

Thursday, August 22 | 10 AM

Restorative Environments And Mental Health: An Introduction



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Environments can be defined as “restorative” when they promote the right conditions for good mental health and well-being, including stress reduction and recovery from mental fatigue (e.g., directed attention). Specific “restorative” qualities that shape our psychological experience of the built environment include how coherent, legible, mysterious, and complex that environment is. This lecture will restorative will cover:

- the design attributes that characterize restorative environments;
- the multiplicity of health and well-being benefits they deliver;
- the multiplicity of tools for capturing a restorative experience;
- the differences in how people experience restorative environments.

Dr. Roe will draw on theory and empirical evidence from her book “Restorative Cities: urban design for mental health” (Roe and McCay, 2021) and a new book in preparation, “Restorative Architecture: the science of design for mental health and wellbeing” (Roe, 2027).