	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	Means	@
Allow Entrance and Exit into the Wellness Room	Separate Room: Install a door (typical with doorknob) between the study space and wellness room that can only be accessed through a Wellness Coordinator's Key	view the	AI Door Locking: a smart entrance system that allows residents to enter and exit the wellness room seamlessly using facial recognition, voice commands, or a mobile app	Automatic door (accessibility)	Half of the allocated space is a soundproof room, the other half is an open lounge without walls or reservation need	The part of the room soundproof and for event space is separated from the communal space by a wall that can slide to increase the capacity of the event space	The room has a lot of space for people to move furniture around (like beds and beanbag chairs) to sleep and lounge in, except for a coloured path on the floor that people cannot lounge in to allow a walkable passage between the entrances	No entry allowed between rooms, except curtains or blinds that can be opened to view the other room.	Two Separate Wellness Rooms: keep the current opaque wall, and people cannot traverse the wall	Open space that can be accessed by everyone. Participants will have headphones so that their conversation can remain private . A curtain may be placed for physical privacy	A slide that enables the user to enter and exit the room		Hollow tree trunk entrance shape with a wooden panel as a door covering	A revolving door that limits air flow and facilitates traffic into and out of the room					
Control Light and Sound	Provide adjustable human (something) lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"	sound levels (without using	Numerous lamps and small lights around room, instead of one big ceiling light	plays a	Lights that can change lighting to one color or one of many predetermined palettes based on user's choice, since there are many conflicting studies on which colors are more relaxing	Provide noise- canceling headphones	Provide headphones connected to youtube/spoitfy/ user's phone, or to a catalogue of copyright- free music in provided playlists, and also podcasts, asmr sounds, and natural sleep-friendly sounds like rain or birdsong	Control light and sound using an ai that analyzes your mood and adjusts these setting so that you feel well	Placing a device on the user like sunglasses and earphones connected to a software that will manage light and sound reception		Make the whole ceiling as a screen, showing different video sources while providing light	Block all the external light and sound, then generate artificial ones in a controlled manner	Filtering light from the window modeled after a forest canopy	Indoor fountain waterfalls for natural sound and humidity control	Incorporate speakers that provide natural soundscapes such as flowing water, rustling leaves, and birdsongs				
Retrieve Information on Sources	Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources	Shelf of books (self help and fiction)	Provide print outs like the "worry jar" activity	Provide a researched guide with instructions to breathing exercises	Provide a projector that plays live streams of animals in nature	Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls	Implement a device that has access to internet	Vocal assistant that can add events that are dictated by the wellness coordinator	A website where all the resources concerning wellness could be added										
Store Wellness Information	Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers	Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone	Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers	Install a bulletin board that allow students to leave positive notes for others after their visit.	advertise and host their events in the wellness room through	Provide a method of communication between room users and Chestnut staff, like a feedback form, to recommend other wellness activities and any other feedback	Provide a recorder for people to record their sound/words, provide voice- mutation function	Write all information on a magazine	Store them in an encrypted way. They should be solved in order to be accessed	An app that will help the coordinator to learn the events and wellness resources.									
Convey Information Through Media	Have mattresses (like high school gyms) installed on walls that can be taken down anytime for students to have an extra place to rest on	Embed a small corner of space with monitors installed that provide wellness resources	Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil	(or something safer) and paper that people can write whatever	Provide trivia games	Provide an aquarium	Provide a kinetic sand bucket, or play- doh, or some other modeling clay	Provide stress ball accessories that people can take with them	Provide visual and sensory information such as smell and the touch	Provide visual and sensory information such as smell and the touch									
Store People and Objects	Provide a heated or weighted blanket	Provide an isolated corner to relax in, so one person can be surrounded by wall	Provide a hammock to lie in	Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they're stressed	room, and couches on the other side to clearly distinguish	Provide Yoga Mat	Have a jacuzzi were people could relax	Ball swimming pool like in the trampoline arcades	A capsule were people could enter and experience an augmented reality experience	Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation									