

mind



We have implemented in this building many design elements that can **inspire you** and **help reduce stress** (up to 15% increase in creativity and well-being). From plants and greenery to wall art and Swedish design, all can improve your cognitive and emotional health. All was **WELL thought out** at the earliest design stage.

What you get:

- Better understanding of factors that impact on your mental and physical health
- Influence over your well-being at work
- Positive impact on your mood
- Greater work satisfaction
- Stress mitigation



Skanska
Green
Education