

How to Create Places and Spaces to Help Us Thrive

In our fast-paced, ever-changing world, it's more important than ever to create places and spaces that help us feel good and thrive. These places can be our homes, our workplaces, our schools, or even our local parks. When we have access to these types of places, we're more likely to be healthy, happy, and productive.



Play and the City: How to Create Places and Spaces To Help Us Thrive by Alex Bonham

★★★★☆ 4.7 out of 5

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 318 pages



There are many different ways to create places and spaces that help us thrive. Here are a few ideas:

- **Make sure your spaces are comfortable and inviting.** This means having comfortable furniture, good lighting, and plenty of natural light. It also means keeping your spaces clean and organized.
- **Create spaces that are conducive to productivity.** This means having a dedicated workspace that is free from distractions. It also

means having the right tools and resources available to you.

- **Design spaces that promote social interaction.** This means creating spaces where people can gather and connect. It also means having spaces where people can share ideas and collaborate.
- **Create spaces that are accessible to everyone.** This means making sure that your spaces are wheelchair accessible and that they have features that accommodate people with disabilities.
- **Create spaces that are sustainable.** This means using sustainable materials and practices in the design and construction of your spaces.

Creating places and spaces that help us thrive is an important investment in our health and well-being. By following these tips, you can create spaces that make you feel good and help you live your best life.



Additional Resources

- The Impact of the Physical Environment on Health and Well-being

- The Built Environment and Human Behavior
- The Built Environment and Health

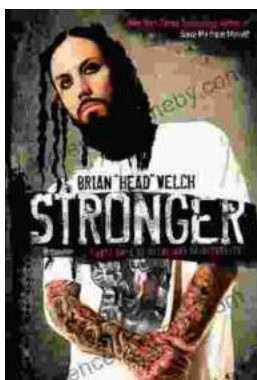


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