



STARS Webinar Series 2023

Title: Salutogenesis: the role of the built and natural environments

Date: February 2nd 2023, 10-12 am CET

Speakers: Jan Golembiewski (Australia), Eike von Lindern (Germany/Switzerland)

Moderator: Georg Bauer (Switzerland), Chair Global Working Group on Salutogenesis

Webinar registration:

<https://uzh.zoom.us/meeting/register/u5cuceygrDMpE9WE9kOCtRUS1rmpJZW3rSmZ>

1) Salutogenic architecture (Jan Golembiewski)

Abstract:

The salutogenic approach to architecture focuses on promoting the well-being and coping abilities of individuals. Applying salutogenic theory in design means using architecture to support Antonovsky's Generalised Resistance Resources (GRRs): Manageability, Comprehensibility and Meaningfulness. It also involves taking care to manage Generalised Resistance Deficits (GRDs) – the ubiquitous forces that push people to fail to cope with life's circumstances. In general, architects are reasonably good at promoting Manageability, which means designing features that help a person to do the things they do with convenience and comfort. Comprehensibility is a little harder: To promote this, design must help people understand their circumstances using approaches to improve way-finding and designing opportunities for observation. Meaningfulness is more complex still, because design must help people to find and express the reasons they live and die for – which means, opportunities to connect with nature, with others, and with passions and beliefs.

Pre-readings:

<https://www.youtube.com/watch?v=dIJjA8FWiL4>

https://www.youtube.com/watch?v=5v_UOajUoI

Speaker bio:

Associate Professor Jan Golembiewski PhD is an experienced architect who has dedicated his career to exploring the psychological and behavioural effects of design in the built environment. His expertise lies in the area of healthcare architecture, where he employs salutogenic principles to create spaces that promote health and well-being. With over 20 years of experience in the

field and a wealth of published research, Dr. Golembiewski is a highly respected authority in the world of architecture. He frequently consults on projects around the globe and is always seeking new opportunities to make a positive impact through design.

2) Restorative environments (Eike von Lindern)

Abstract:

Restorative environments research concerns interactions between human beings and the social, physical and psychological environment, with a special focus on health promotion and stress prevention. Since decades, restorative environments research frames more natural environments to provide a more complete restoration compared to urban environments, because natural environments offer stronger perceptions of coherence, compatibility, fascination and evoke the sense of being away from daily demands and hassles. However, recent research and theorizing suggest that the health promoting effect does not exclusively depend on whether an environment is more or less natural, but that the psychological contrast between settings where people mainly encounter stressors and settings people use for recreation is a key-player for health promotion. Thus, it strongly depends on an individual's background, daily routine, situational circumstances and perception what kind of environment initiates psychological restoration and what kind of environment provides resources for health and wellbeing for whom.

Pre-readings:

- von Lindern, E., Lymeus, F., & Hartig, T. (2022). The Restorative Environment and Salutogenesis: Complementary Concepts Revisited. In M. B. Mittelmark, G. F. Bauer, L. Vaandrager, J. M. Pelikan, S. Sagy, M. Eriksson, B. Lindström, & C. Meier Magistretti (Eds.), *The Handbook of Salutogenesis* (p. 634). Springer Nature Switzerland.
<https://doi.org/10.1007/978-3-030-79515-3>
- von Lindern, E. (2017). Perceived interdependencies between settings as constraints for self-reported restoration. *Journal of Environmental Psychology*, 49, 8-17.
<https://doi.org/10.1016/j.jenvp.2016.11.004>
- Introduction to environmental psychology (German language only):
<https://youtu.be/g8d1jfRwtws>

Speaker bio:

Dr. Eike von Lindern is co-founder and co-director of Dialog N – Research and Communication for People, Environment and Nature (Zurich, Switzerland; www.dialog-n.ch). He holds a PhD in social- and environmental psychology. In his work, he focusses on restorative environments, health promotion, behaviour change, sustainable behaviour, and on environmental communication. He works with national parks, federal agencies, universities and NGOs. From October 2019 until end of September 2021 he combined his work at Dialog N with an appointment as „Vertretungsprofessor“ (visiting professor) at the University of Applied Sciences Darmstadt (Germany).