

The RestPod: Promoting Workplace Restoration through Biophilic Design and Physiological Stress Reduction

Friday, September 12, 2025 9:55 AM (20 minutes)

The RestPod is an innovative biophilic micro-environment designed to promote workplace restoration by alleviating cognitive fatigue, reducing stress, and enhancing emotional well-being. Rooted in environmental psychology and biophilic design principles, the RestPod integrates natural elements such as stabilized moss, potted plants, and wood finishes, combined with adjustable warm lighting and airflow controls to enhance user agency and comfort.

This study explored the psychological and physiological restorative potential of the Restpod. The sample was composed of 103 participants (56% female, mean (ds) age = 39.1 (9.6)). They took daily 15-minute breaks in the Restpod over one week. Emotional states were measured before and after each session, while perceived restorativeness (PRS), restorative outcomes (ROS), and burnout levels were assessed at baseline, during, and after the intervention week.

Preliminary results on 43 participants show significant emotional benefits: relaxation increased and stress decreased after sessions ($p < .05$). Participants reported good perceived restorativeness (PRS mean = 3.99/7, SD = 1.85) and good restorative outcomes (ROS mean = 3.39/7, SD = 1.85). Burnout levels decreased by 3% during the intervention week, although this reduction tended to dissipate afterward. Exploratory physiological data supported these findings: heart rate monitoring indicated a mean reduction from 77.0 bpm during work activities to 70.5 bpm during Restpod sessions, highlighting acute physiological stress recovery.

These findings demonstrate the potential of biophilic interventions like the Restpod to foster psychological restoration and physiological stress reduction in workplace environments. Incorporating natural elements and user-centered environmental controls can significantly contribute to healthier, more resilient workplaces.

If you're submitting a symposium talk, what's the symposium title?

Thinking Climate, Feeling Nature: Psycho-Cognitive Dynamics

If you're submitting a symposium, or a talk that is part of a symposium, is this a junior symposium?

No

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