

SECTION
A-A



CAN A GYM FOR MENTAL WELL-BEING
IMPROVE OFFICE LIFE?

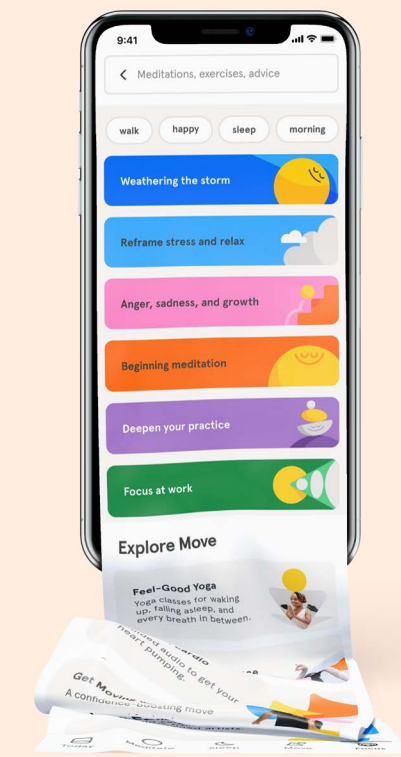
BREATHE

by Jai Standing
headspace

escape the
working day

BRIEF

Breathe explores what mental well-being care could look like, creating a gym for the mind. Responding to recent public awareness of mental health issues that affect everyone and the growing burnout culture in the working world. Taking the well-established concept of a gym dedicated to working out your muscles and creating its counterpart to exercise the mind. Using Headspace's digital subscription for mental well-being to facilitate the creation of a physical experience. Where office workers can come to take regular breaks during the working week, turning their backs on the stress of the office to focus on meditation, movement, and mindfulness.



CONCEPT

WHAT IF WE TACKLED WORKER'S MENTAL WELLBEING BEFORE MENTAL HEALTH ISSUES ARISE?

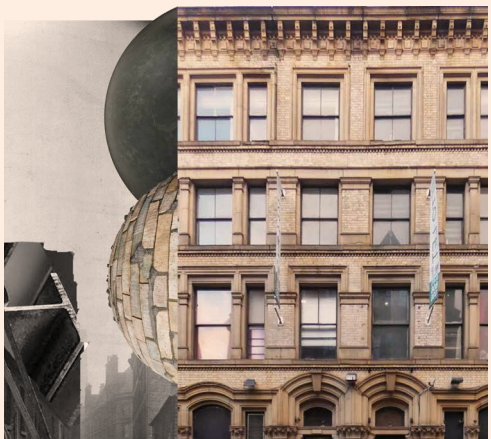
This design aims to encapsulate Headspace's branding.

Peeling back the curtain on mental health. Applying the bright orange tones from Headspace's brand logo and combining it with the host building's industrial language. Overall creating a surrealistic environment to escape the stress of work.

SITE

PRINCESS HOUSE 105 - 107 PRINCESS STREET MANCHESTER M1 6DD.

Using, part of the ground floor, 1st, 2nd, 3rd and 4th floor totalling **1,490 sqm**. The property is **grade II** listed and sits in a conservation area.



MOVE

Fitness flow and Spark strength fit into this category. Providing office workers a break from the static day. A more mind mindful approach to fitness.

MEDITATE

Mind unwind and Sound soak fit into this category. Allowing users not only to exercise their body but there mind too.

SLEEP

Doze domes, a chance to rest and come back to the working environment recharged.

FOCUS

'Refresh'ment and nourish, a more mindful approach to food, teaching users how to bring mindfulness into their mundane activities.

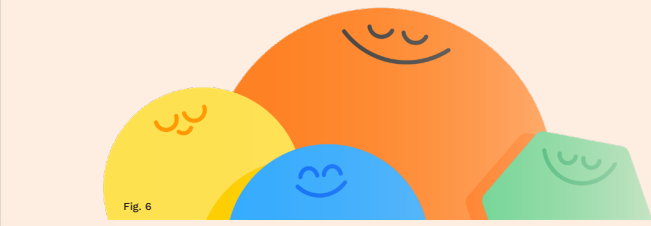
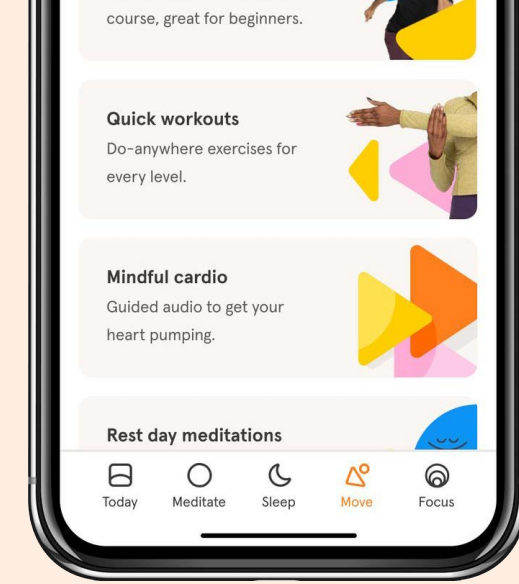


Fig. 6

BRAND

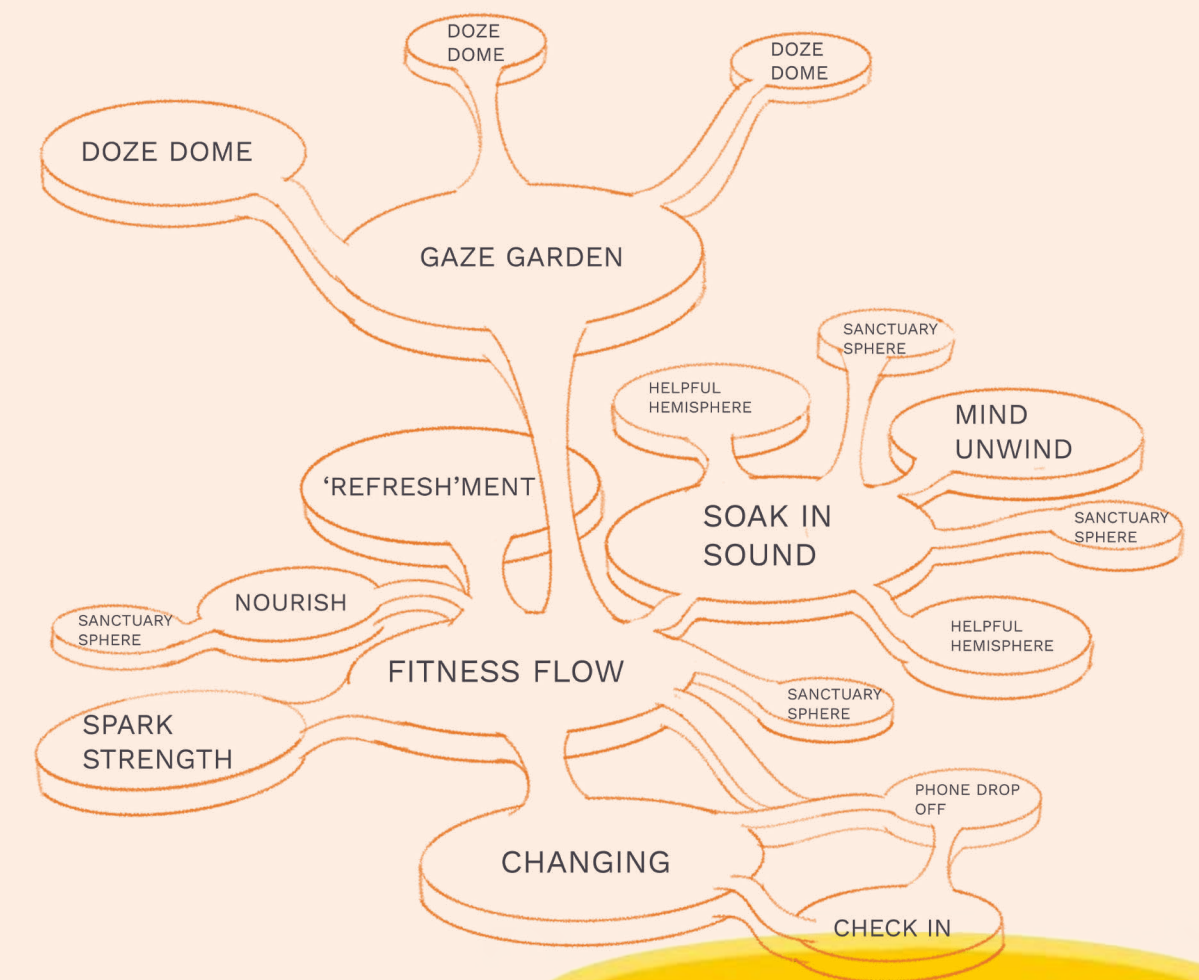
Headspace was started with one mission: to improve the health and

Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.



Content is split into 4 distinct types, Meditate, Sleep, Move and Focus (Headspace Health 2021).

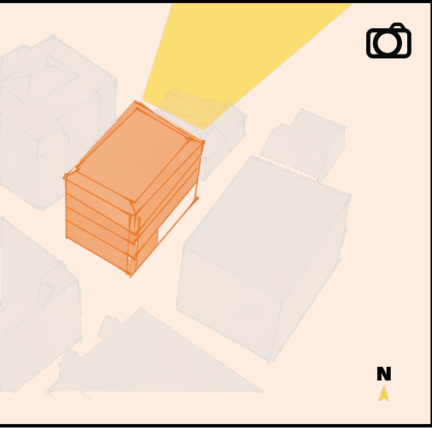
Each section consists of a mix of pre-recorded and live content, audio and video recording, animations, quizzes, music and articles.



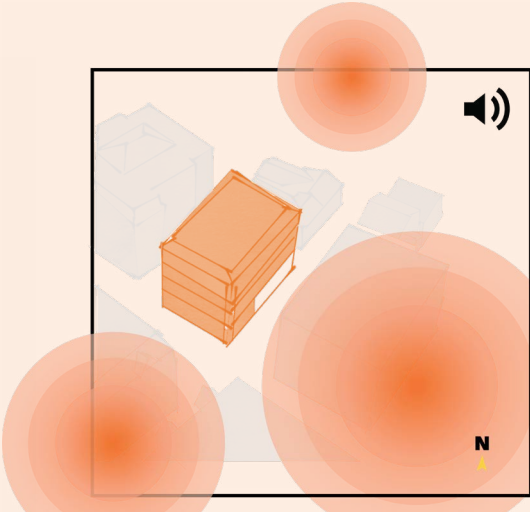
'Refresh'ment is themed around focus, learning to bring a new appreciation to everyday tasks. For example eating how to have a mindful approach to eating to build a healthier life style. the blue tones scattered throughout these areas build a calming focused atmosphere.

DIAGRAMS

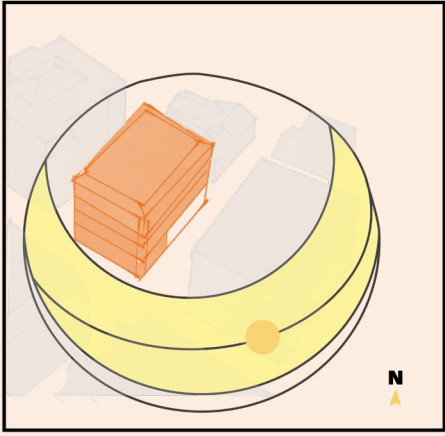
SITE DIAGRAMS
Exploring the current site conditions and the surrounding area.



Best view, looking out onto abington street where there are clear site time of the city.

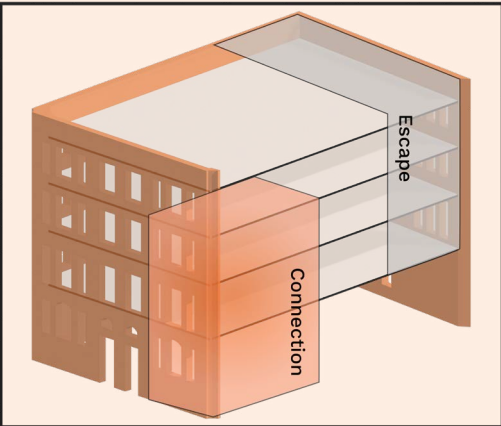


Noise disruption, being in a busy city there is noise all around the higher in the building the quiet.



Sun path, Princess street and Bloom st. get the most natural light.

STRATEGY DIAGRAMS
Exploring the current site applying designs strategy



Connection where the layers of the building have been peeled back to create voids. Escape sealed-off secluded zones to escape the working day.

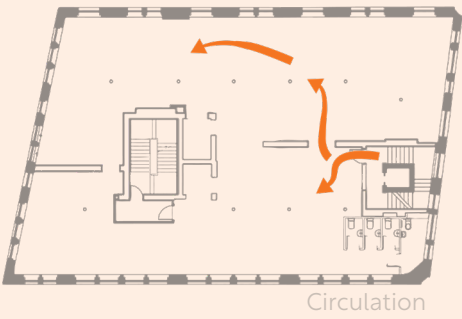
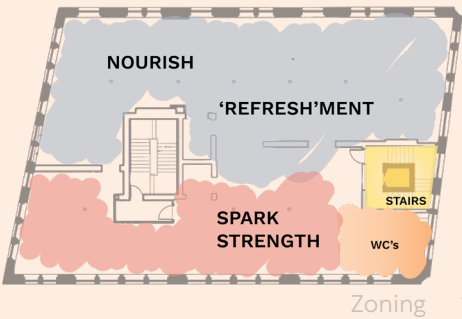
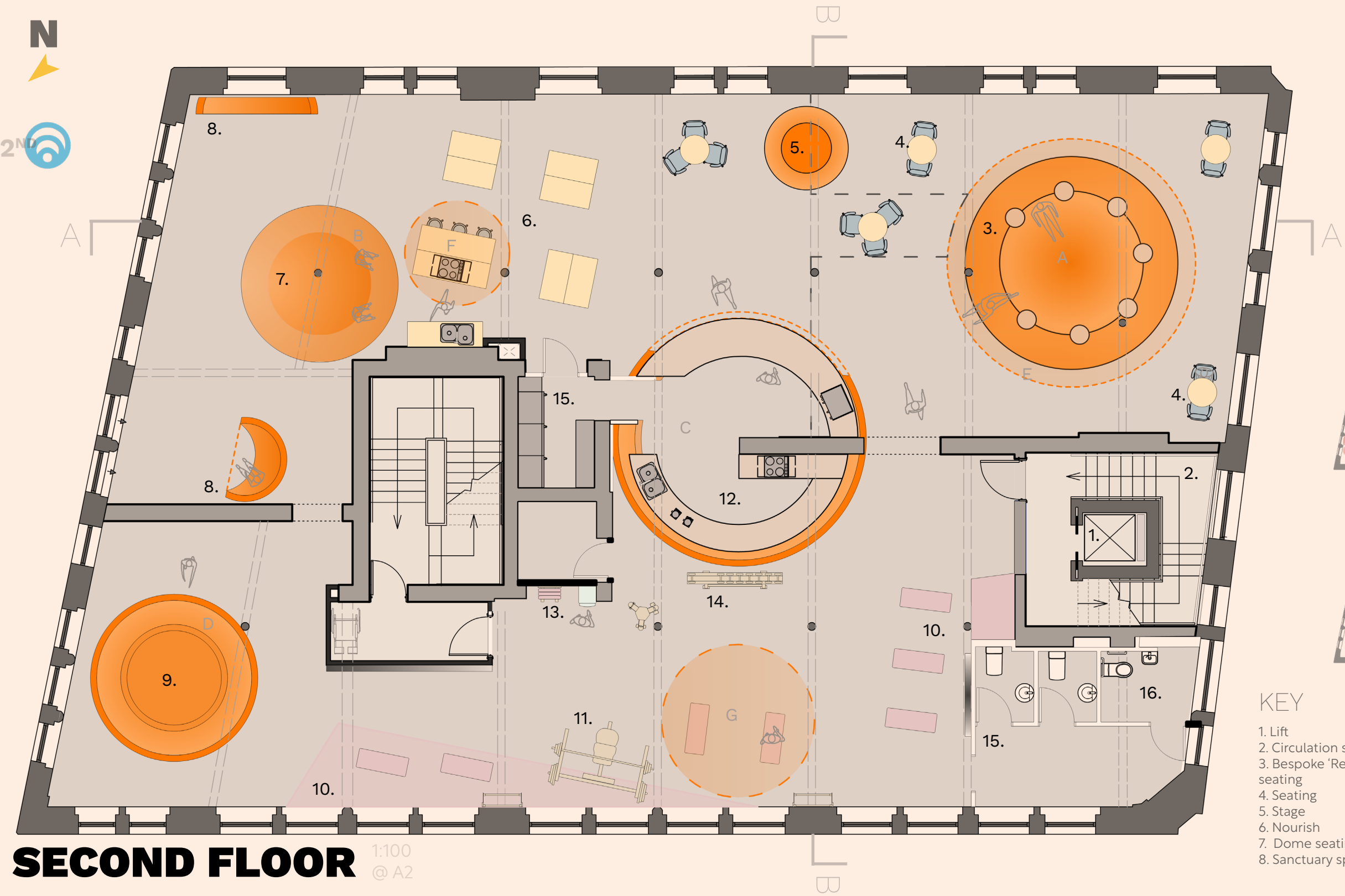


Using the headspace logo to create a series of small incidents to interact with your headspace.



KEY FLOOR PLAN

In total there are 5 floors which create this scheme.



KEY

- 1. Lift
- 2. Circulation stairs
- 3. Bespoke 'Refresh' seating
- 4. Seating
- 5. Stage
- 6. Nourish
- 7. Dome seating
- 8. Sanctuary sphere
- 9. Punching bag sphere
- 10. Free weights
- 11. Bench press
- 12. 'Refreshment' counter
- 13. Water fountain
- 14. Free weights
- 15. WC's
- 16. Accessible WC

ABOUT ME

As a designer in the digital age, I believe for a design to be considered successful it must understand the users in a range of ways including their needs, goals and budget. Ultimately, spaces should feel exciting and spark enjoyment for the visitors and users. This cannot be done without visualising the concept thoroughly through creating mood boards and concept sketches which are later translated into a full design scheme. In this project I aim to challenge the short life-cycle of typical brand focused pop-ups and instead create a proposal for brands to have a positive impact on their surrounding local communities.

As a creative, I thrive in branded user-centred design; forming sustainable schemes that are legible and have not only the immediate users, but also greater humanity at its centre.



SECTION B-B

USER PROFILES



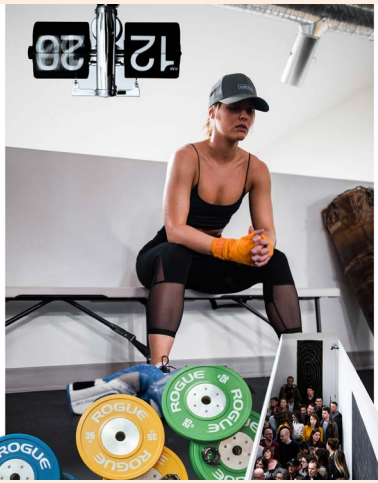
ZEN KING
Life story:
Is a 22-year-old junior manager whose life is dominated by work. After a gap year, he found he has a deep understanding of meditation. He practices mediation and mindfulness in his daily life.

Budget:
● ● ● ● ●

Future goals:
Find a work life balance Go traveling again

Stresses:
He finds it hard sometimes to balance being mindful with his working day.
Getting time out side of the office in a working day.

How Breathe will help:
Making time for mindfulness in the a day. Giving him and his co-workers the ability to bring mindfulness into the office.



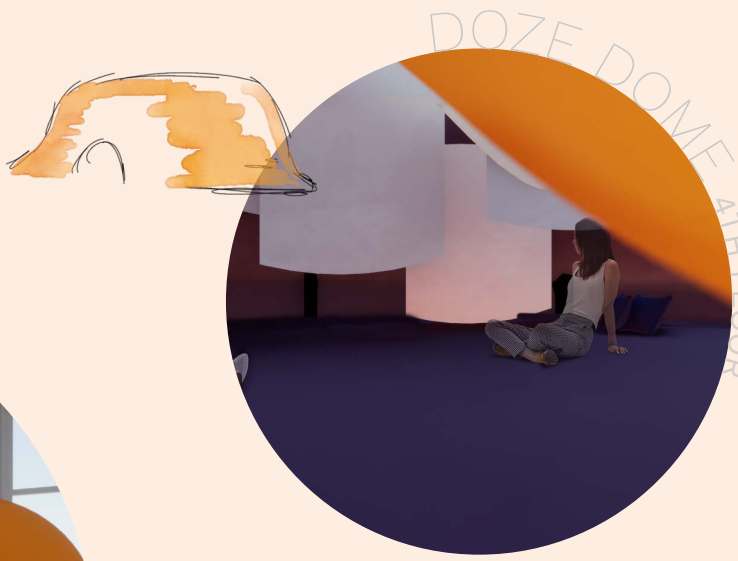
GYM QUEEN
Life story:
Is a 24-year-old enjoys, planking and glamping. She left school after gaining A-levels and went straight into an office job. She is proficient in gym speak, attending the gym for over 5 years. She sees being active as an escape from her busy working day.

Budget:
● ● ● ● ●

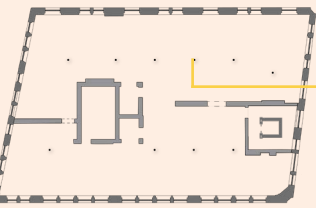
Future goals:
Compete in weight lifting. Teach classes at the gym.

Stresses:
The busy pace of her working life and personal life. Having to fit the gym in around working hours

How Breathe will help:
Allows her to get more mentally out of her daily workouts
Fitting the gym into a busy schedule. Allows here to slow the day down.

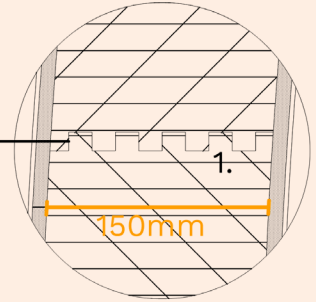
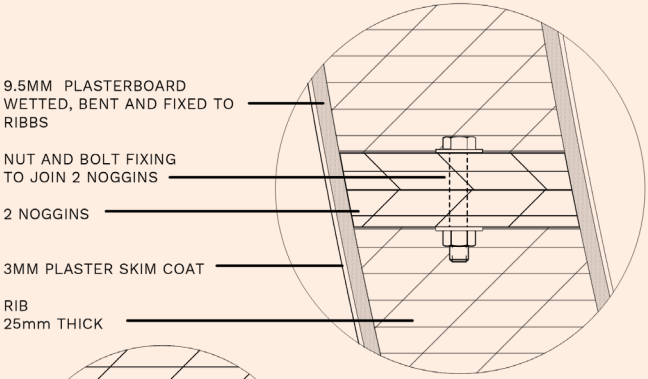


Each sphere will be a bespoke piece constructed using plywood which has CNC cut off site. Using noggins and fins, covered with wetted plaster board bent to for near perfect spherical forms reflecting that of the Headspace logo.

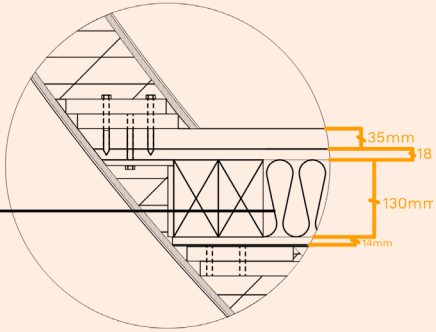


Plan showing the section location

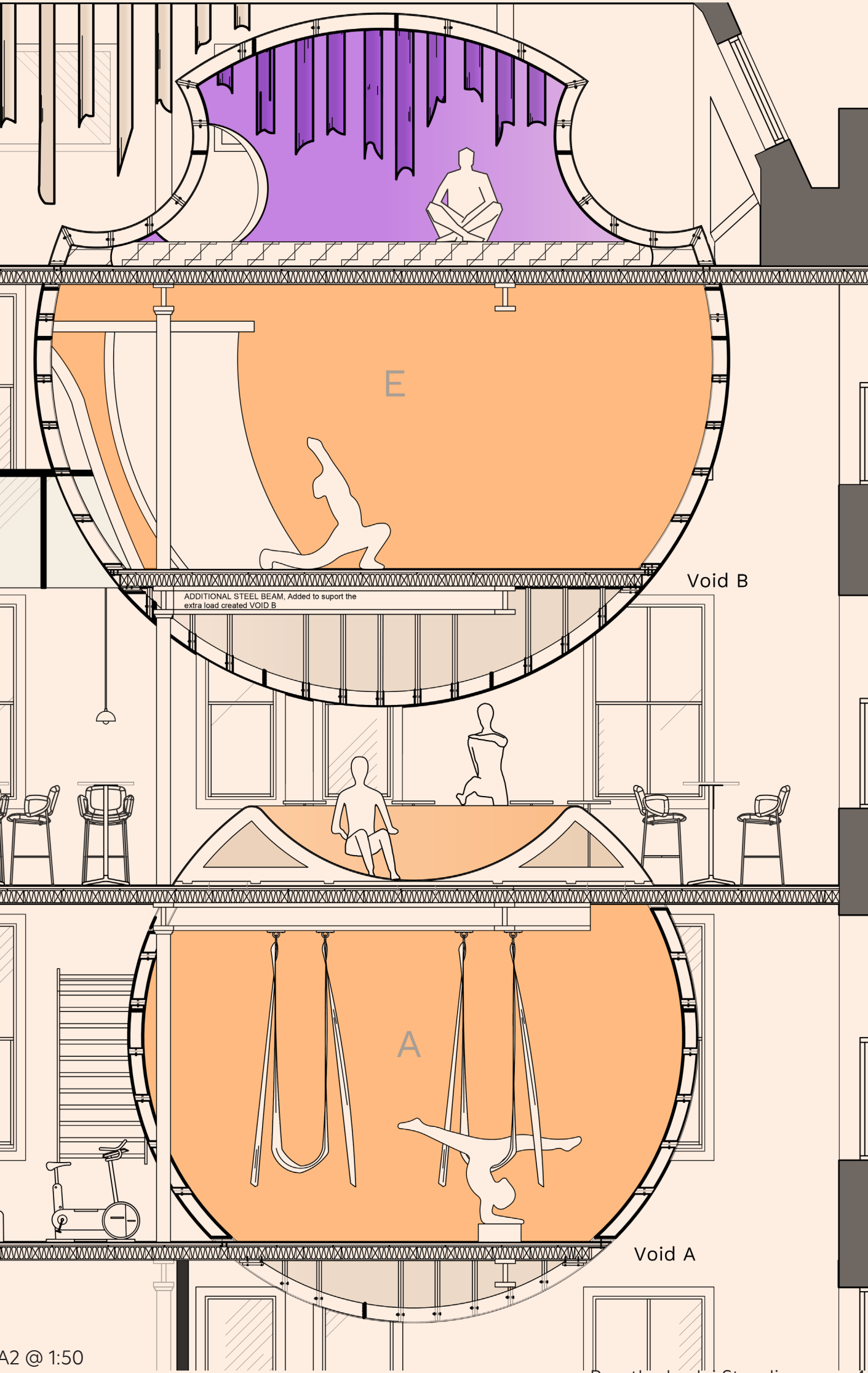
FINGER JOINT
JOINING THE CNC cut 2440mm by 1220mm PLY SHEETS creating the ribs of the structure



INSULATING QUILT



TECHNICAL SECTION

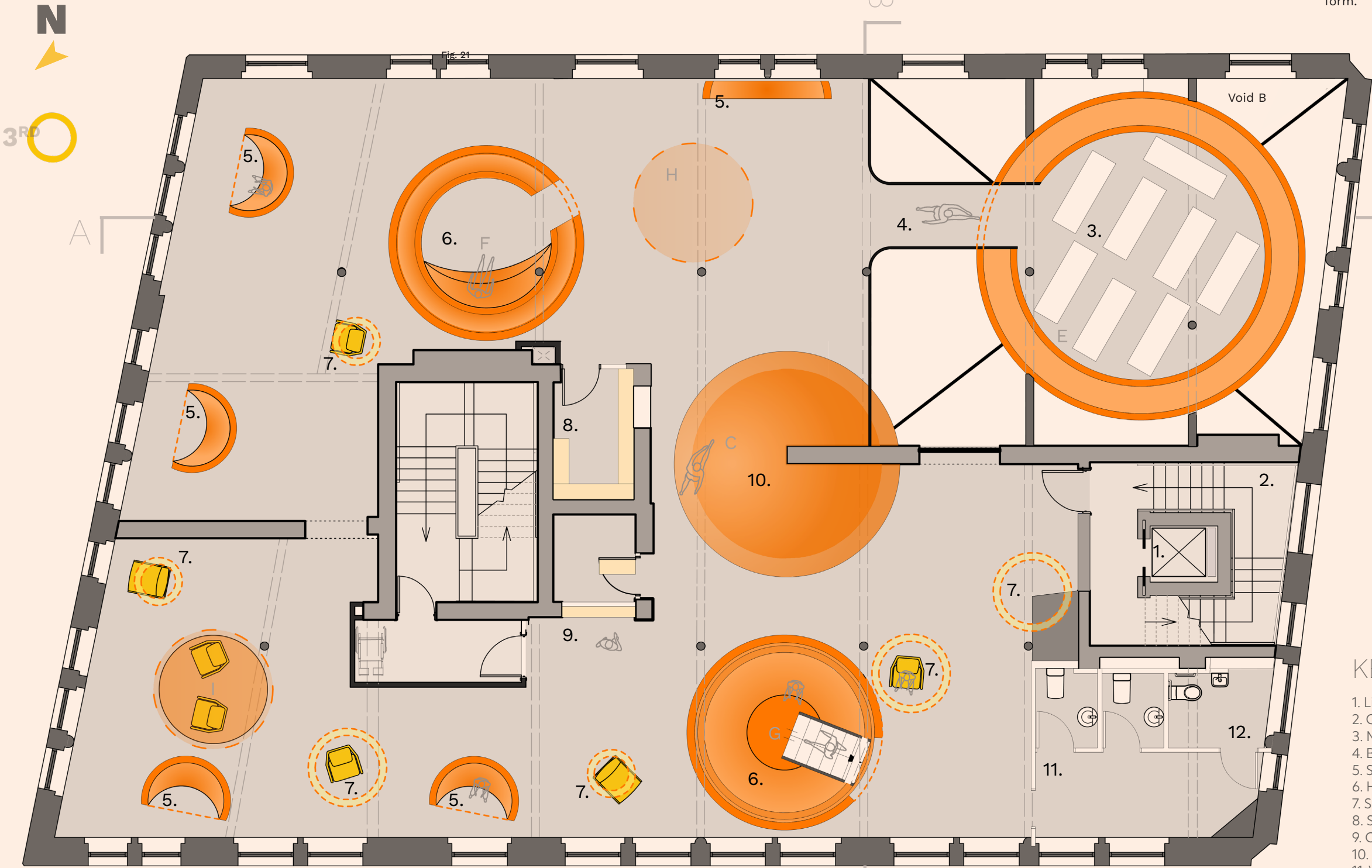


A2 @ 1:50

Breathe by Jai Standing

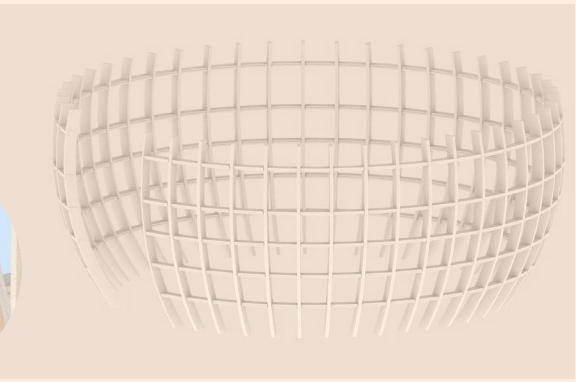
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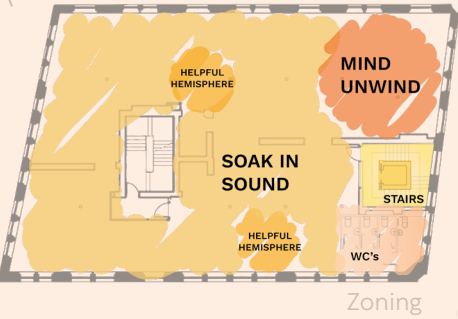


THIRD FLOOR

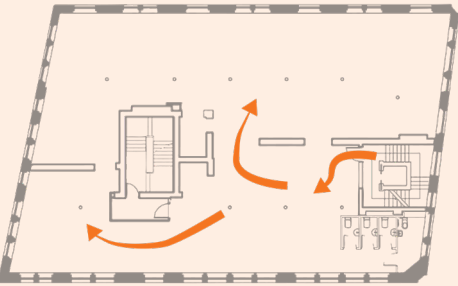
1:100 @ A2



Pod E ply frame construction to create the spherical form.



Zoning



Circulation

KEY

- 1. Lift
- 2. Circulation stairs
- 3. Mind unwind
- 4. Bridge
- 5. Sanctuary sphere
- 6. Helpful hemisphere
- 7. Soak in sound
- 8. Storage
- 9. Content display
- 10. Dome
- 11. WC's
- 12. Accessible WC's



MATERIALITY



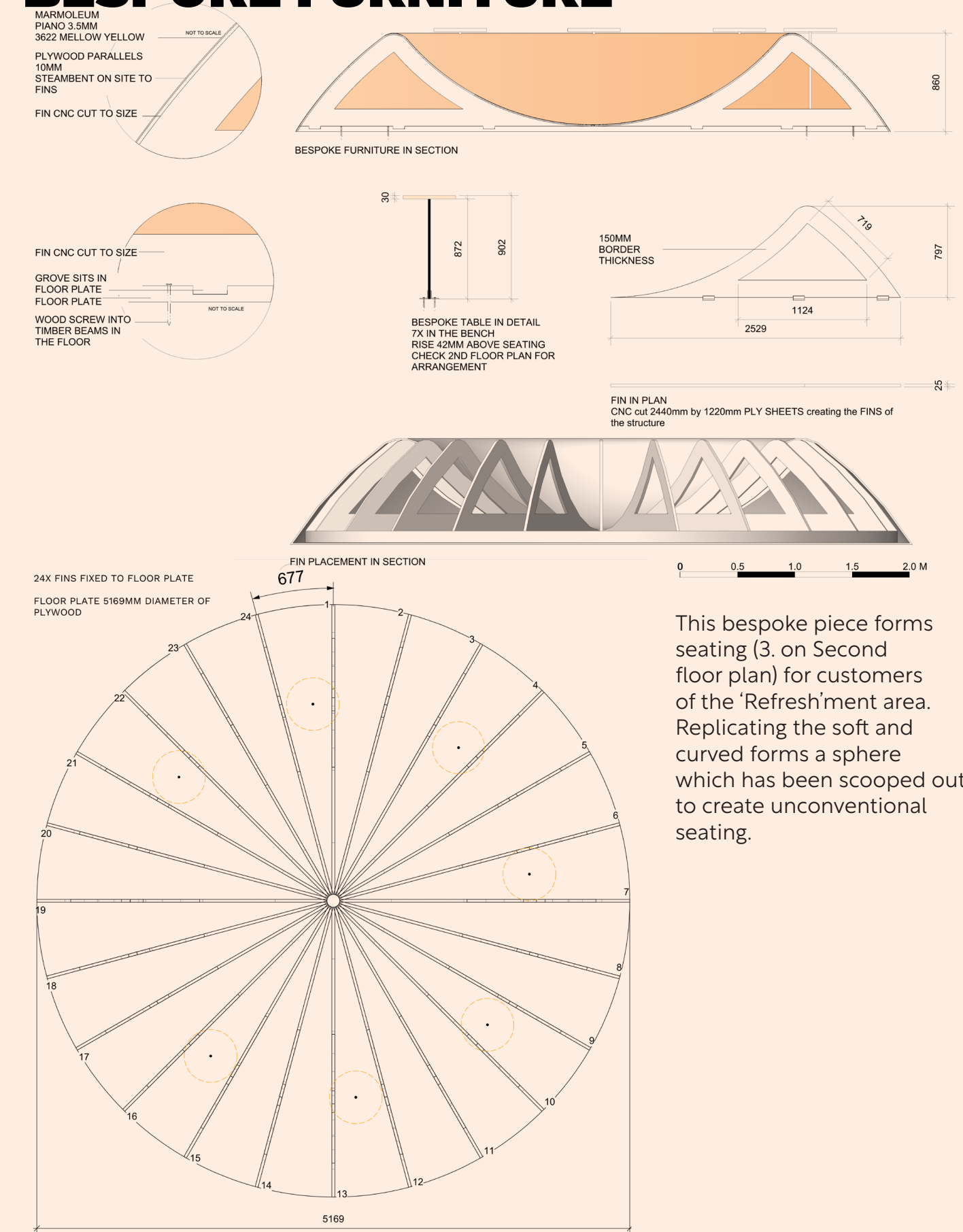
DESIGN LANGUAGE

The design of Breathe disrupts the traditional industrial structure, through the insertion of spherical forms reflecting Headspace's brand. Breathing new life into the user's mind and body.

Surrounding the spherical forms is the industrial atmosphere of the host building. Creating a juxtaposition between the building and the Headspace spheres. Reflecting on the idea of making space for your Headspace. Keeping things calm, functions that sit outside of the pods rely on loose furniture blending with the fabric of the building. Inside of the spheres are bespoke furniture pieces carved and etched out of the spherical forms reflecting the soft brand image. Overall, this Design relies on touch, sound and colour to create a surreal environment away from the chaos of the day.



BESPOKE FURNITURE



This bespoke piece forms seating (3. on Second floor plan) for customers of the 'Refreshment area. Replicating the soft and curved forms a sphere which has been scooped out to create unconventional seating.