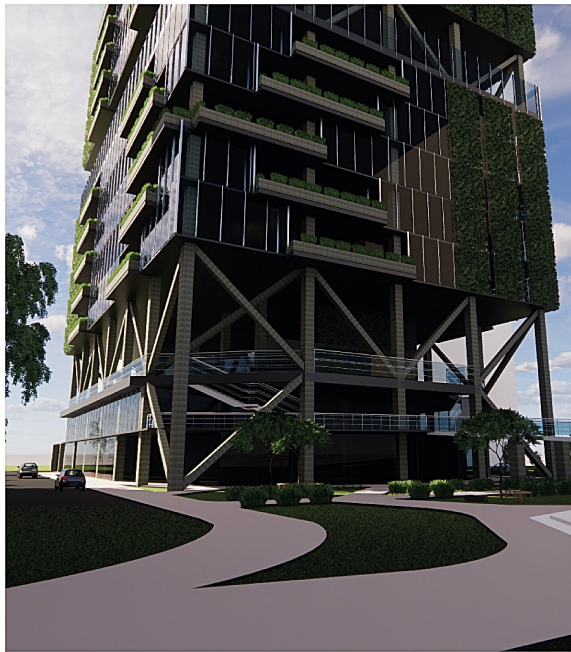
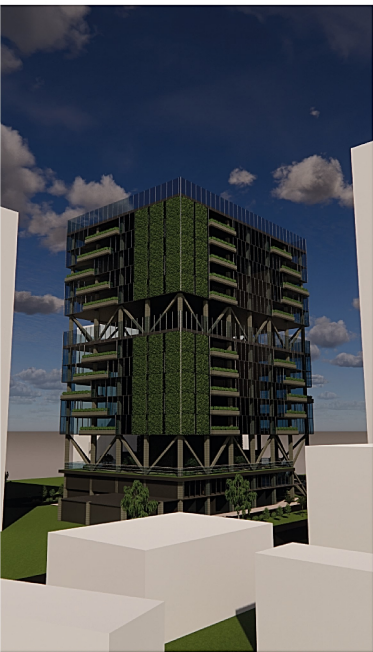
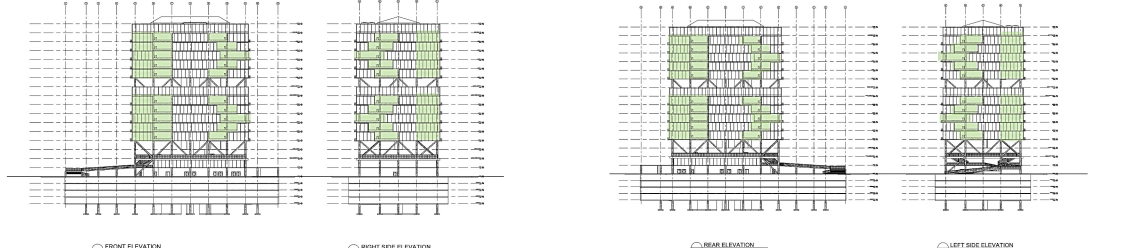
**CONNECTIVITY**  
One of the most important aspects of mental health is connection with people. People are social beings which is why communication is a need. This will be applied through social spaces, open to public facilities, gathering areas, and public open space.

### DESIGN MORPHOLOGY

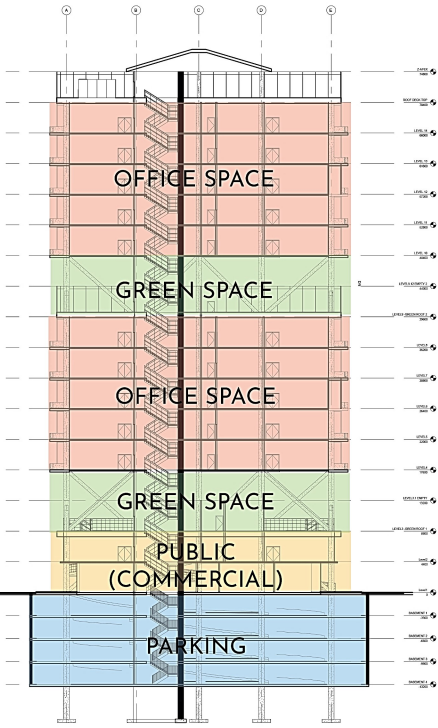


The setbacks were identified and placed on the site. The form starts by pulling out the building mass from the site setbacks. The application of green open spaces are located on the ground floor and between the masses of the building to create a wider area for movement. Using the sun path, the form is shifted to the south side to cover an open space on the ground area. The ground floor open space is connected to the 2nd platform of green space to provide more access to the public. Considering the surrounding buildings, the facade will feature green walls that can be viewed by neighboring structures to gain a wider reach for the benefits of biophilia.

### ELEVATIONS







CROSS SECTION

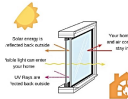


LEVEL 4 FLOOR PLAN



**GREEN POCKETS**

Balconies where people can also work or just take a break. This features greenery, natural light, etc, and open areas from the principles of biophilic design.



**WINDOW**

The window starts from floor to the ceiling which allows natural light to enter the workspace. This also uses a Low-E window which minimizes the amount of infrared and UV light without affecting the amount of light that enters the space.



**LIGHT**

Uses a daylight controlled system which adjusts to the desired level of illumination based on the sunlight that enters the room. This generates 28-30% energy savings in the building.



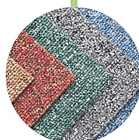
**CEILING**

The ceiling uses acoustic ceiling panels which are in the form of waves that features the organic forms of nature. Despite being blocked by cubicles, workers can still view the ceiling which features another principle of biophilic design.



**TABLE LAYOUT**

The table layout is reconfigured into groups of three to lessen the amount of people in a row. They are also shaped into triangles to break the typical cubicles found in contact centers. This creates a more pleasing look to the workspace and a wider area for the workspace tables which provides the space a more open feeling.



**FLOOR**

The floor uses a carpet to lessen the sound within the workspace. This absorbs sound from people walking or speaking during work which are needed by BPO workers while speaking on the phone with their clients.



**PLANT BOX**

An additional view of greenery in close proximity to the workspace, this also acts as a separator from the walkway which can block view of people passing by.



**GREEN WALL**

Vertical structures that have different types of plants or other greenery attached to them. The side where there is lack of sunlight features a view of greenery.