**Tranquillity Research**

**Telegraph – Tranquil scenes ‘Improve brain function’**

<https://www.telegraph.co.uk/news/earth/earthnews/8001897/Tranquil-scenes-improve-brain-function.html>

Telegraph.co.uk. (2010). *Tranquil scenes 'improve brain function'*. [online] Available at: https://www.telegraph.co.uk/news/earth/earthnews/8001897/Tranquil-scenes-improve-brain-function.html [Accessed 1 Jan. 2019].

* Natural environments induce feelings of tranquillity
* Man-made environments have the opposite effect

**Mental Floss – 11 Scientific reasons why being in nature is relaxing**

<http://mentalfloss.com/article/60632/11-scientific-reasons-why-being-nature-relaxing>

Mentalfloss.com. (2019). *11 Scientific Reasons Why Being in Nature is Relaxing*. [online] Available at: http://mentalfloss.com/article/60632/11-scientific-reasons-why-being-nature-relaxing [Accessed 18 Feb. 2019].

* Spending time outdoors has been scientifically proven to reduce stress levels, rejuvenate the mind and body
* Natural environments help ‘center your mind’
* Gives your brain the downtime it needs to recharge
* Slow, deep breathing is encouraged by the great outdoors and helps calm us down

**Thrive Global – Keep Yourself Calm and Positive Through Embracing Nature and its Beauty**

<https://thriveglobal.com/stories/keep-yourself-calm-and-positive-through-embracing-nature-and-it-s-beauty/>

Khan, S. (2017). *Keep Yourself Calm And Positive Through Embracing Nature And It’s Beauty*. [online] Thriveglobal.com. Available at: https://thriveglobal.com/stories/keep-yourself-calm-and-positive-through-embracing-nature-and-it-s-beauty/ [Accessed 5 Jan. 2019].

* Natural environments = soothing, can calm and redirect our senses towards an enlightened and positive approach
* Quiet environments cool down the overactive mind and spending quiet time in nature helps to recharge the brain which has drained power from interacting and social situations
* Being in nature allows you to be unaffected from the social environment which disturbs your mental functioning & allows you to unwind
* Fresh air & cool breeze help keep away emotional stress – reduce stress hormone levels

**Why Nature Sounds Help You Relax, According to Science**

<https://www.health.com/stress/why-nature-sounds-are-relaxing>

MacMillan, A. (2017). *https://www.health.com*. [online] Health. Available at: https://www.health.com/stress/why-nature-sounds-are-relaxing [Accessed 18 Jan. 2019].

* A walk in the woods or even a sound machine playing recordings from nature can affect heart rate and alter connections in the brain
* Sounds from nature have a restorative effect – physically alter connections in our brains, reducing natural fight/flight instinct
* Natural sounds & green environments have been linked with relaxation & wellbeing for hundreds of years – new research – uses brain scans, heart rate monitors & behavioural experiments suggest a physiological cause for these effects
* Relaxation increases depending on how familiar these sounds are

**How Does Nature Heal Stress?**

<https://www.visitestonia.com/en/why-estonia/how-does-nature-heal-stress>

Rumberg, R. (2018). *How does nature heal stress?*. [online] Visitestonia.com. Available at: https://www.visitestonia.com/en/why-estonia/how-does-nature-heal-stress [Accessed 18 Jan. 2019].

* Nature has calming effects
* Evidence suggests link between being close to nature & relaxation – measurable
* Colour – colours affect our mood and feelings – blues, greens & browns particularly calming
* We have an innate reaction to colour (red = danger, etc)
* Nature is less demanding – city stimulates but nature expects very little of our senses
* City demands your attention, you are forced to take in your surroundings. Nature allows you to switch off
* It’s important to feel small, feel part of something that’s so much bigger than ourselves and our busy lives

**It’s True: The Sound of Nature Helps us Relax**

<https://www.sciencedaily.com/releases/2017/03/170330132354.htm>

ScienceDaily. (2017). *It's true: The sound of nature helps us relax*. [online] Available at: https://www.sciencedaily.com/releases/2017/03/170330132354.htm [Accessed 18 Jan. 2019].

* Natural sounds reduce body’s fight or flight, resting activity of the brain

**A New Scientific Process Measures How Relaxing Urban Environments and Public Spaces Are**

<https://www.sciencedaily.com/releases/2017/07/170703121025.htm>

ScienceDaily. (2017). *Greening the city: A measurement for a mindful environment*. [online] Available at: https://www.sciencedaily.com/releases/2017/07/170703121025.htm [Accessed 18 Jan. 2019].

* TRAPT – Tranquillity Rating Prediction Tool
* ‘Greening’ – link between tranquil environments and stress reduction, wellbeing & pain relief
* Quiet, green spaces promote relaxation
* Vegetation & greenery – softens environments, improves tranquillity
* Natural features – trees, shrubs, flowers, water within eye line
* Greenery, noise barriers, quiet

**How Tranquil Spaces Can Help People Feel Calm & Relaxed in Cities**

<http://theconversation.com/how-tranquil-spaces-can-help-people-feel-calm-and-relaxed-in-cities-82358>

Watts, G. (2017). *How tranquil spaces can help people feel calm and relaxed in cities*. [online] The Conversation. Available at: http://theconversation.com/how-tranquil-spaces-can-help-people-feel-calm-and-relaxed-in-cities-82358 [Accessed 5 Feb. 2019].

* Tranquillity is mainly found in natural outdoor environments
* Man-made noise at a low level, natural sounds such as bird song relatively high – provides relaxation, stress relief, pain relief
* Water features & greenery
* Proximity to water – relaxing to listen to and nice to look at
* Creating tranquil spaces: reduce man-made noise, water, increase natural features ‘greening’, natural sounds (ponds, birds, etc)

**Why Being Near The Ocean Can Make You Calmer And More Creative**

<https://www.huffingtonpost.co.uk/2016/02/25/mental-benefits-water_n_5791024.html?guccounter=1&guce_referrer_us=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_cs=65DnsveXKpDneSi9RwObYQ>

Gregoire, C. (2014). *Why Being Near The Ocean Can Make You Calmer And More Creative*. [online] Huffingtonpost.co.uk. Available at: https://www.huffingtonpost.co.uk/2016/02/25/mental-benefits-water\_n\_5791024.html?guccounter=1&guce\_referrer\_us=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce\_referrer\_cs=65DnsveXKpDneSi9RwObYQ [Accessed 19 Jan. 2019].

* Since ancient times, humans have assigned healing and transformational properties to water
* Colour blue – calmness
* Calm, peacefulness & unity triggered when we are near water
* Brains hard wired to react positively to water
* Water – meditative state

**Factors affecting the perception of tranquil spaces in Hong Kong**

<https://www.researchgate.net/profile/GR_Watts/publication/269390640_Factors_affecting_the_perceptions_of_tranquil_spaces_in_Hong_Kong/links/548825da0cf289302e2eff91/Factors-affecting-the-perceptions-of-tranquil-spaces-in-Hong-Kong.pdf>

Marafa, L., Chan, S. and Watts, G. (2013). *Factors affecting the perceptions of tranquil spaces in Hong Kong*. [online] researchgate.net. Available at: https://www.researchgate.net/profile/GR\_Watts/publication/269390640\_Factors\_affecting\_the\_perceptions\_of\_tranquil\_spaces\_in\_Hong\_Kong/links/548825da0cf289302e2eff91/Factors-affecting-the-perceptions-of-tranquil-spaces-in-Hong-Kong.pdf [Accessed 19 Jan. 2019].

* Vegetation and wildlife – trees most vital element of creating a tranquil environment
* Open space, spacious environments
* Scenery & mountains
* Sounds from nature, quiet and soft
* Good weather conditions

**The Importance of Auditory – Visual Interaction in the Construction of Tranquil Space**

<https://www-sciencedirect-com.uos.idm.oclc.org/science/article/pii/S0272494410000332>

Pheasant, R. (2010). *The importance of auditory-visual interaction in the construction of ‘tranquil space’*. [online] www-sciencedirect-com.uos.idm.oclc.org. Available at: https://www-sciencedirect-com.uos.idm.oclc.org/science/article/pii/S0272494410000332 [Accessed 18 Feb. 2019].

* Tranquil spaces – need sufficient sensory stimulation to keep people engaged while at the same time providing opportunity for reflection and relaxation