

## Full Ideas Below:

### Ethan's Solutions:

Combination Code	Justification / Associated Theme	Solution	Voting Results
N2, N3, P3, D4, C5, K6, D7, K7	<p>Users feel more immersed in a natural environment rather than a technological one</p> <p>The purpose is to provide an 'escape' from technology and humanity into nature</p>	<ul style="list-style-type: none"> <li>• Hollow tree trunk entrance shape with a wooden panel as a door covering</li> <li>• Filtering light from the window modeled after a forest canopy</li> <li>• Incorporate speakers that provide natural soundscapes such as flowing water, rustling leaves, and birdsongs</li> <li>• Provide print outs like the "worry jar" activity</li> <li>• Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>• Provide a projector that plays live streams of animals in nature</li> <li>• Provide a hammock to lie in</li> <li>• Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	<p>Round 1: 4 Round 2: 3</p>
C2, D2 I3, B4, I4, H5, L6, J7	<p>Users are encouraged to interact with more advanced technology and equipment that enhances their wellbeing</p> <p>The purpose is to excite users, as these experiences cannot be found in nature and is unique to the Wellness Room</p>	<ul style="list-style-type: none"> <li>• Monodirectional Window: 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.</li> <li>• 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</li> <li>• Control light and sound using an ai (quiz) that analyzes your mood and suggests these setting so that you may feel better</li> <li>• Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources</li> <li>• Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>• Provide a recorder for people to record their sound/words, provide voice-mutation function</li> <li>• Install a digital art station for digital</li> </ul>	<p>Round 1: 2 Round 2: 1 Round 3: 1</p>

Combination Code	Justification / Associated Theme	Solution	Voting Results
		<p>painting and drawing</p> <ul style="list-style-type: none"> <li>A capsule where people could enter and experience an augmented reality experience</li> </ul>	
B2, G2, D3, E3, E4, E5, G5, E6, G7	<p>Users are encouraged to socialize and interact with other individuals and professionals</p> <p>The purpose is to allow users to communicate their issues or relieve stress through social events and activities</p>	<ul style="list-style-type: none"> <li>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</li> <li>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</li> <li>Numerous lamps and small lights around room, instead of one big ceiling light</li> <li>Jukebox that plays selected relaxing noise</li> <li>Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls</li> <li>Install a bulletin board that allows students to leave positive notes for others after their visit.</li> <li>Provide a method of communication between room users and Chestnut staff, like a feedback form, to recommend other wellness activities and any other feedback</li> <li>Provide trivia games</li> <li>Provide Yoga Mat</li> </ul>	<p>Round 1: 3</p> <p>Round 2: 3</p>
H2, G3, K3, B4, B5, B6, B7, C7	<p>Users are offered a safe haven for privacy and relaxation</p> <p>The purpose is to allow users to self-reflect, meditate, or engage in private activities, isolated from the outside world</p>	<ul style="list-style-type: none"> <li>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</li> <li>Provide noise-canceling headphones</li> <li>Provide curtains which blocks 99% sun lights, offering people to sleep or meditation</li> <li>Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources</li> <li>Have audiobooks installed on Kindles, which can be listened to through provided</li> </ul>	<p>Round 1: 5</p> <p>Round 2: 4</p>

Combination Code	Justification / Associated Theme	Solution	Voting Results
		<ul style="list-style-type: none"> <li>headphones or speakers</li> <li>• Embed a small corner of space with monitors installed that provide wellness resources</li> <li>• Provide a heated or weighted blanket</li> <li>• Provide an isolated corner to relax in, so one person can be surrounded by wall</li> </ul>	
H2, F3, H3, E4, C5, D6, G6, E7	<p>Users are encouraged to leverage their surrounding environment to their personal comfort</p> <p>The purpose is to grant users access and control to elements in their environment so that they can choose their own, personalized methods and settings to relieve stress</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• 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</li> <li>• Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls</li> <li>• Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>• Provide a small paper shredder (or something safer) and paper that people can write whatever frustrations they have onto them</li> <li>• Provide a kinetic sand bucket, or play-doh, or some other modeling clay</li> <li>• Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they're stressed</li> </ul>	
M2, I3, D4, J5, N6, E7	Users are encouraged to stimulate their minds and bodies through available resources	<ul style="list-style-type: none"> <li>• Entering and leaving the room after crossing an obstacle</li> <li>• Control light and sound using an ai (quiz) that analyzes your mood and suggests</li> </ul>	

Combination Code	Justification / Associated Theme	Solution	Voting Results
	<p>The purpose is to allow users to distract themselves from the real world or the situations they are in and instead, focus on some other stimulating task or activity</p>	<p>these setting so that you may feel better</p> <ul style="list-style-type: none"> <li>• Provide print outs like the “worry jar” activity</li> <li>• Store them in an encrypted way. They should be solved in order to be accessed</li> <li>• Organize monthly theme-based challenges or contests to stimulate creativity and learning</li> <li>• Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they’re stressed</li> </ul>	
<p>H2, B3, H3, G4, B5, D5, C6, J6, E7</p>	<p>Users are encouraged to engage as many of their senses as possible</p> <p>The purpose is to allow users to become fully immersed in the new environment, creating an entirely new experience for them</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Provide adjustable human centric lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on “season”</li> <li>• 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</li> <li>• Vocal assistant that can add events that are dictated by the wellness coordinator</li> <li>• Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>• Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers</li> <li>• Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>• Provide a researched guide with instructions to breathing exercises</li> <li>• Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they’re stressed</li> </ul>	
<p>F2, C3,</p>	<p>Users are able to</p>	<ul style="list-style-type: none"> <li>• Half of the allocated space is a soundproof</li> </ul>	

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D3, C4, H4, I5, G6, L7	<p>experience frequent changes and embrace new experiences</p> <p>The purpose is to allow regular users to gain several, new and exciting experiences, as the room is versatile and easy to be modified</p>	<p>room, the other half is an open lounge without walls or reservation need</p> <ul style="list-style-type: none"> <li>• Have the ability to control and reduce external sound levels (without using technology), for example using blankets to dampen sound waves on walls</li> <li>• Numerous lamps and small lights around room, instead of one big ceiling light</li> <li>• Shelf of books (fiction)</li> <li>• Provide websites with wellness resources</li> <li>• Write all information on a magazine</li> <li>• Provide a kinetic sand bucket, or play-doh, or some other modeling clay</li> <li>• 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</li> </ul>	
N2, E3, N3, C4, B5, C5, G6, H6, I7, L7	<p>Users are a [redacted] engage in activities that they likely did when they were younger</p> <p>The purpose is to give users a nostalgic feel upon entering the room, as the room serves as a passage or escape to the past</p>	<ul style="list-style-type: none"> <li>• Hollow tree trunk entrance shape with a wooden panel as a door covering</li> <li>• Jukebox that plays selected relaxing noise</li> <li>• Filtering light from the window modeled after a forest canopy</li> <li>• Shelf of books (fiction)</li> <li>• Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>• Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>• Provide a kinetic sand bucket, or play-doh, or some other modeling clay</li> <li>• Provide stress ball accessories that people can take with them</li> <li>• Ball swimming pool like in the trampoline arcades</li> <li>• 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</li> </ul>	<p>Round 1: 3</p> <p>Round 2: 2</p>
F2, J3, I4, B5, D5, G6, M6, F7	<p>Users seeking either relaxation and privacy, or socialization and networking, are both accommodated for</p>	<ul style="list-style-type: none"> <li>• Half of the allocated space is a soundproof room, the other half is an open lounge without walls or reservation need</li> <li>• Placing a device on the user like sunglasses and earphones connected to a</li> </ul>	<p>Round 1: 4</p>

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	The purpose of this specific design to accommodate for the widest range of users of all mental states	<p>software that will manage light and sound reception</p> <ul style="list-style-type: none"> <li>• Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>• Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>• Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers</li> <li>• Provide a kinetic sand bucket, or play-doh, or some other modeling clay</li> <li>• Provide instruments such as keyboards</li> <li>• 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.</li> </ul>	

#### Warrick's Solutions:

Combination Code	Justification / Associated Theme	Solution	Voting Results
B2, F2, D3, K3, C4, C5, G6, K7	<p>Splitting room into two</p> <p>Less technology based and more based on reading. Maintaining close to maximum privacy between rooms</p>	<ul style="list-style-type: none"> <li>• Installing typical door between open space and reservation-only space</li> <li>• Half of the allocated space is a soundproof room, the outer half is an open lounge without wall or reservation needed</li> <li>• Numerous Lamps dispersed around the room</li> <li>• Shelf of Books</li> <li>• Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>• Provide a kinetic sand bucket, or play-doh, or some other modeling clay</li> <li>• A capsule where people could enter and experience an augmented reality experience</li> </ul>	
D2, K2, F3, H3, B4, B5, K6, J7	<p>Splitting room into two</p> <p>Technological themed solution; attempts to induce</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Open space that can be accessed by everyone. Participants will have headphones so that their</li> </ul>	

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	wellness using technological resources	<p>conversation can remain private. A curtain may be placed for physical privacy</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources</li> <li>• Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>• Provide a projector that plays live streams of animals in nature</li> <li>• A capsule where people could enter and experience an augmented reality experience</li> </ul>	
H2, B3, J3 , I4, E5, H6, L7, G7	<p>Splitting room into two</p> <p>Provide more physically relieving and wellness means</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Provide adjustable human centric lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"</li> <li>• Placing a device on the user like sunglasses and earphones connected to a software that will manage light and sound reception</li> <li>• Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>• Install a bulletin board that allows students to leave positive notes for others after their visit.</li> <li>• Provide stress ball accessories that people can take with them</li> <li>• Have mattresses (like high school gyms)</li> </ul>	

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		<p>installed on walls that can be taken down anytime for students to have an extra place to rest on</p> <ul style="list-style-type: none"> <li>● Provide Yoga Mat</li> </ul>	
B2, F2, E3, H3, G4, B5, M6, K7	<p>Splitting room into two</p> <p>Inducing more active, technologically based wellness</p>	<ul style="list-style-type: none"> <li>● 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</li> <li>● Half of the allocated space is a soundproof room, the other half is an open lounge without walls or reservation need</li> <li>● Jukebox that plays selected relaxing noise</li> <li>● 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</li> <li>● Vocal assistant that can add events that are dictated by the wellness coordinator</li> <li>● Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>● Provide instruments such as keyboards</li> <li>● Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	
D2, F2, G3, K3, B4, B5, K6, B7, D7, K7	<p>Splitting room into two</p> <p>One side provides essentially a space to nap in, the other being more technological based but still remaining relatively quiet</p>	<ul style="list-style-type: none"> <li>● 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</li> <li>● Half of the allocated space is a soundproof room, the other half is an open lounge without walls or reservation need</li> <li>● Provide noise-canceling headphones</li> <li>● Provide curtains which blocks 99% sun lights, offering people to sleep or meditation</li> <li>● Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources</li> <li>● Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>● Provide a projector that plays live streams of animals in nature</li> </ul>	



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B2, G2, F3, G3, F4, H4, D5, K6, K7	<p>Splitting the room into two</p> <p>The reserved space will be more personalized; individual-need based relaxation sources.</p> <p>The open space will allow for more group activities, but remaining quiet enough so that the room next door can relax.</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• 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</li> <li>• Provide noise-canceling headphones</li> <li>• Provide a projector that plays live streams of animals in nature</li> <li>• Implement a device that has access to internet</li> <li>• Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers</li> <li>• Provide visual and sensory information such as smell and the touch</li> <li>• Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	
D2, I2, B3, D4, E4, E5, H5	<p>Splitting the room into two</p> <p>The space encourages communication between not only students inside the wellness room, but provides the option to communicate with those in the other room as well as Wellness Coordinators.</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• No entry allowed between rooms, except curtains or blinds that can be opened to view the other room.</li> <li>• Provide adjustable human (something) lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"</li> <li>• Provide print outs like the "worry jar" activity</li> <li>• Provide a researched guide with instructions to breathing exercises</li> <li>• Install a bulletin board that allow students to</li> </ul>	

Combination Code	Justification / Associated Theme	Solution	Voting Results
		leave positive notes for others after their visit. <ul style="list-style-type: none"> <li>● Provide a recorder for people to record their sound/words, provide voice-mutation function</li> </ul>	
O2, F3, K3, E4, C5, C6, G6, G7, K7	Keeping a single room Optimized for larger groups of students wanting to spend some quiet, meditating time together. Students have a choice of whether or not this can be a napping space or just a general wellness space.	<ul style="list-style-type: none"> <li>● A revolving door that limits air flow and facilitates traffic into and out of the room</li> <li>● 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</li> <li>● Provide curtains which blocks 99% sun lights, offering people to sleep or meditation</li> <li>● Provide a researched guide with instructions to breathing exercises</li> <li>● Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>● Embed a small corner of space with monitors installed that provide wellness resources</li> <li>● Provide an aquarium</li> <li>● Provide Yoga Mat</li> <li>● Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	Round 1: 1
O2, L3, G4, B5, C5, C6, K6	Keeping a single room Encouraging more interaction between students. More optimized for larger groups of students seeking to have some fun but still practicing wellness	<ul style="list-style-type: none"> <li>● A revolving door that limits air flow and facilitates traffic into and out of the room</li> <li>● Make the whole ceiling as a screen, showing different video sources while providing light</li> <li>● Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls</li> <li>● Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>● Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>● Embed a small corner of space with monitors installed that provide wellness resources</li> <li>● Provide visual and sensory information such as smell and the touch</li> </ul>	Round 1: 1
O2, E3, H3, H4, D5, E5,	Keeping a single room	<ul style="list-style-type: none"> <li>● A revolving door that limits air flow and facilitates traffic into and out of the room</li> <li>● Jukebox that plays a selection of relaxing calm</li> </ul>	

Combination Code	Justification / Associated Theme	Solution	Voting Results
D6, J6, K7	The room is themed like a multi-person office working space with wellness components embedded into it. Provides complete silence as well as the technological needs.	<p>music</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>• Provide visual and sensory information such as smell and the touch</li> <li>• Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	

#### Aileen's Solutions:

Combination Code	Justification / Associated Theme	Solution	
F2, H2, B3, G3, C4, C5, I5, B7, K7,	Most of the space is dedicated to an open reading lounge to encourage a space to read mental health resources. A 1-on-1 office room is alternatively provided.	<ul style="list-style-type: none"> <li>• Existing wellness room and most of the study room's walls are removed so that it is an open lounge</li> <li>• Majority of the floor is painted a colour except for one path leading to the only room in the space</li> <li>• Painted space is full of beanbags, cushions and normal, heated and weighted blankets that can be moved around</li> <li>• There are also bookshelves and coffee tables with wellness and fictional books, and magazines on the coffee tables</li> <li>• Path leads to a 3-person max capacity soundproof office room with a table and 2 chairs</li> <li>• Office room has empty shelves for staff to put what they want on it</li> </ul>	<p>Round 1: 2</p> <p>Round 2: 3</p>
K2, L3, M3, K6, D7, N7	Most of the space is dedicated to projecting nature livestream to be immersed and relaxed in. A 1-on-1 office room is	<ul style="list-style-type: none"> <li>• Existing rooms are combined into 1 soundproof room with a projector or screen on the ceiling playing nature/animals that the user can choose among a selection (maybe disk player)</li> <li>• Room's lighting is mostly dark, and has a sound system that accompanies the video feed</li> <li>• All seating must face the ceiling- mostly bean</li> </ul>	

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	alternatively provided	bag chairs, and hammocks <ul style="list-style-type: none"> <li>There is a lockbox to put electronic devices in by the user</li> <li>A corner of the room can be sectioned off with a curtain and has brighter lights, with 3-ppl max capacity, a small table and chairs</li> </ul>	
G2, D3, O3, B4, C4, C5, E6, G6,	Primarily ensure that the room is flexible to be used as an event space in addition to office and drop-in, providing many activities	<ul style="list-style-type: none"> <li>Made into 1 entire soundproof room with two sliding walls that separate the room in 3 parts. Either or neither wall can be pulled close to section the room into two rooms</li> <li>Drop-in third: contains kinetic sand, metal puzzles, paper shredders</li> <li>Middle section: contains bookshelves, pamphlets and iPad</li> <li>Office third: contains table and chairs with indoor fountain</li> <li>Many lights in all three sections</li> </ul>	Round 1: 4  Round 2: 2
B3, E3, H3, I3, J3, N3, P3, I4, B6, C6	Designed to appeal to the mood of the user by changing the environment around them significantly	<ul style="list-style-type: none"> <li>Both rooms stay and are made identical; study room can be booked while wellness is drop-in</li> <li>Both are equipped with speaker systems to play music from user phone or ambient nature noise, lighting for seasonal or coloured mood lighting, and aroma oil smells</li> <li>There are playlist presets to choose from and an AI gives recommendations that the user can pick</li> <li>This interface is given on devices in the room that also have a catalog of wellness resources to choose from</li> </ul>	Round 1: 1
C2, I2, E3, G3, H3, K3, P3, B4, D4, D5, I5	A mildly technological room that consolidates many of the general purpose activities that users can do with the room, aiming for the broadest range of users	<ul style="list-style-type: none"> <li>Two rooms are kept as is, the wellness room made into drop-in and the study room as office room</li> <li>One-way windows are on all office room walls, including the one connected to drop-in room</li> <li>Rooms are brightly lit and both have jukebox, headphones, and noise-canceling headphones, which can be user controlled by an iPad with wellness resources on it, and there are preset playlists</li> <li>Curtains are on the window between office and drop-in; black curtains are on the window between drop-in and outside</li> <li>Tables have mental health pamphlets,</li> </ul>	Round 1: 3

Combination Code	Justification / Associated Theme	Solution	
		magazine, colouring sheets, and wellness handout activity sheets on them	
D6, J6, E7, G7, L7	Meditation and yoga-themed room that aims to be stress relief. An alternate large space is offered to host events	<ul style="list-style-type: none"> <li>Drop-in space is smaller than current wellness room and is covered by mattresses along the walls, and provided mattresses on the floor</li> <li>Martial arts cushion embedded in the walls are provided to punch into for stress relief</li> <li>A shelf with pamphlets and breathing, meditation and yoga exercise information sheets is provided</li> <li>Other room is 12-people maximum capacity and has a lot of tables and chairs, and a projector that shows nature livestream by default but can be connected to a user's laptop</li> <li>Scrap paper and a paper shredder is provided for further stress relief</li> </ul>	Round 1: 4  Round 2: 1  Round 3: 3
L2, C4, C5, I5, I7, K7	A whimsical solution that provides a meeting office space and a safe playground for students	<ul style="list-style-type: none"> <li>Part of study room is remodeled into an 4-person max capacity office and event room with two exits; one is a normal door outside</li> <li>The other leads to an obstacle course like the McDonald's play area but larger, with slides and a ball pit</li> <li>There are well-lit corners for people to stay in with a cushion and reading material</li> </ul>	
B3, B4, B5, E5, L6	Made into a large room that is mostly drop-in but can be reserved, which allows for serious matters and allows for public exchange	<ul style="list-style-type: none"> <li>Both rooms are turned into a large room and the booking system is displayed on a screen outside like the ECF computer labs; as long as no one has reserved the room, anybody can enter</li> <li>Has tablets in walls for digital art, ebooks</li> <li>Has colouring sheets for traditional art and whiteboards or bulletin boards</li> <li>Has many tables and chairs like a meeting room</li> <li>Has headphone station with audiobooks</li> <li>Lighting can be controlled to be seasonal lighting, and mental health and emergency professionals can be called</li> </ul>	
D3, E3, F3, K3, P3, C5, C6, G6, B7, C7, K7	Room is split into four cubicles to allow more individual control of what the room is used for	<ul style="list-style-type: none"> <li>Entire space is split into four soundproof rooms, two of them facing outside windows, and are provided individual black curtains</li> <li>Each room has coloured lighting they can individually change, aroma oil smell, speaker system, and projector</li> </ul>	Round 1: 4  Round 2: 3

Combination Code	Justification / Associated Theme	Solution	
		<ul style="list-style-type: none"> <li>Each is AI door locked</li> <li>Rooms have trivia games, kinetic sand, metal puzzles, and mental health books</li> <li>Two rooms have beanbag chairs, cushion and heated blankets and the other two have an office chair and desk</li> </ul>	
B3, D5, G6, D7, B8, C8	A more general purpose room where the two room uses can be interchanged	<ul style="list-style-type: none"> <li>Entire room is soundproof, and the drop-in and office rooms are separated by a sliding wall, so furniture can be freely moved between the rooms</li> <li>Office room has human centric lighting, humidifier and pamphlets</li> <li>Drop-in room has campus emergency call, a bulletin board, hammocks, couches, kinetic sand</li> </ul>	

#### Ken's Solutions:

Combination Code	Justification / Associated Theme	Solution	
B2 B3 D3 F4 G4 D5 B6 E6 G7 B8 D8 E8	<p><b>Community Oriented</b></p> <p>When no events, serves as two separate wellness rooms; when holding events, serves as a big wellness room</p> <p>Since facing community, the facilities should be stout</p> <p>Event holder can also store information on the website (D5)</p>	<ul style="list-style-type: none"> <li>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</li> <li>Provide adjustable human centric lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"</li> <li>Numerous lamps and small lights around room, instead of one big ceiling light</li> <li>Implement a device that has access to internet</li> <li>Vocal assistant that can add events that are dictated by the wellness coordinator</li> <li>Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers</li> </ul>	
C2 D2 M2	<b>User Oriented</b>	<ul style="list-style-type: none"> <li>Entering and leaving the room after crossing an obstacle</li> </ul>	Round 1: 1

Combination Code	Justification / Associated Theme	Solution	
D3 K3 L3 P3 B4 B5 E5 C6 D7 B8 C8 D8 E8	A big wellness room with an “obstacle” separating them  Embed high technologies  Fully control of lights	<ul style="list-style-type: none"> <li>• 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</li> <li>• Entering and leaving the room after crossing an obstacle</li> <li>• Numerous lamps and small lights around room, instead of one big ceiling light</li> <li>• Provide curtains which blocks 99% sun lights, offering people to sleep or meditation</li> <li>• Make the whole ceiling as a screen, showing different video sources while providing light</li> <li>• Incorporate speakers that provide natural soundscapes such as flowing water, rustling leaves, and birdsongs</li> <li>• Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources</li> <li>• Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>• Install a bulletin board that allows students to leave positive notes for others after their visit.</li> <li>• Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>• Provide a hammock to lie in</li> </ul>	
N2 N3 C4 E5 I6 J6 C7 D7 F7	<b>Biomimic...</b>	<ul style="list-style-type: none"> <li>• Hollow tree trunk entrance shape with a wooden panel as a door covering</li> <li>• Filtering light from the window modeled after a forest canopy</li> <li>• Shelf of books (fiction)</li> <li>• Install a bulletin board that allows students to leave positive notes for others after their visit.</li> <li>• Provide visual and sensory information such as smell and the touch</li> <li>• Provide a researched guide with instructions to breathing exercises</li> <li>• Provide an isolated corner to relax in, so one person can be surrounded by wall</li> <li>• Provide a hammock to lie in</li> <li>• 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.</li> </ul>	Round 1: 4 Round 2: 3

Combination Code	Justification / Associated Theme	Solution	
G2, P2, E3, F3 G3 H3 O3 C4 D4 G4 H5 I5 C6 G6 D7 G7 B8 C8 D8 E8	<p><b>More General</b></p> <p>Can transform from two separate rooms to a big room if wanted</p> <p>Actively request for feedback so as to change facilities according to user's preference</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Taking down the wall (Scraping the idea of having two split rooms)</li> <li>• Jukebox that plays selected relaxing noise</li> <li>• 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</li> <li>• Provide noise-canceling headphones</li> <li>• 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</li> <li>• Indoor fountain waterfalls for natural sound and humidity control</li> <li>• Shelf of books (fiction)</li> <li>• Provide print outs like the "worry jar" activity</li> <li>• Vocal assistant that can add events that are dictated by the wellness coordinator</li> <li>• Provide a recorder for people to record their sound/words, provide voice-mutation function</li> <li>• Write all information on a magazine</li> <li>• Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>• Provide a kinetic sand bucket, or play-doh, or some other modeling clay</li> <li>• Provide a hammock to lie in</li> <li>• Provide Yoga Mat</li> </ul>	Round 1: 1
H2, P2, N3, F4, I4, C5, C6, K6, L6, N7, B8, C8, E8	<p><b>Afford People to Move/Walk</b></p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Taking down the wall (Scraping the idea of having two split rooms)</li> <li>• Filtering light from the window modeled after a forest canopy</li> <li>• Implement a device that has access to internet</li> <li>• Provide wearable stress monitors to offer</li> </ul>	



Combination Code	Justification / Associated Theme	Solution	
		<p>biofeedback and relaxation techniques based on real-time data</p> <ul style="list-style-type: none"> <li>• Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>• Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>• Provide a projector that plays live streams of animals in nature</li> <li>• Install a digital art station for digital painting and drawing</li> <li>• “Electronic Device Locker”</li> </ul>	
K2, F3, H3, I4, B5, H7, I7	Two floors, with different relaxation focus	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• 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</li> <li>• Vocal assistant that can add events that are dictated by the wellness coordinator</li> <li>• Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>• Have a jacuzzi where people could relax</li> <li>• Ball swimming pool like in the trampoline arcades</li> </ul>	Eliminated - budget constraint and too distracting, also potential ontario building code violations
D2, G3, I4, H5, L6, J7	Technology and office-like	<ul style="list-style-type: none"> <li>• 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</li> <li>• Provide noise-canceling headphones</li> <li>• Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>• Provide a recorder for people to record their sound/words, provide voice-mutation function</li> </ul>	Eliminated - duplicate

Combination Code	Justification / Associated Theme	Solution	
		<ul style="list-style-type: none"> <li>• Install a digital art station for digital painting and drawing</li> <li>• A capsule where people could enter and experience an augmented reality experience</li> </ul>	
D2, I2, B3, D4, E4, E5, H5	Two rooms, communication focus	<ul style="list-style-type: none"> <li>• 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</li> <li>• No entry allowed between rooms, except curtains or blinds that can be opened to view the other room.</li> <li>• Provide adjustable human (something) lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on “season”</li> <li>• Provide print outs like the “worry jar” activity</li> <li>• Provide a researched guide with instructions to breathing exercises</li> <li>• Install a bulletin board that allow students to leave positive notes for others after their visit.</li> <li>• Provide a recorder for people to record their sound/words, provide voice-mutation function</li> </ul>	Eliminated - duplicate

#### Youssef’s Solutions:

Combination Code	Justification / Associated Theme	Solution	Voting Results
L2, H3, F4, G5, H7, D8	Having an original design where wellness is understood as activities and some physical movement .	<p>-Users are welcomed into the Wellness Oasis through a playful entrance slide (L2), setting a relaxed and inviting tone for their experience.</p> <p>- Upon entry, users are provided with high-quality headphones (H3) that offer a range of audio options, including music, podcasts, ASMR sounds, and nature sounds like rain or birdsong. This tailored audio experience enhances relaxation and focus.</p> <p>- The room is equipped with internet access (F4), allowing users to explore additional wellness resources such as articles, meditation apps, or educational</p>	

Combination Code	Justification / Associated Theme	Solution	Voting Results
		<p>content to complement their experience.</p> <ul style="list-style-type: none"> <li>- A user-friendly feedback form (G5) is available within the room, facilitating direct communication between users and staff. Users can share their experiences, recommend wellness activities, or provide feedback for continuous improvement.</li> <li>- Within the Wellness Oasis, users can indulge in a luxurious jacuzzi (H7) designed for ultimate relaxation and stress relief.</li> <li>- Advanced air purification technology (D8) ensures that users breathe clean, fresh air throughout their time in the Wellness Oasis, promoting better respiratory health and overall well-being.</li> </ul> <p>Each element of the Wellness Oasis is carefully designed to create a seamless and immersive wellness experience, fostering relaxation, rejuvenation, and a sense of well-being for all users.</p>	
D2, G3, I4, H5, L6, J7	<p>This combinations focus on privacy and non distraction aspect of wellness room</p> <p>-The use of technology has been also chosen as a major theme for the conception of this design</p>	<ul style="list-style-type: none"> <li>-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</li> <li>-Provide noise-canceling headphones</li> <li>-Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>-Provide a recorder for people to record their sound/words, provide voice-mutation function</li> <li>-Install a digital art station for digital painting and drawing</li> <li>-A capsule where people could enter and experience an augmented reality experience</li> </ul>	
j2, f3, E5, E6,	A design that is easy to implement , does	-Two Separate Wellness Rooms: keep the current opaque wall, and people cannot	

Combination Code	Justification / Associated Theme	Solution	Voting Results
E7	not require a lot of time to be installed and seems to be effective	traverse the wall -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 -install a bulletin board that allow students to leave positive notes for others after their visit. -Provide trivia games -Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they're stressed	
B4, B5, B6, J7	This design emphasizes on understanding the feeling of the user through sensors . It also uses a lot of technology to make the wellness experience “ up to date and advanced “	-Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources -Have audiobooks installed on Kindles, which can be listened to through provided -Embed a small corner of space with monitors installed that provide wellness resources -A capsule where people could enter and experience an augmented reality experience	Round 1: 1
G2, G3, G4, H5, M6	This design focuses on the management of noise and sound . It emphasizes soundproofing and creates wellness through relaxation music . The design could also be used only by voice	-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 -Provide noise-canceling headphones -Vocal assistant that can add events that are dictated by the wellness coordinator -Provide a recorder for people to record their sound/words, provide voice-mutation function -Provide instruments such as keyboards	Round 1: 5 Round 2: 3
N2, N3, C4, G5, C6, C7,	This design focuses on making the users feel that they are in	Separate Room: Install a door (typical with doorknob) between the study space and wellness room that can only be	

Combination Code	Justification / Associated Theme	Solution	Voting Results
C8, D8	the nature . It enables them to imagine themselves in an natural environment enabling them to make a connection between them and the nature	<p>accessed through a Wellness Coordinator's Key</p> <ul style="list-style-type: none"> <li>-Provide noise-canceling headphones</li> <li>-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</li> <li>-Provide noise-canceling headphones</li> <li>-Implement a device that has access to internet</li> <li>-Provide websites with wellness resources</li> <li>-Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers</li> <li>-Provide a projector that plays live streams of animals in nature</li> <li>-Install a digital art station for digital painting and drawing</li> <li>-Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	
F2, b3, i5, b7, c7, d7	Having a large and spacious room .A design that lacks originality but can be effective .This design seems to be inspired by nowadays effective and used wellness rooms	<ul style="list-style-type: none"> <li>-Half of the allocated space is a soundproof room, the other half is an open lounge without walls or reservation need</li> <li>-Provide adjustable human (something) lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"</li> <li>-Write all information on a magazine</li> <li>-Provide a heated or weighted blanket</li> <li>-Provide a hammock to lie in</li> <li>-Provide an isolated corner to relax in, so one person can be surrounded by wall</li> </ul>	
N2, j3, j5, c7, i7	This design takes wellness to another lever where accession requires some effort . This design is	<ul style="list-style-type: none"> <li>-Hollow tree trunk entrance shape with a wooden panel as a door covering</li> <li>-Placing a device on the user like sunglasses and earphones connected to a software that will manage light and sound reception</li> </ul>	

Combination Code	Justification / Associated Theme	Solution	Voting Results
	characterized for its originality .This design tries to make the user feel sadness and tired by pushing them to the challenge . It makes them forget in a sort of way their problem	<ul style="list-style-type: none"> <li>-Store them in an encrypted way. They should be solved in order to be accessed</li> <li>-Ball swimming pool like in the trampoline arcades</li> <li>-Provide an isolated corner to relax in, so one person can be surrounded by wall</li> </ul>	
D2, D3, h5, j6, k7	A secure space that emphasizes on the safety of the user .Access to coordinators and support is made easy by this design it can handle crisis situations	<ul style="list-style-type: none"> <li>-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</li> <li>-Numerous lamps and small lights around room, instead of one big ceiling light</li> <li>-Provide a recorder for people to record their sound/words, provide voice-mutation function</li> <li>-Provide visual and sensory information such as smell and the touch</li> <li>-Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	
D2, b3, f3, i4, j5, g6, j7	Having advanced technology to greatly immerse the users. The room is responsive to voice and touch commands	<ul style="list-style-type: none"> <li>-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</li> <li>-Provide adjustable human (something) lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on “season”</li> <li>-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</li> <li>-Vocal assistant that can add events that are dictated by the wellness coordinator</li> </ul>	Eliminated - deemed unfeasible due to budget constraints, maintenance and ease of breaking things, and lack of outlets for all technological requirements

Combination Code	Justification / Associated Theme	Solution	Voting Results
		<ul style="list-style-type: none"> <li>-Store them in an encrypted way. They should be solved in order to be accessed</li> <li>-Provide an aquarium</li> <li>-A capsule where people could enter and experience an augmented reality experience</li> </ul>	

#### Akshaya's Solutions:

Combination Code	Justification / Associated Theme	Solution	Voting Results
J2, B3, C4, B5, C6, K7	Isolated library	<ul style="list-style-type: none"> <li>- Two Separate Wellness Rooms: keep the current opaque wall, and people cannot traverse the wall</li> <li>- Provide adjustable human centric lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"</li> <li>- Shelf of fictional books</li> <li>- Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>- Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>- Provide pods or personal spaces in the room similar to cocoons that can be used for meditation, napping, and relaxation</li> </ul>	Round 1: 1 Round 2: 2
G2, E3, G4, E5, E7, F7	Community oriented drop in space	<ul style="list-style-type: none"> <li>- 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</li> <li>- jukebox that plays selected relaxing noise</li> <li>- Vocal assistant that can add events that are dictated by the wellness coordinator</li> </ul>	Round 1: 3 Round 2: 1 Round 3: 1

Combination Code	Justification / Associated Theme	Solution	Voting Results
		<ul style="list-style-type: none"> <li>- Install a bulletin board that allow students to leave positive notes for others after their visit.</li> <li>- Provide trivia games</li> <li>- Provide a space with lots of soft material like pillows and beanbags for students to punch and vent if they're stressed</li> </ul>	
D2, F3, E4, B5, B6, J7	Technology prioritized solution	<ul style="list-style-type: none"> <li>- 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</li> <li>- 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</li> <li>- Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls</li> <li>- Have audiobooks installed on Kindles, which can be listened to through provided headphones or speakers</li> <li>- Embed a small corner of space with monitors installed that provide wellness resource</li> <li>- A capsule where people could enter and experience an augmented reality experience</li> </ul>	Round 1: 1
L2, F3, I4, C5, I6, I7	Playground theme	<ul style="list-style-type: none"> <li>- A slide that enables the user to enter and exit the room</li> <li>- 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</li> </ul>	



Combination Code	Justification / Associated Theme	Solution	Voting Results
		<p>which colors are more relaxing</p> <ul style="list-style-type: none"> <li>- Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>- Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>- Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>- Provide visual and sensory information such as smell and the touch</li> <li>- Ball pit</li> </ul>	
N2, O3, P3, E4, G5, N6, N7	Nature/Forest theme	<ul style="list-style-type: none"> <li>- Hollow tree trunk entrance shape with a wooden panel as a door covering</li> <li>- Indoor fountain waterfalls for natural sound and humidity control</li> <li>- Incorporate speakers that provide natural soundscapes such as flowing</li> <li>- water, rustling leaves, and birdsongs</li> <li>- Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls</li> <li>- Provide a method of communication between room users and Chestnut staff, like a feedback form, to recommend other wellness activities and any other feedback</li> <li>- Organize monthly theme-based challenges or contests to stimulate creativity and learning</li> </ul>	

Combination Code	Justification / Associated Theme	Solution	Voting Results
		- “Electronic Device Locker”	
I2, P3, I4, C5, C6, G7	Yoga/meditation themed room	<ul style="list-style-type: none"> <li>- No entry allowed between rooms, except curtains or blinds that can be opened to view the other room.</li> <li>- Incorporate speakers that provide natural soundscapes such as flowing water, rustling leaves, and birdsongs</li> <li>- Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>- Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>- Induce wellness through aroma oils (while bearing in mind allergies) like olive, jojoba, and coconut oil</li> <li>- Provide Yoga mat</li> </ul>	Round 1: 1
B2, G3, B4, C5, I6, J7	Escape from reality theme	<ul style="list-style-type: none"> <li>- 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</li> <li>- Provide noise-canceling headphones</li> <li>- Have a corner with iPads/Tablets installed (fixed), where the only features accessible are wellness resources</li> <li>- Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>- Provide visual and sensory information such as smell and the touch</li> </ul>	Round 1: 1

Combination Code	Justification / Associated Theme	Solution	Voting Results
		<ul style="list-style-type: none"> <li>- A capsule where people could enter and experience an augmented reality experience</li> </ul>	
M2, M3, E4, J5, E6, I7	Wellness game room themed	<ul style="list-style-type: none"> <li>- Entering and leaving the room after crossing an obstacle</li> <li>- Block all the external light and sound, then generate artificial ones in a controlled manner</li> <li>- Have a phone available at all times that can reach all 4 tiers of Wellness Coordinators through text messages and voice calls</li> <li>- Store them in an encrypted way. They should be solved in order to be accessed</li> <li>- Provide trivia games</li> <li>- Ball pit</li> </ul>	
F2, D3, G4, D5, J6, M7	Wellness room that prioritizes teaching users wellness techniques	<ul style="list-style-type: none"> <li>- Half of the allocated space is a soundproof room, the other half is an open lounge without walls or reservation need</li> <li>- Numerous lamps and small lights around room, instead of one big ceiling light</li> <li>- Vocal assistant that can add events that are dictated by the wellness coordinator</li> <li>- Create a website or printed resource that consolidates or easily provides the various mental health resources that UofT offers</li> <li>- Provide a researched guide with instructions to breathing exercises</li> <li>- Provide portable lap desks for comfortable laptop use in various seating areas</li> </ul>	<p>Round 1: 2</p> <p>Round 2: 1</p>
B2, B3, O3, P3,	Vacation themed	<ul style="list-style-type: none"> <li>- Separate Room: Install a door (typical with doorknob)</li> </ul>	Round 1

Combination Code	Justification / Associated Theme	Solution	Voting Results
I4, C5, I6, J7		<p>between the study space and wellness room that can only be accessed through a Wellness Coordinator's Key</p> <ul style="list-style-type: none"> <li>- Indoor fountain waterfalls for natural sound and humidity control</li> <li>- Provide adjustable human centric lighting that can only be controlled by Wellness Coordinators. Lighting can be adjusted based on "season"</li> <li>- Incorporate speakers that provide natural soundscapes such as flowing water, rustling leaves, and birdsongs</li> <li>- Provide wearable stress monitors to offer biofeedback and relaxation techniques based on real-time data</li> <li>- Have different cabinets storing non-digital wellness resources (i.e. books) that can be accessed by anyone</li> <li>- Provide visual and sensory information such as smell and the touch</li> <li>- A capsule where people could enter and experience an augmented reality experience</li> </ul>	