

**PLEASE MIGRATE ALL YOUR IDEAS INTO THE FOLLOWING TABLE SORTED BY FUNCTIONS. Please put down your name and method used. Don't forget to record evidence of some of your methods (i.e. if you used ChatGPT maybe screenshot the prompt and result)**

Secondary Function	Idea	Method Used
Allow Entrance and Exit	<b>Separate Room:</b> Install a door (typical with doorknob) between the study space and wellness room that can only be accessed through a Wellness Coordinator's Key	Brainstorming
	<b>Monodirectional Window:</b> Install tinted windows in the common use room, where occupants can view the corridor and the rest of the study space on the 28th floor, but others can't look in.	Brainstorming
	<b>AI Door Locking:</b> a smart entrance system that allows residents to enter and exit the wellness room seamlessly using facial recognition, voice commands, or a mobile app	Chat gpt
	<b>Automatic door</b> (accessibility)	Brainstorming
	Half of the allocated space is a <b>soundproof</b> room, the other half is an open lounge <b>without walls</b> or reservation need	Brainstorming
	The part of the room soundproof and for event space is separated from the communal space by a wall that can <b>slide</b> to increase the capacity of the event space	Brainstorming

	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 <b>coloured path</b> on the floor that people cannot lounge in to allow a walkable passage between the entrances	Brainstorming
	No entry allowed between rooms, except curtains or blinds that can be opened to <b>view the other room.</b>	Brainstorming
	<b>Two Separate Wellness Rooms:</b> keep the current opaque wall, and people cannot traverse the wall	Brainstorming
	<b>Open space</b> 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	Lateral thinking
	<b>A slide</b> that enables the user to enter and exit the room	Lateral thinking
	<b>Entering and leaving</b> the room after crossing an <b>obstacle</b>	Lateral thinking
	<b>Hollow tree trunk entrance shape</b> with a wooden panel as a door covering	Biomimicry
	<b>A revolving door</b> that limits air flow and facilitates traffic into and out of the room	Brainstorming
Control Light and Sound	Incorporate speakers that provide natural soundscapes such as flowing water, rustling leaves, and birdsongs	Brainstorming, Research: <a href="https://www.pnas.org/doi/10.1073/pnas.2013097118">https://www.pnas.org/doi/10.1073/pnas.2013097118</a>
	Provide adjustable human (something) lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on “season”inc	Brainstorming

	Have the ability to control and reduce external sound levels (without using technology), for example using blankets to dampen sound waves on walls	Brainstorming
	Numerous lamps and small lights around room, instead of one big ceiling light	<a href="https://www.theguardian.com/wellness/2023/nov/09/why-overhead-lighting-is-bad">https://www.theguardian.com/wellness/2023/nov/09/why-overhead-lighting-is-bad</a>
	Jukebox that plays a selection of relaxing calm music	Brainstorming
	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	Brainstorming
	Provide noise-canceling headphones	Research ( <a href="https://adayinourshoes.com/the-7-coolest-noise-canceling-headphones-for-autism/">https://adayinourshoes.com/the-7-coolest-noise-canceling-headphones-for-autism/</a> )
	Provide headphones connected to youtube/spotify/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	Brainstorming
	Control light and sound using an ai that analyzes your mood and adjusts these setting so that you feel well	Lateral thinking
	Placing a device on the user like sunglasses and earphones connected to a software that will manage light and sound reception	Lateral thinking
	Provide curtains which blocks 99% sun lights, offering people to sleep or meditation	Brainstorming

	Make the whole ceiling as a screen, showing different video sources while providing light	Brainstorming
	Implementing a window that can amplify the natural light passing through from outside	Brainstorming
	Block all the external light and sound, then generate artificial ones in a controlled manner	Lateral thinking
	Filtering light from the window modeled after a forest canopy	Biomimicry: Nature's way to both providing and blocking sunlight
	Indoor fountain waterfalls for natural sound and humidity control	ChatGPT
	Air purification technologies	ChatGPT
Retrieve Information on Sources	Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources	Brainstorming
	Shelf of books (self help and fiction)	Brainstorming
	Provide print outs like the “worry jar” activity	Brainstorming
	Provide a researched guide with instructions to breathing exercises	Brainstorming
	Provide a projector that plays live streams of animals in nature	Brainstorming
	Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls	Random Stimulation
	Implement a device that has access to internet	Lateral thinking
	Vocal assistant that can add events that are dictated by the wellness coordinator	Brainstorming
	A website where all the resources concerning wellness could be added	Brainstorming

	Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data	ChatGPT
	Install a digital art station for digital painting and drawing	ChatGPT
	Provide instruments such as keyboards	ChatGPT
	Organize monthly theme-based challenges or contests to stimulate creativity and learning	ChatGPT
	A hydration station with filtered water, infused water options, and reusable cups	ChatGPT
	Provide portable lap desks for comfortable laptop use in various seating areas	ChatGPT
Store Information	Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers	Brainstorming
	Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone	Brainstorming
	Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers	Brainstorming
	Install a bulletin board that allow students to leave positive notes for others after their visit.	Random Stimulation
	Encourage clubs and student groups at UofT to advertise and host their events in the wellness room through posters	Brainstorming
	Provide a method of communication between room users and Chestnut staff, like a feedback form, to recommend other wellness activities and any other feedback	Brainstorming

	Provide a recorder for people to record their sound/words, provide voice-mutation function	Brainstorming
	Write all information on a magazine	Brainstorming
	Store them in an encrypted way. They should be solved in order to be accessed	Lateral thinking
	An app that will help the coordinator to learn the events and wellness resources.	Lateral thinking
	“Electronic Device Locker”	ChatGPT
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	Brainstorming
	Embed a small corner of space with monitors installed that provide wellness resources	Brainstorming
	Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil	ChatGPT
	Provide a small paper shredder (or something safer) and paper that people can write whatever frustrations they have onto them	A of SCAMPER
	Provide trivia games	A of SCAMPER - altering the contents of the “unquiet corner” in Robarts Commons
	Provide an aquarium	Wishful/no limits thinking

	Provide a kinetic sand bucket, or play-doh, or some other modeling clay	Brainstorming
	Provide stress ball accessories that people can take with them	Brainstorming
	Provide visual and sensory information such as smell and the touch	Lateral thinking
	Offer "mindfulness minutes" – short, guided meditation or breathing exercises	ChatGPT
	Provide Vision Pro (or alternatively other VR devices)	Brainstorming
Store people and objects	Provide a heated or weighted blanket	Research ( <a href="https://www.dreams.co.uk/sleep-matters-club/weighted-heated-blankets-mental-health">https://www.dreams.co.uk/sleep-matters-club/weighted-heated-blankets-mental-health</a> )
	Provide an isolated corner to relax in, so one person can be surrounded by wall	P of SCAMPER - derived from reading nooks
	Provide a hammock to lie in; designed specifically for sleeping or napping	Research ( <a href="https://goodspaceguide.co.uk/features/what-is-a-relaxation-room">https://goodspaceguide.co.uk/features/what-is-a-relaxation-room</a> )
	Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they're stressed	Random Stimulation
	Provide regular tables and chairs on one side of the room, and couches on the other side to clearly distinguish between which spaces are for relaxing.	Brainstorming
	Provide Yoga Mat	Brainstorming
	Have a jacuzzi were people could relax	Lateral thinking

[illegible]





Lotus Blossom technique:

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### Abandoned approach (as of March 1, 2023)

**Instruction:** we use the objectives as the reference, and brainstorm ~10 ideas for each objective.

Please use a variety of idea generation methods: biomimicry, free brainstorming, structured brainstorming, osborn, wishing, lotus blossom, CREAM, TRIZ, SCAMPER, Roleplaying & Storming, ChatGPT (Feel free to add more generation methods)

### Objective 1. Conducive to wellness and relaxation

- Ensure user's blood epinephrine concentrations to be within 0-0.028 ng/mL [15]
  - Ensure user's blood norepinephrine concentrations to be within 0-0.06 ng/mL [15]
  - Ensure alpha amylase is present in user's saliva at concentrations of 0.6-2.6 mg/mL [15]
  - Ensure cortisol in user's blood and sweat ranges from 30-230 ng/mL and 8-140 ng/mL respectively [15]
1. Set a pair of speakers, connect it with an iPad (with music apps' VIPs) to play soft music and white noise
  2. Offer users to sleep (place a folding bed)
  3. Have a variety of stuffed animals
  4. Provide stress-relief through using up energy
    - a. punching bag
    - b. target for darts
    - c. paper shredder so you can write what you dislike on paper then feed it to a shredder

5. Indoor fountain waterfalls for natural sound and humidity control (ChatGPT)
6. Provide aromatherapy diffusers with a selection of essential oils (ChatGPT)
7. Yoga mats (ChatGPT)
8. Install a virtual reality (VR) headset station for immersive relaxation experiences (ChatGPT)
9. Create a tea and coffee station with a variety of herbal teas known for their calming properties (ChatGPT)
10. Integrate an interactive wall or floor projection that displays calming nature scenes or abstract visuals (ChatGPT)
11. Dimmable lights
12. Include an aroma diffuser with different essential oils (lavender, chamomile, etc)
13. Provide melatonin?

## **Objective 2. Mentally stimulating**

- Aim for 12% of natural green coverage ratio [5, 16]
  - Only use materials with natural grains and textures such as wood, stone, concrete, brick, wood, plants, and plant-like material [16]
  - Incorporate Human Centric Lighting to mimic natural lighting (i.e. utilize bright, blue-enriched lighting in the morning and switch to warmer, dimmer lighting in the evening) [17]
  - Incorporate lighting with exposure of up to 10000 lux [18]
1. Plant Epipremnum aureum
  2. Provide stress balls, fidget toys
  3. Provide on the projector recording or live cam of animals from various sources on youtube, maybe users can choose between several channels with different animals
  4. Sudokus, crosswords, etc.
  5. Printed books, magazines, comics, jokes, trivia
  6. Arts and crafts
    - a. coloring books with pencil crayons
    - b. painting
  7. Provide kinetic sand to play with, or clay like play-doh
  8. Mentally stimulating puzzle toys like metal rings you have to try to separate, or rubik cubes
  9. Provide adjustable lighting (but are only modifiable by CWC or staff)
  10. Install a digital art station for digital painting and drawing (ChatGPT)
  11. Set up a puzzle corner with 3D puzzles, brain teasers, and escape room-style challenges (ChatGPT)
  12. Create a music corner with instruments like keyboards, guitars, and percussion for creative expression (ChatGPT)
  13. Organize monthly theme-based challenges or contests to stimulate creativity and learning (ChatGPT)
  14. Include VR headset.
  15. Include vinyl and record player

## **Objective 3. Distraction-free**

- Maintain sound levels to be within 45-50 dB at all times [19]
  - Fully integrate soundproofing insulation behind walls, ceilings, and floors [20]
1. Advertisement free
  2. Stick sponge on the outside of the wall and the door

3. Have a small corner of the room be separable with a curtain, with one chair inside, to create a 1-person nook, like a reading nook
4. Strongbox with a timer and key for user to hide their phone and anything else that doesn't help their mental health for a period of time
5. Provide a set of noise-cancelling headphones or ones that can be connected to user's phone by bluetooth to play anything they want
6. Implement an "electronic device detox" locker area where users can voluntarily lock away devices for a set period (ChatGPT)
7. Offer personal journaling kits for reflective writing without digital distractions (ChatGPT) (A followup idea: offer an incorruptible book for people expressing their moods, ideas, or diaries...)
8. Privacy windows
9. Opaque curtains on existing windows

#### **Objective 4. Comfortable for users**

- Maintain air temperatures of 20-25°C [21]
  - Incorporate seating where the angle between the torso and thighs be maintained at >90° [22]
  - Ensure sit-stand desks have an adjustable height of 575-1237 mm [22]
1. Integrate an air-conditioner and turn it on from 8:00 am - 11:00 pm
  2. Provide ample tissues and trash can for someone who is crying
  3. Soft carpet on the floor
  4. Provide a weighted blanket or heated blanket to help autism and anxiety
  5. Provide many soft chairs, cushions, maybe blankets, sofas, elevated places to sit and clean and comfortable places to sit on the floor
  6. Provide cushioned walls (i.e. like your high school/elementary school gym); where the cushions can be taken out as mattress at any time
  7. Sound proofing (privacy)
  8. Spider plants, chrysanthemums, lavender and other plants that promote relaxation and comfort

#### **Objective 5. Community-oriented**

- Provide space and sensory-friendly activities for up to 12 people at a time (Appendix C)
  - Allow availability for one social event to occur every week (Appendix C)
  - Have ≥1 CWC(s) available 9am-5pm on weekdays (Appendix C)
1. Provide a small elevated stage
  2. Windows on walls of room that can become translucent on command

#### **Objective 6. Future-proof**

- Only use modular, not fixed furniture [23]
  - Ensure all furniture is made of FSC woods, stone wool, or recycled fabrics [23]
  - Ensure all energy usage comes from renewable sources [24]
1. Simple tables and chairs
  2. White walls

#### **Objective 7. Aesthetically aligned with existing Wellness Rooms**

- Use neutral tones of taupe or bluish-gray while avoiding yellow, green, and red colors [25]
1. Textured wallpaper
  2. Wood paneling
  3. Mirrors on the wall
  4. Minimalist furniture,
  5. Timeless color palette such as white, black, beige, etc.