

### A-3. ARCHITECTURE.

#### "THE IMPACT OF COLOUR ON MENTAL HEALTH"

The concept of "space" has expanded and transformed. During the global lockdown, we have turned our homes into working areas, into makeshift schools, under conditions of enormous pressure and loneliness, conditions that are commonplace in areas of great social impact, such as hospitals, educational establishments, detention centres and some workplaces, etc. The reality is that conditions of stress, tension and their consequences are unresolved issues in our private and public architectures.

With this training, we will work with the concept of "renewed wellbeing" made up of environmental physical wellbeing and mental wellbeing or psychological health. It is a new and innovative proposal that is based on the study of colour from the interdisciplinary perspective of art, architecture, the philosophy of perception, cognitive sciences and neurosciences. It is focused on reducing and minimising stress and the physiological, psychological and behavioural changes that occur in people. An approach that uses colour as the variable with which to incorporate these conditions of "relaxation" and provoking changes in people's behaviour and the way they "feel" in spaces.

**ADDED VALUE:** Psychological health issues associated with mental well-being are matters that are not solved by traditional architectural means. The fact that professionals have training that allows them to manage these variables, at a very low cost, opens the field to an innovative and highly effective solution. In the eyes of our clients and developers, this measure is fundamental for the social and economic benefits it brings.

A first step in this field is Alvar Aalto's Maalmo sanatorium. We are currently working on the R&D research in BIOMEDICINE 2022 ColorHEAS-CM Ref: P2022/BMD-7357 "*Humanising Spaces in Healthcare: Colour for Wellbeing*". And LHUColor (2023) project: "*Humanizing healthcare areas: the effects of a colour and light-supported intervention in ICU*" (Spanish Ministry of Science and Innovation-2023). We are also collaborating in the new hospital of La Paz\* in Madrid, and the General Hospital of Malaga (Spain). From Art, we have created the installation "Et IN ARCADIA EGO", to commemorate the centenary of Joaquín Sorolla, in the waiting rooms of the Gregorio Marañón Hospital, Madrid (2023).

#### Objectives:

- To initiate specific training on colour in architecture and health as a means of specialisation and professional differentiation.
- To open to the professional an innovative and novel field with high expectations of effectiveness.
- Become familiar with stress patterns and how they influence people's health and behaviour.
- To introduce the professional to alternative constructive means through the use of colour in architecture, with the aim of improving the environmental conditions that affect psychological health
- To learn through practice this process, to experience the effects in space and the steps of colour selection, using physical and digital tools, of the NCS colour grading system.

## Programme: *Stress Reduction; Constructive Keyboards or Transversal Colours*

### Theory.

- Stress patterns: how to detect them and the impact on behaviour.
- To present Constructive Keyboards as colour concepts that respond to a tone and a spatial situation, transforming the physical and emotional reality.
- To study step by step the architecture of the perceptual experience of colour, and the contents of the associated beliefs that are the key to its behaviour.
- Introduction to Psychogeography, a discipline that deals with the emotional effects of natural environments on humans.

### Practice:

- This seminar is conceived as a theoretical-practical course. With the support of exercises that will help us to create the experience of colour, we will manipulate images on physical and digital media.
- We will take the steps to differentiate, select and experiment with the three constructive colours.
- By testing, each student will understand and define the properties associated with the constructive colours, their beliefs' cognitive content, and the emotional effects.
- Learn how to manipulate and operate these keyboards in different situations.
- We will use digital or physical colour, NCS environment applications, and the NCS chart material samples, to complete the final project.

**NOTES:** *The student will need to be able to use one of the Acrobat-Photoshop- programmes and will be given the links to download the digital palettes. They will also need watercolour pencils.*

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