

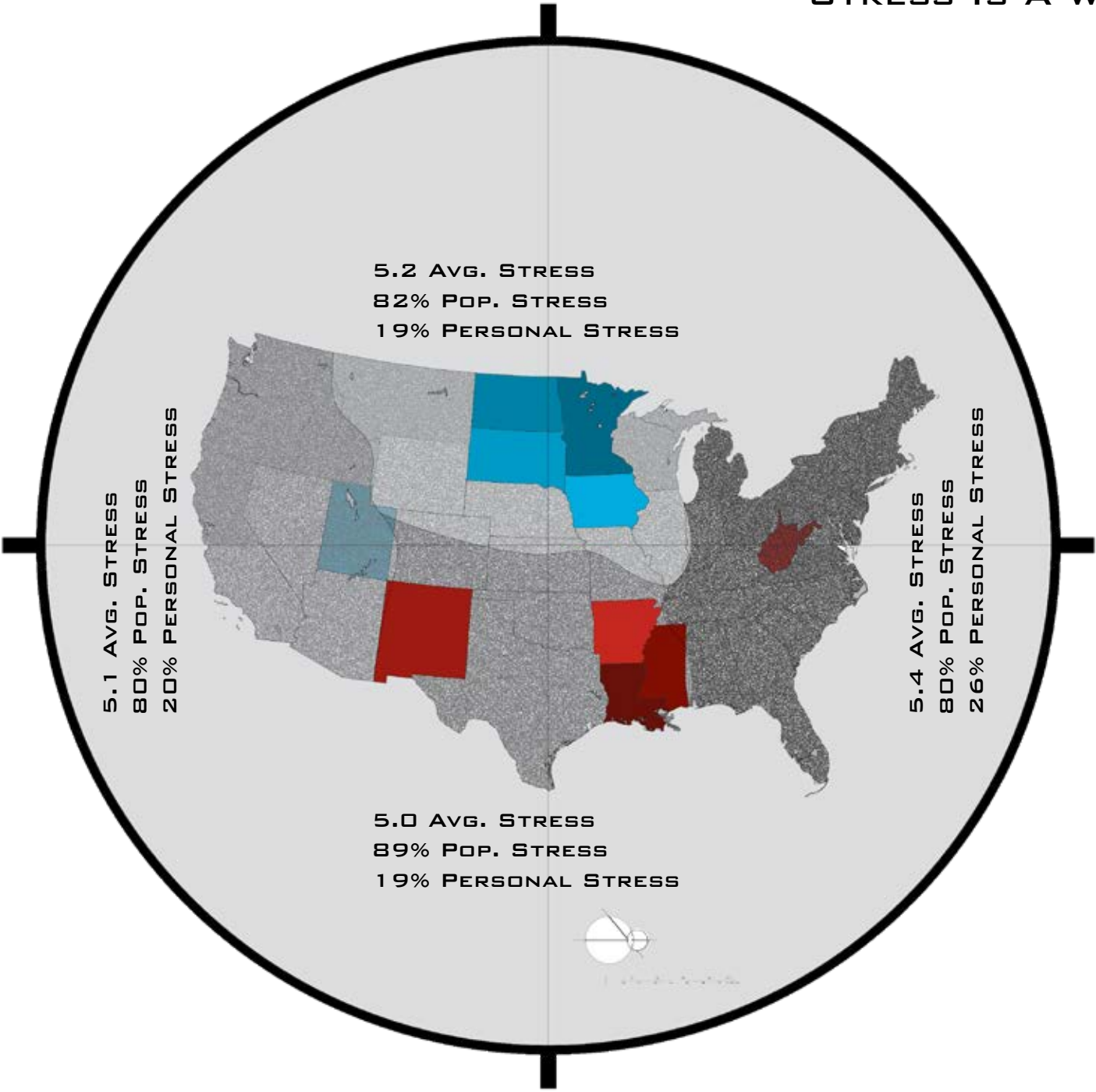
STRESS

A black and white illustration of a muscular person in a crouched position, struggling to hold up a massive, dark, spherical object that is nearly as large as their head. The person is standing on a light-colored, irregularly shaped rock or piece of earth. The background is a dark, textured surface with visible cracks and creases, suggesting a rugged, possibly volcanic or tectonic environment. The overall mood is one of immense physical strain and pressure.

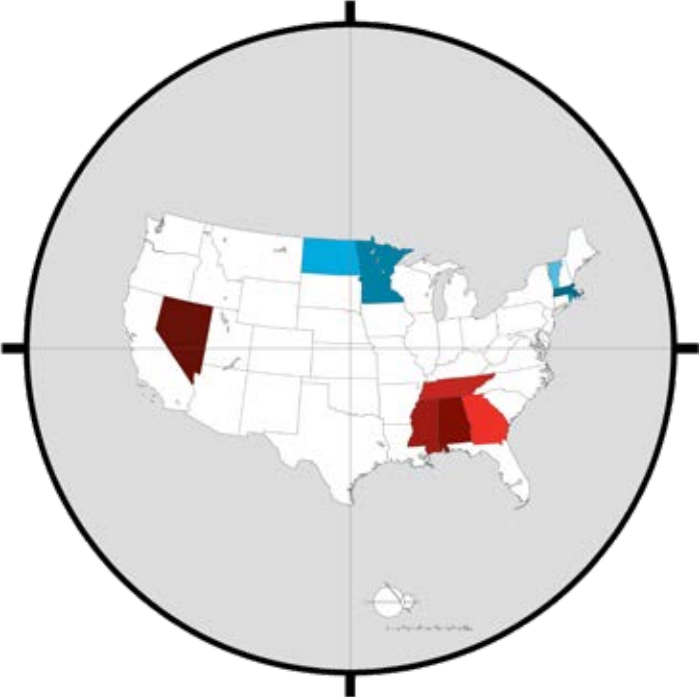
How The Environment Can Help

200,000 DEAD

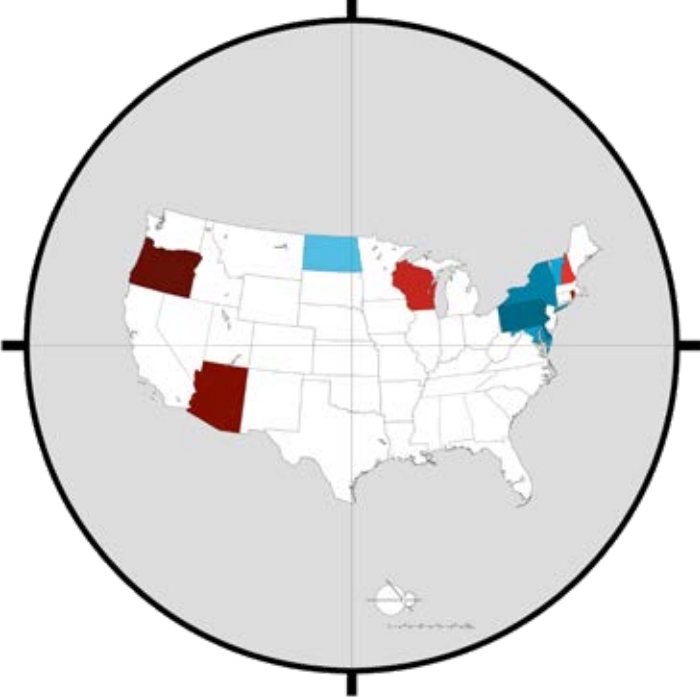
STRESS IS A WIDE SPREAD CONCERN



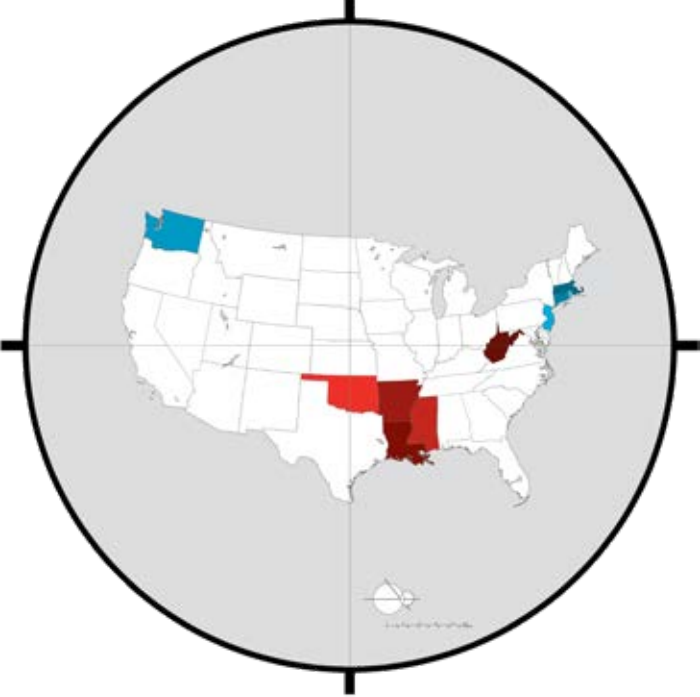
SOCIAL STRESS



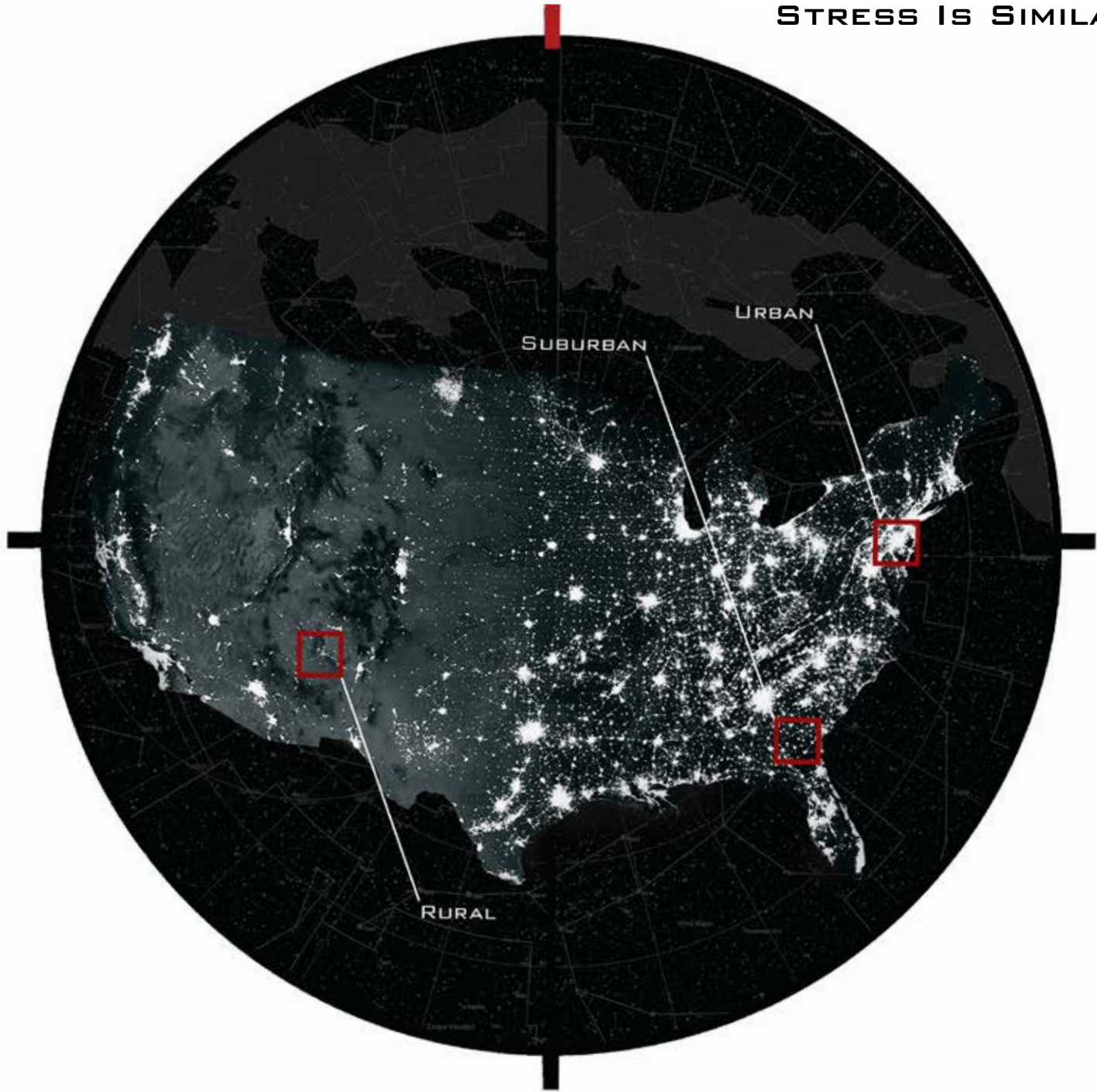
MENTAL STRESS



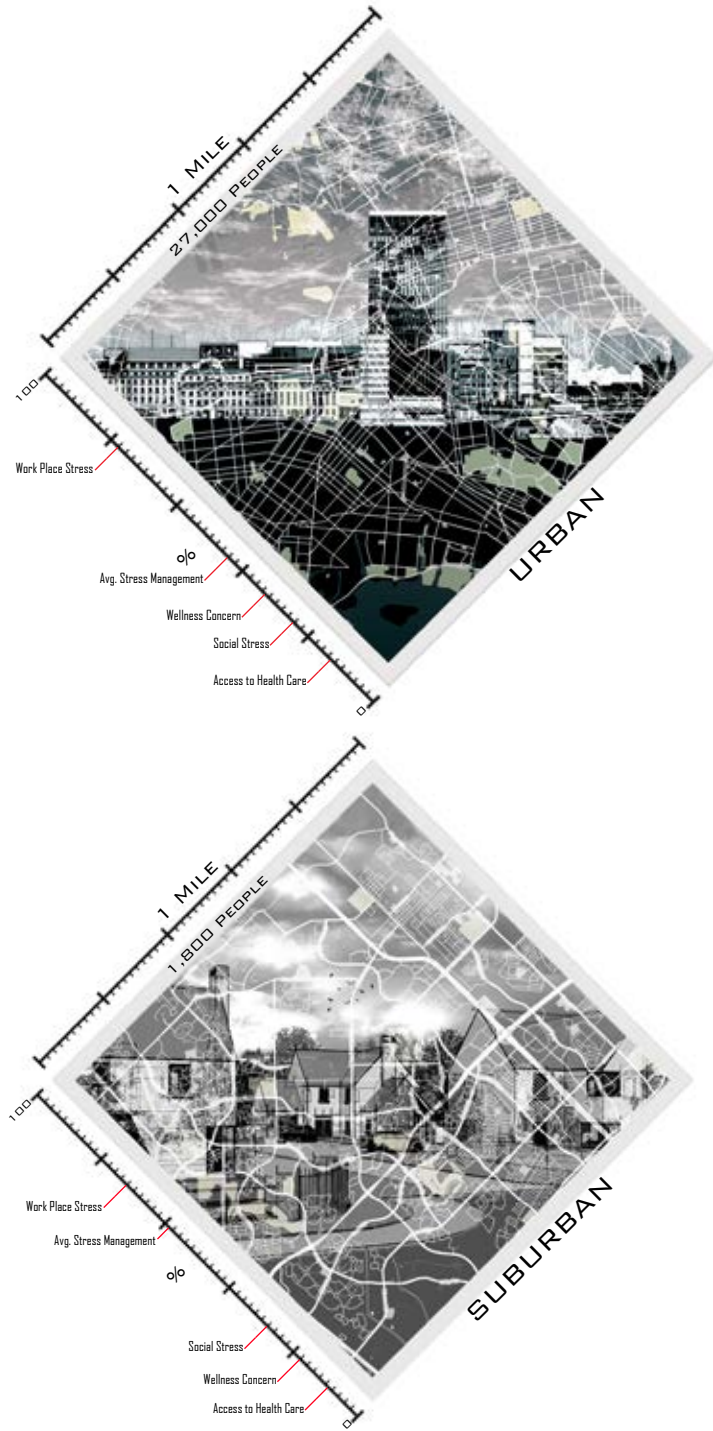
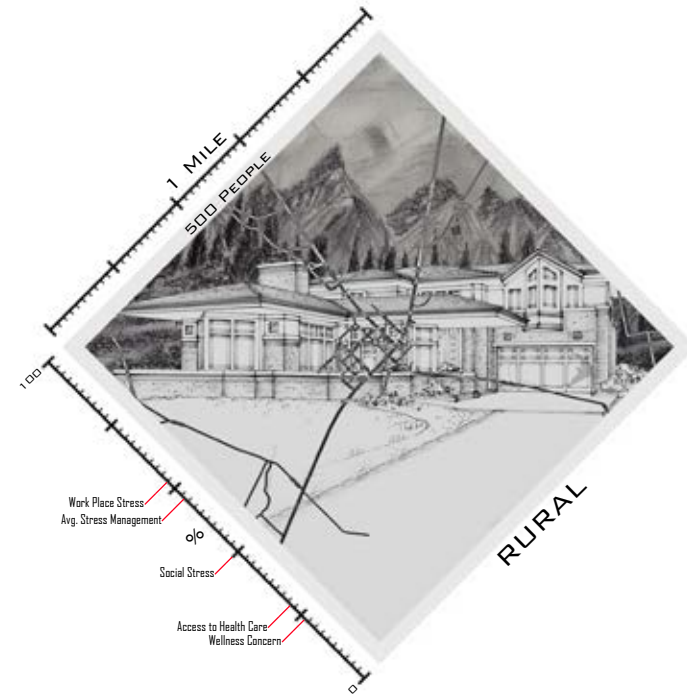
PHYSICAL STRESS



STRESS IS SIMILAR ACCROSS CITY TYPES



STRESS HABITATS
Stress in it's different community types contributes to the prevailance of stress and it's impact on individuals. A combination of percieved seperation and recovery access exaserbates the impact of stress.





DISTRESSED HOME

When stress works its way into a household it creates a space for discord not only for the person who is stressed but also for the people in the immediate area this often is why stress correlates with domestic disturbances.



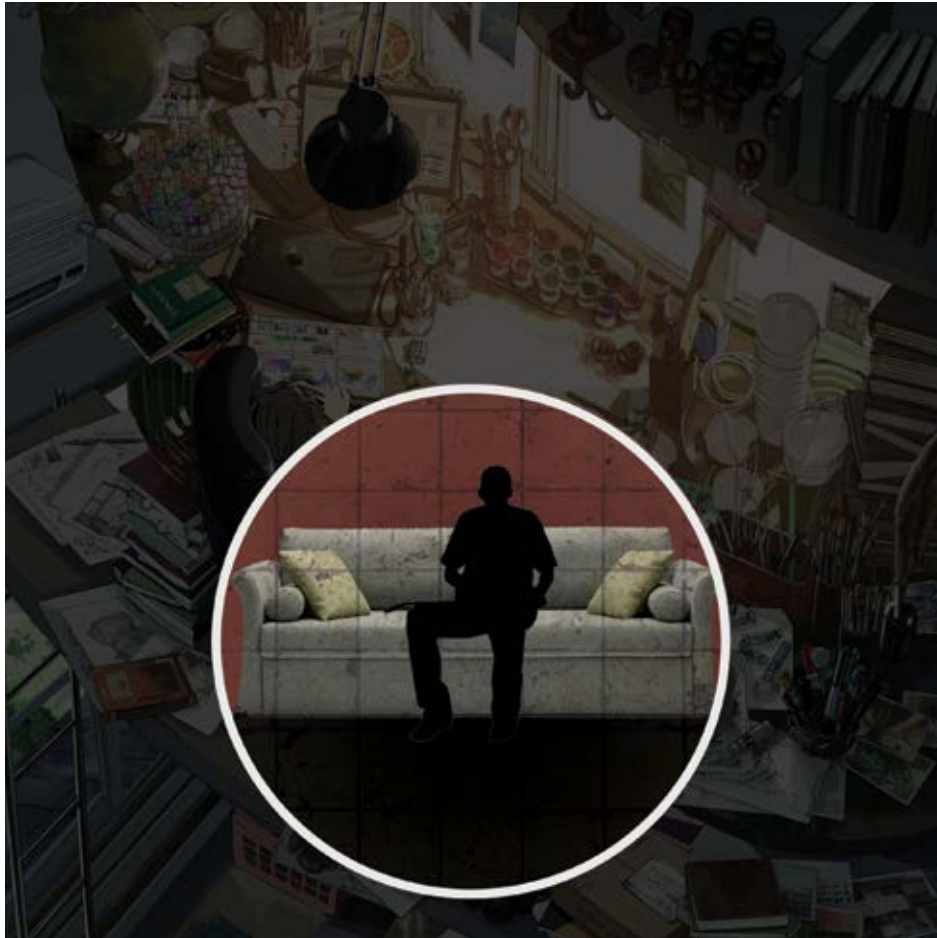
HIDDEN STRAIN

In line work especially the impact of stress manifest itself in a physical fashion this is seen in obesity, stroke, and other cardiovascular complications. These physical impacts are predominant in physical careers because of the strain on their bodies.



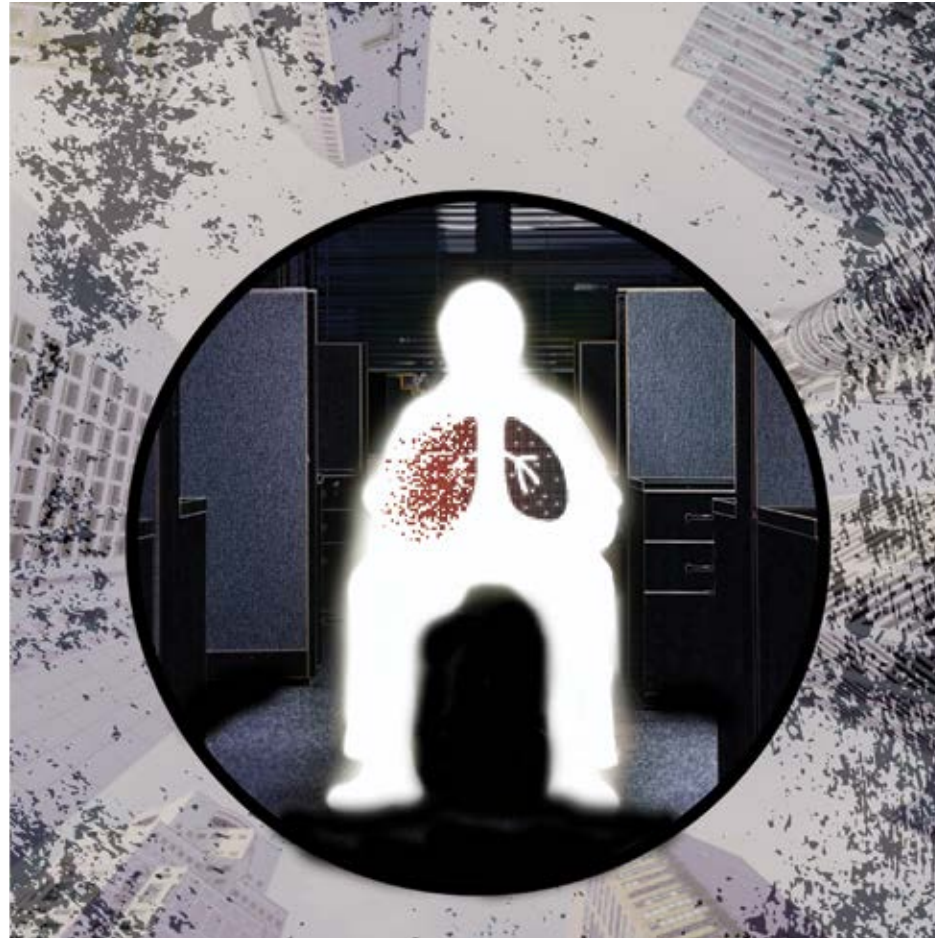
STRESS TEST

In education settings mental illness is often seen along with rising rates of stress, this stress manifest in many ways from anxiety to depression to schizophrenia. Any of these diseases left untended to can result in suicide or manslaughter.



SELF CONFINEMENT

Stress In the home impacts the individual in a few ways. We see that in what is called in couch lock being as the individual secluded themselves to an area while the rest of the home falls into disrepair.



TRAPPED AT WORK

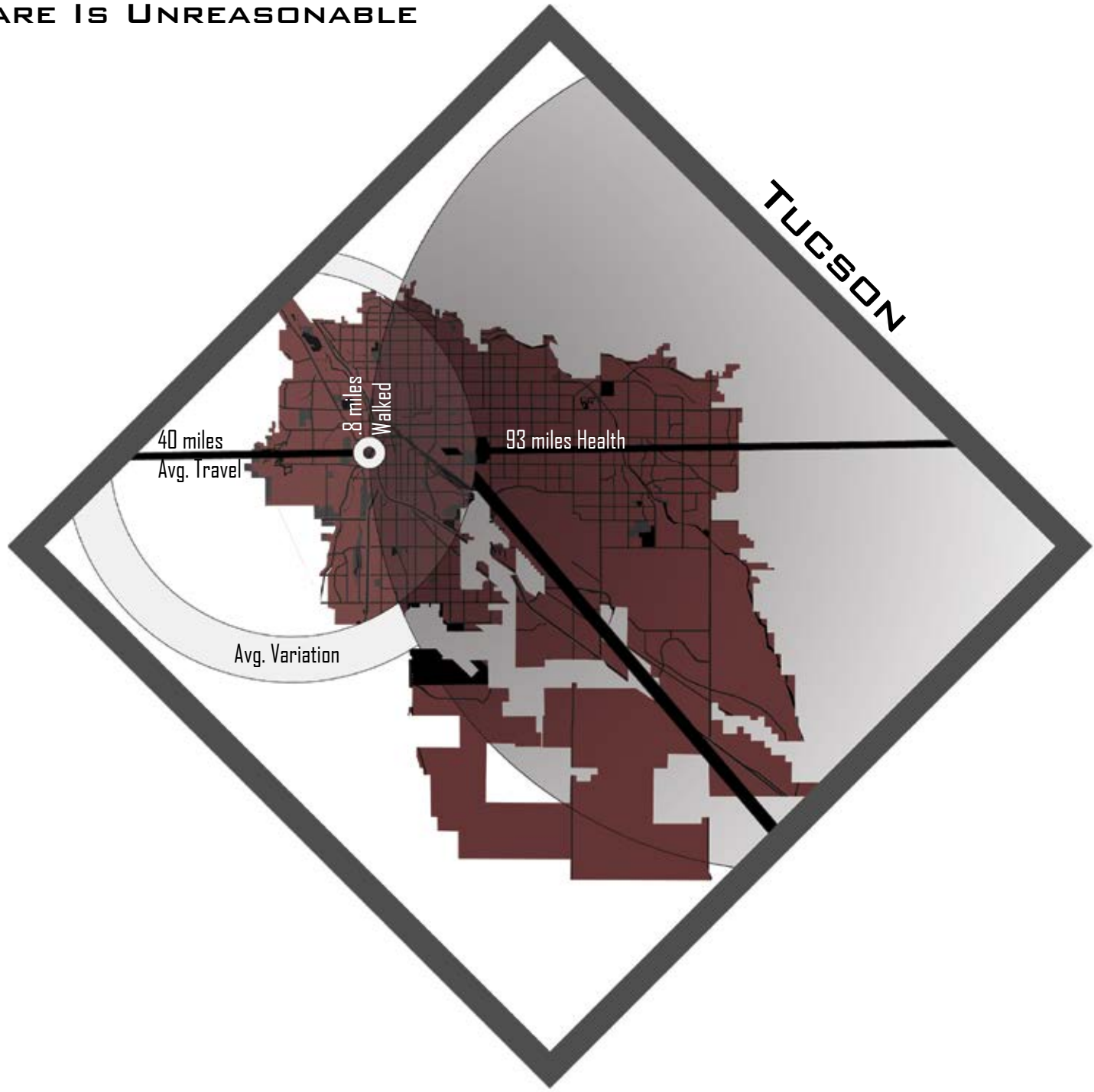
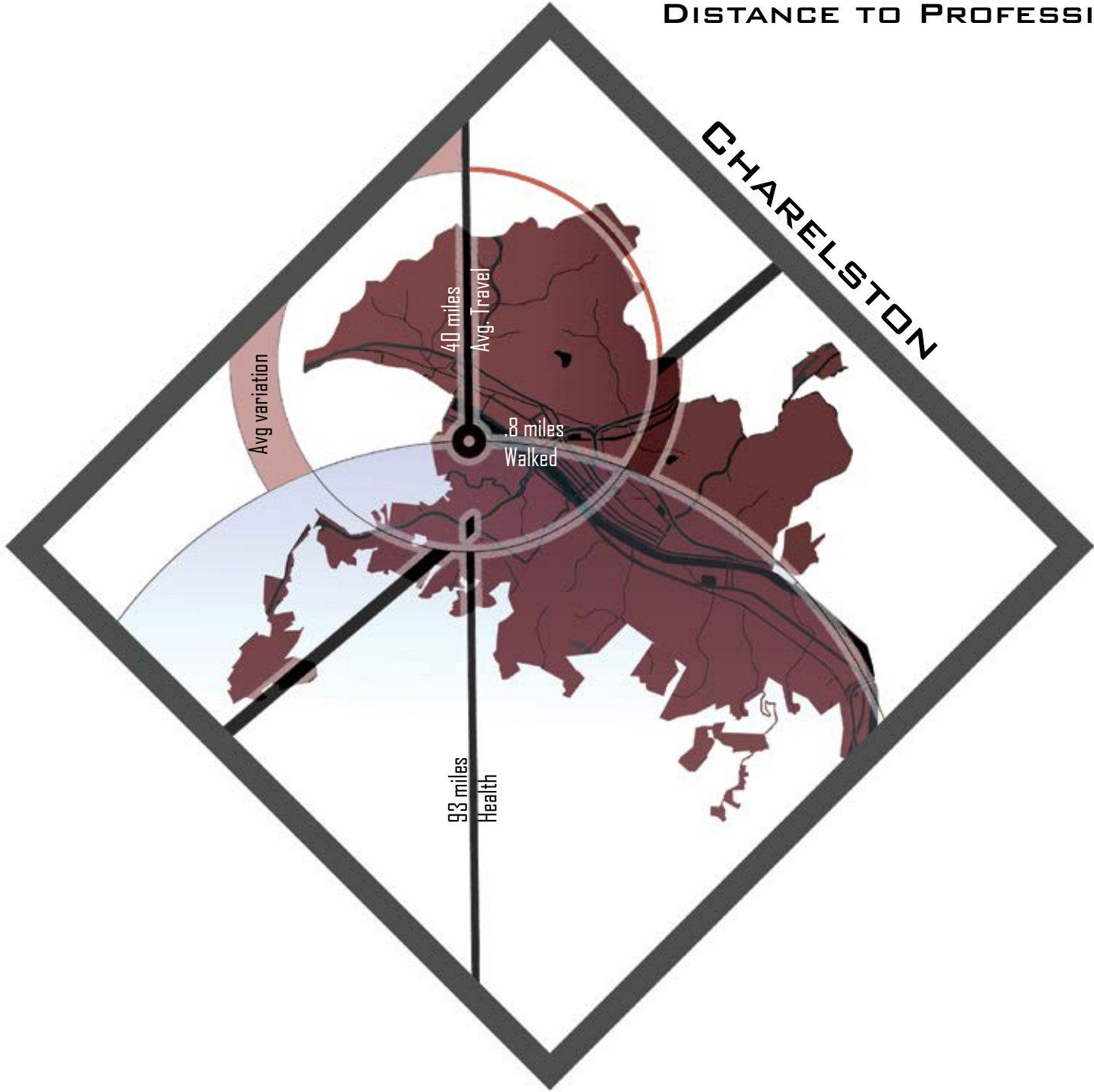
Stress in enclosed work places can result in temperment issues aswell as respratory issues includeing asthma and sick building sickness, This is an issue slowly being addressed by cubicle based offices and are moving to more open naturally lit areas.



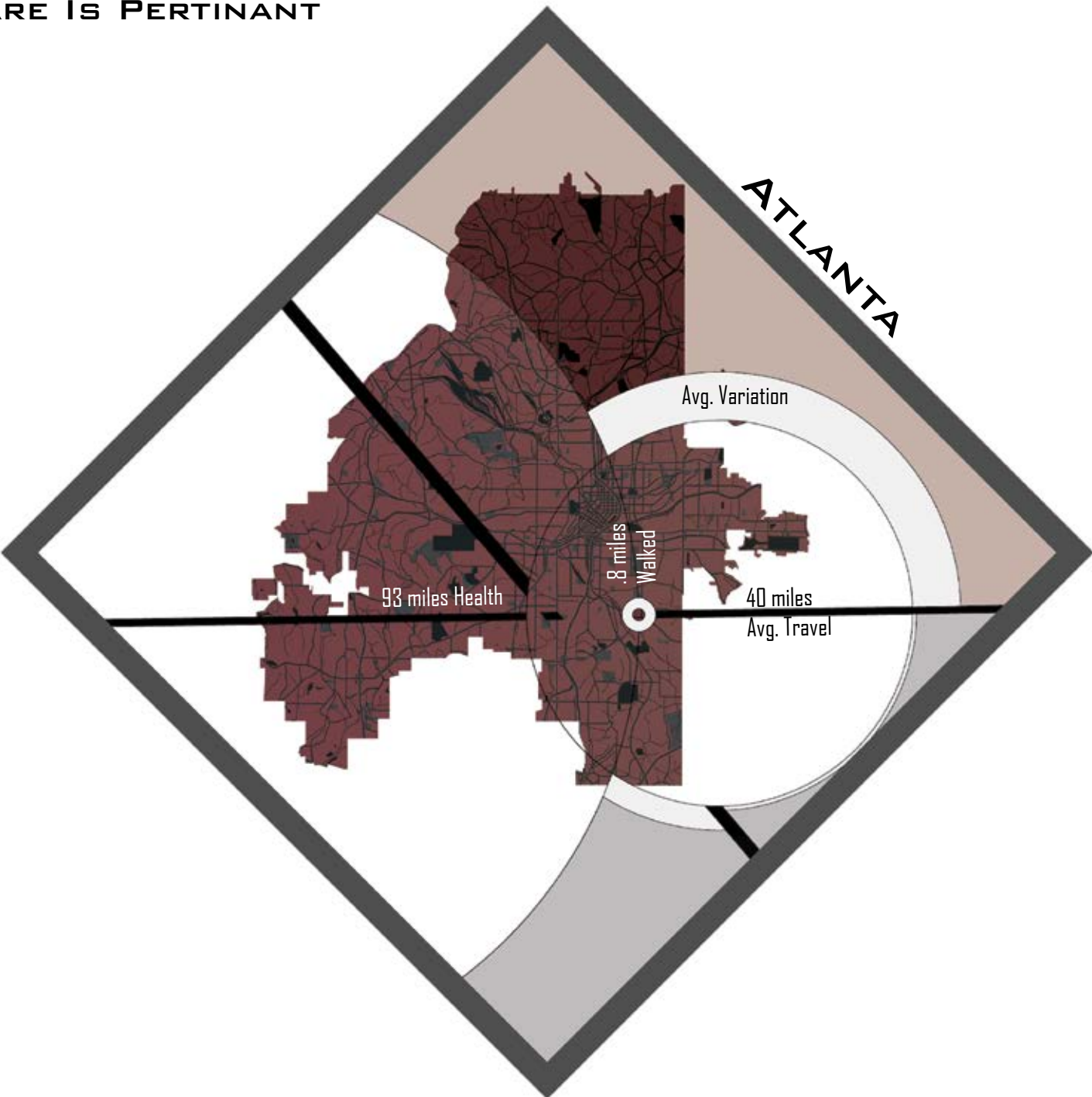
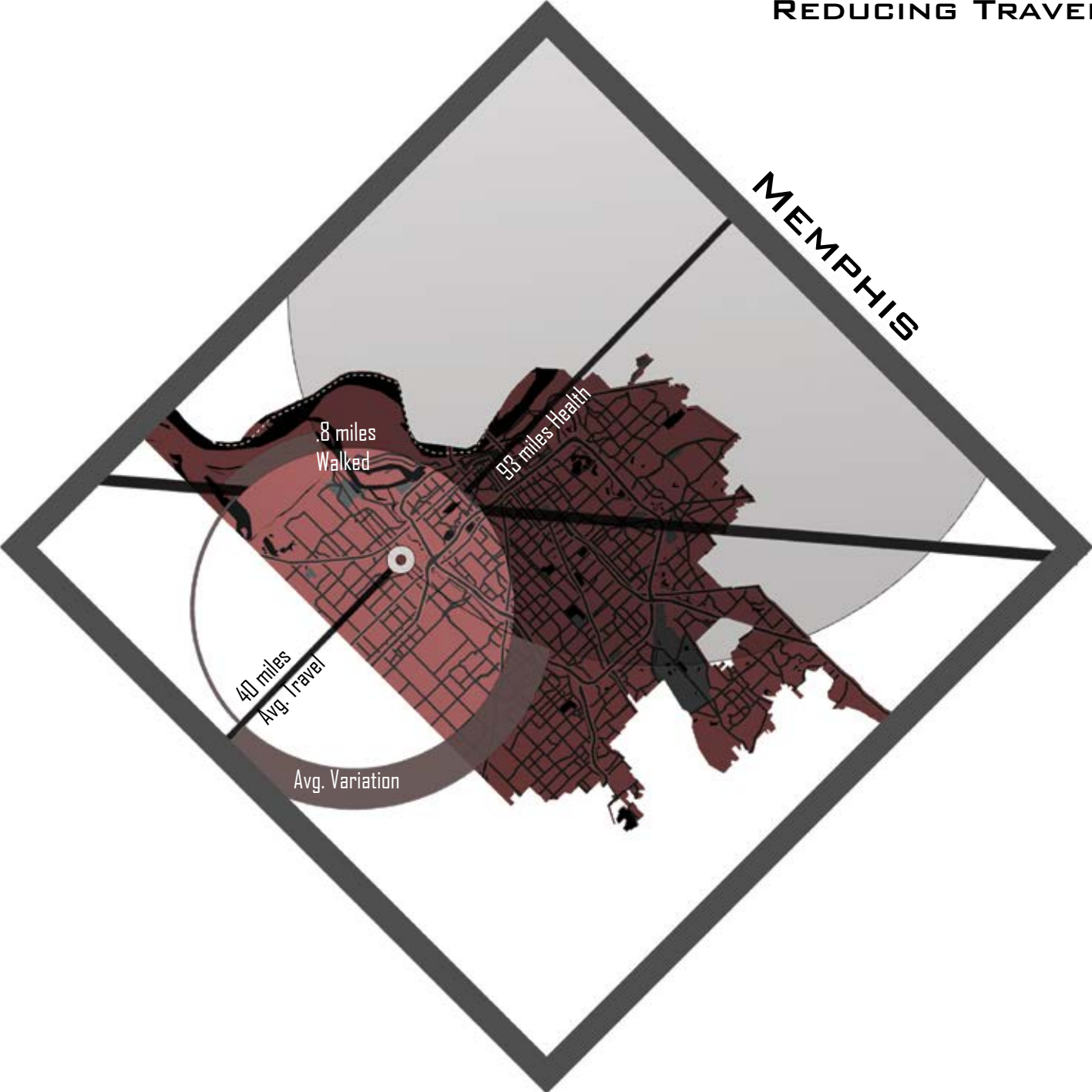
LOST IN A CROWD

Stress in the social environment leads to self suclusion and isolation which amplifies and exaserbates existing mental issues. These can lead to substance abuse and addiction as well as social delinquency.

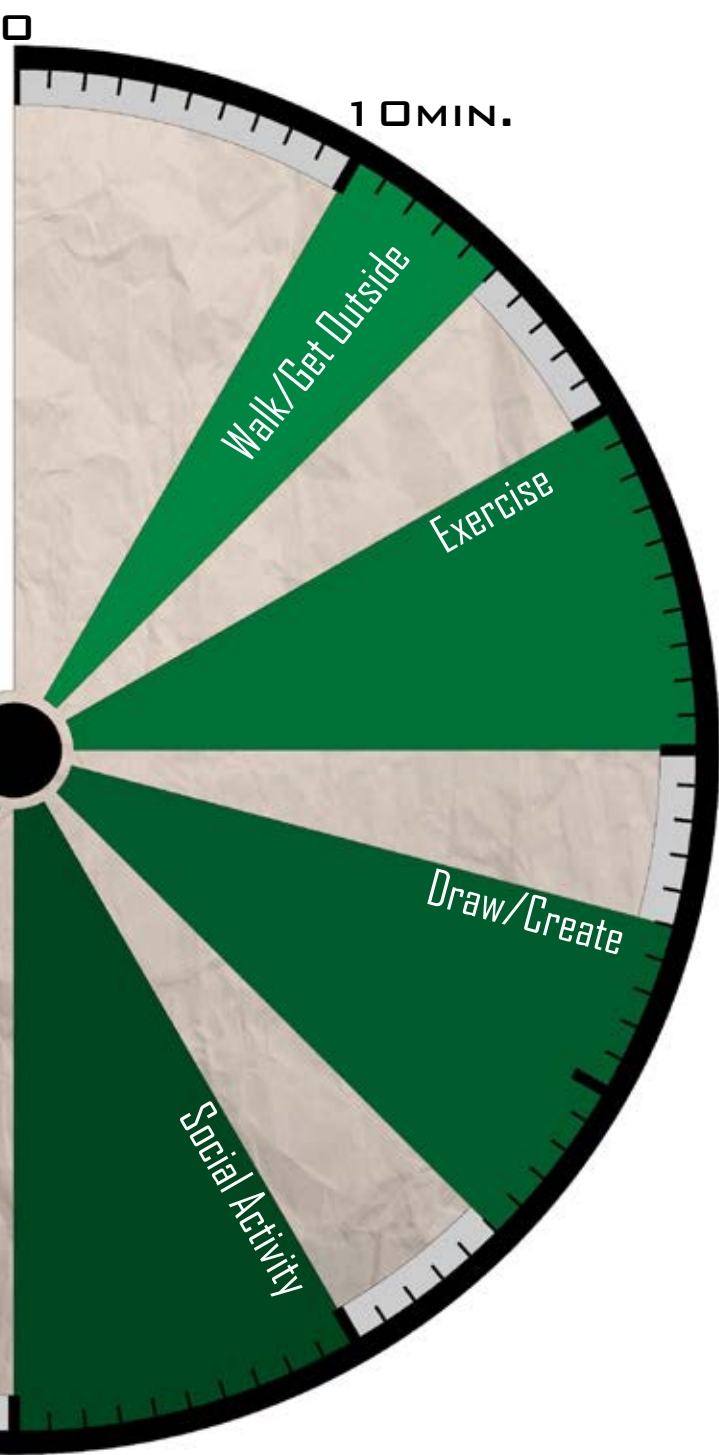
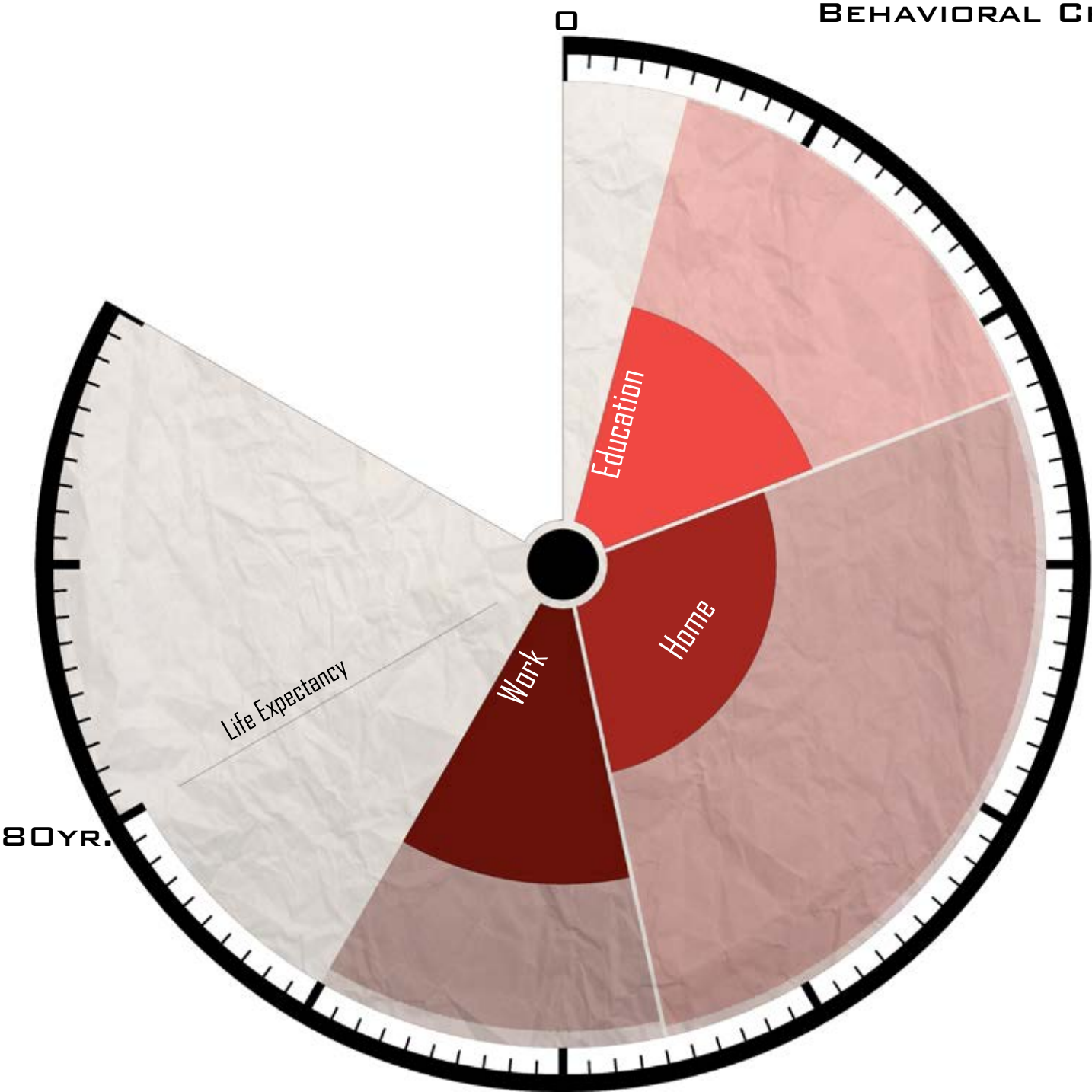
DISTANCE TO PROFESSIONAL CARE IS UNREASONABLE



REDUCING TRAVEL FOR CARE IS PERTINANT



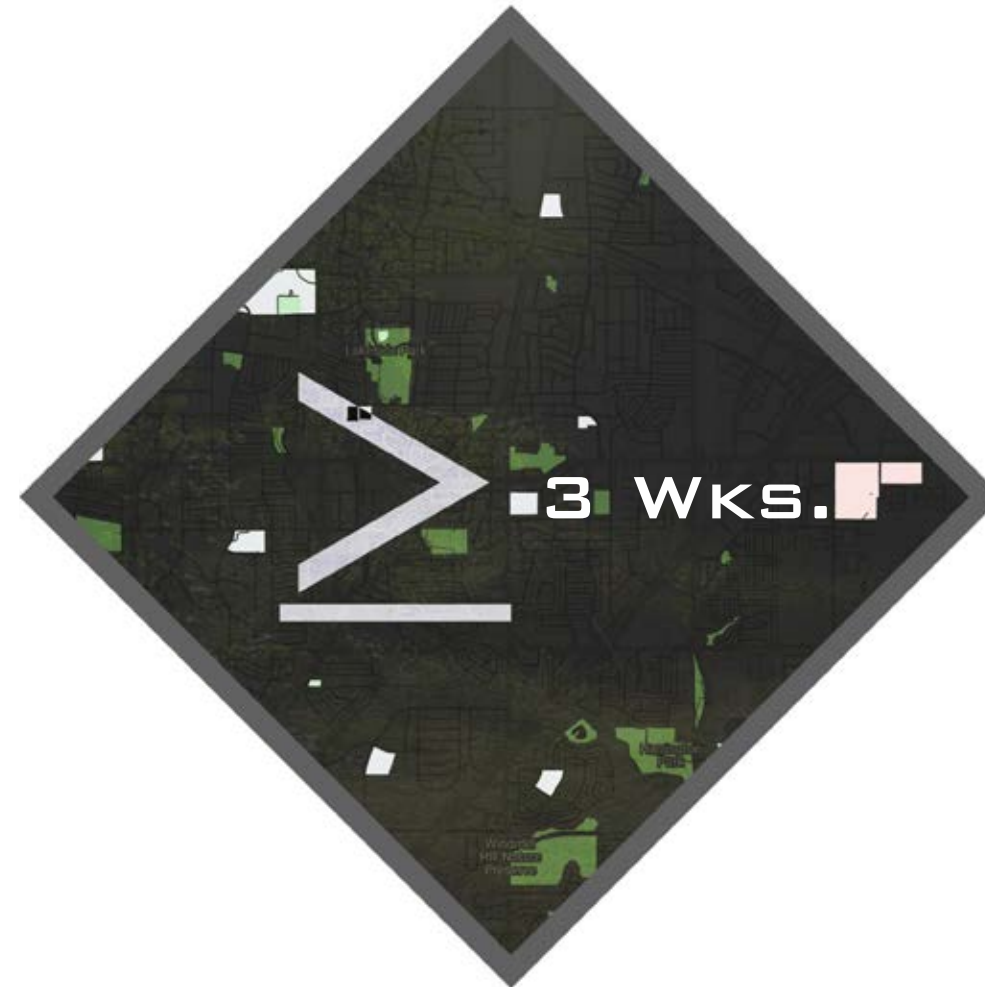
BEHAVIORAL CHANGE REDUCES STRESS



PARK ACCESS REDUCES STRESS RECOVERY TIME



Social Fatigue

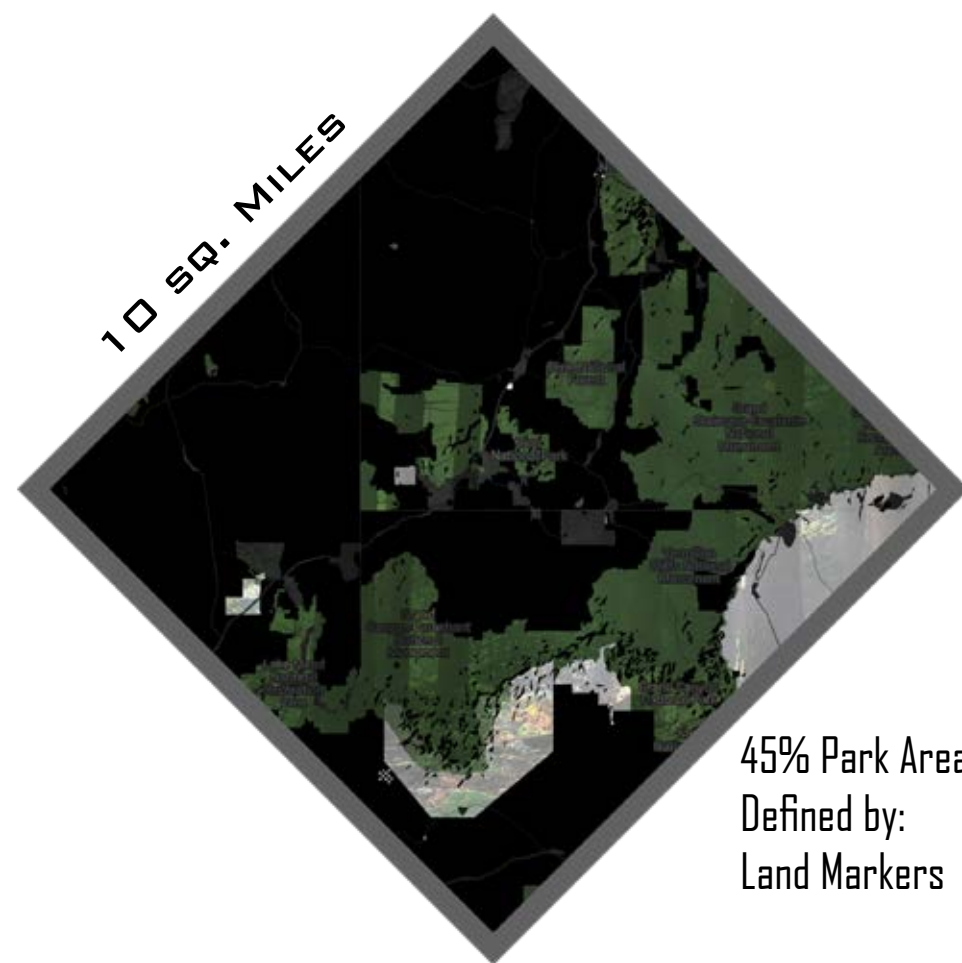


Physical Fatigue



Mental Fatigue

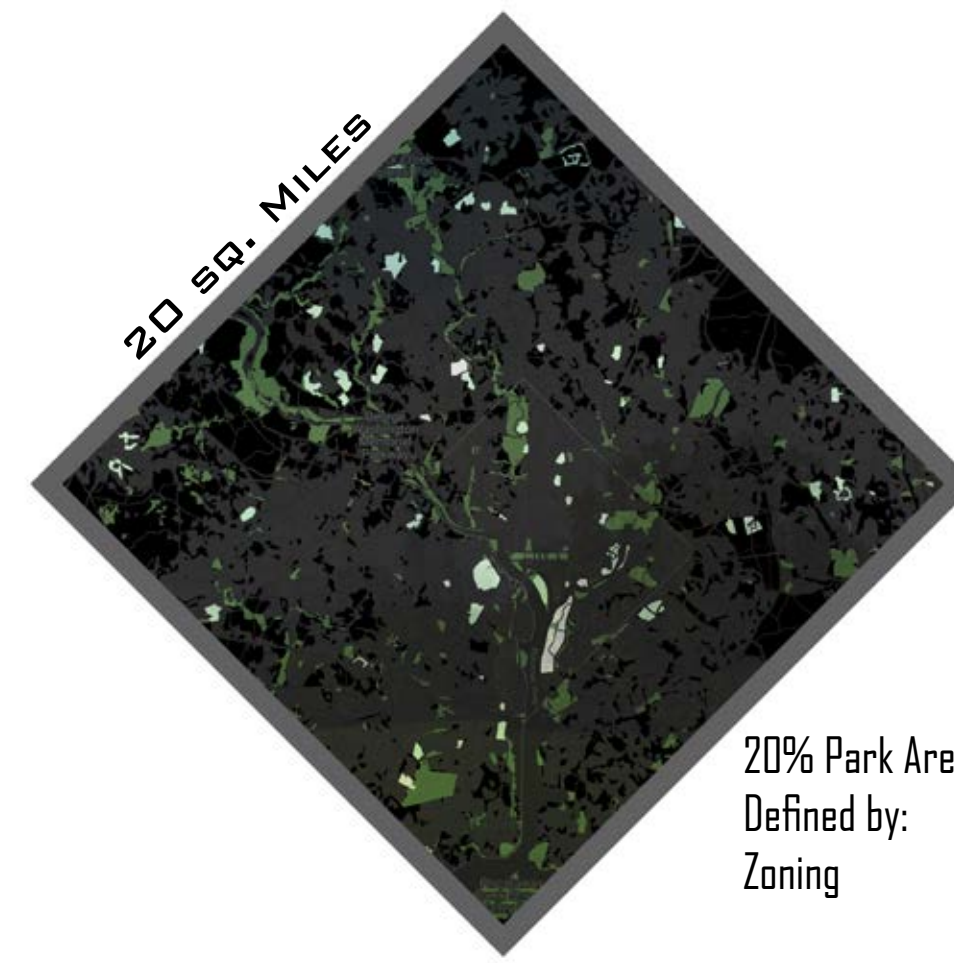
URBAN DENSITY EFFECTS PARK SCARCITY



Rural



Suburban



Urban



MOVING FORWARD

REDUCE THE DISTANCE TO
PROFESSIONAL HEALTH CARE

INTEGRATE SPACES INTO DESIGN
THAT ALLOW FOR MODERATE
STRESS RELIEF

INCREASE ACCESS TO NATURAL
FEATURES SUCH AS PARKS IN
DAILY LIFE