

Mindscales: Building Resilience Together For A Brighter Tomorrow

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INTRODUCTION

Mindscales

Mindscales represent the complex inner world of thoughts, emotions, memories, and imagination that shape how individuals perceive and interact with their surroundings.

Designed to resemble a canyon, Mindscales empowers teenagers on their journey of self-discovery by providing them with tools to understand and manage their emotions. The thoughtfully crafted programs promote self-awareness and resilience in a supportive and engaging environment.

Teens can explore their emotions through peaceful, reflective activities in rooms designed to reflect the natural flow of the canyon. When they feel ready, they can participate in collaborative group initiatives that build teamwork and connection, guided by pathways that encourage exploration, personal growth and creative expression.

OBJECTIVES

1. To analyze the impact of specific biophilic design elements and their associated colors on psychological and physiological well-being in interior spaces.
2. To explore the influence of color psychology within biophilic design and its application in enhancing physiological well-being.
3. To identify the most effective biophilic elements for reducing anxiety and promoting relaxation.
4. To apply these findings to the interior space of Mindscales.

BACKGROUND

Franklinton Neighborhood

Franklinton, the oldest neighborhood in Columbus, is a vibrant area rich in history that is evolving with a flourishing arts and innovation scene. Formerly an industrial hub, it has transformed into a creative district filled with galleries, studios, and cultural spaces. With 13% of its population aged 10 to 17 and limited mental health resources available for this age group, the goal of this program is to empower these young people. We aim to provide them with essential resources, guidance, and support to help them cope with emotional challenges, promote well-being, and build lasting resilience.

Adaptive Use

Mindscales will be housed in Franklinton's historic Engine House 10, providing a supportive and inspiring space for teens aged 13 to 17. The center will preserve the building's original materials, blending history with innovation to foster creativity, self-expression, and mental well-being. This thoughtfully designed environment will empower youth by offering a safe and welcoming place where connection and healing can thrive.

ENGINE HOUSE 10



Photoshopped Exterior of Engine House 10

SECONDARY RESEARCH

Color and Emotional Well-Being

Color has a profound impact on mood, emotions, and overall well-being. Studies show that exposure to certain colors, especially in natural elements like flowers, can reduce stress and enhance relaxation. For example, yellow flowers are particularly effective in promoting a sense of calm, while blue and purple tones can stimulate brain waves associated with relaxation. Color therapy, an ancient practice, posits that different hues influence psychological and physiological states, making strategic color choices essential in designing spaces that support mental health and emotional balance.

Nature, Foliage, and Restoration

Access to natural elements such as plants, green spaces, and natural light has been shown to enhance relaxation and improve cognitive function. Studies highlight that foliage colors, particularly green-white and green-yellow tones, contribute to feelings of calmness, cheerfulness, and excitement. The presence of plants in indoor spaces can aid in recovery from stress and anxiety, while natural views—such as trees or gardens—promote psychological well-being. Integrating greenery into architecture creates a restorative atmosphere that can improve focus, mood, and overall mental health.

Biophilia, Biomimicry, and Design

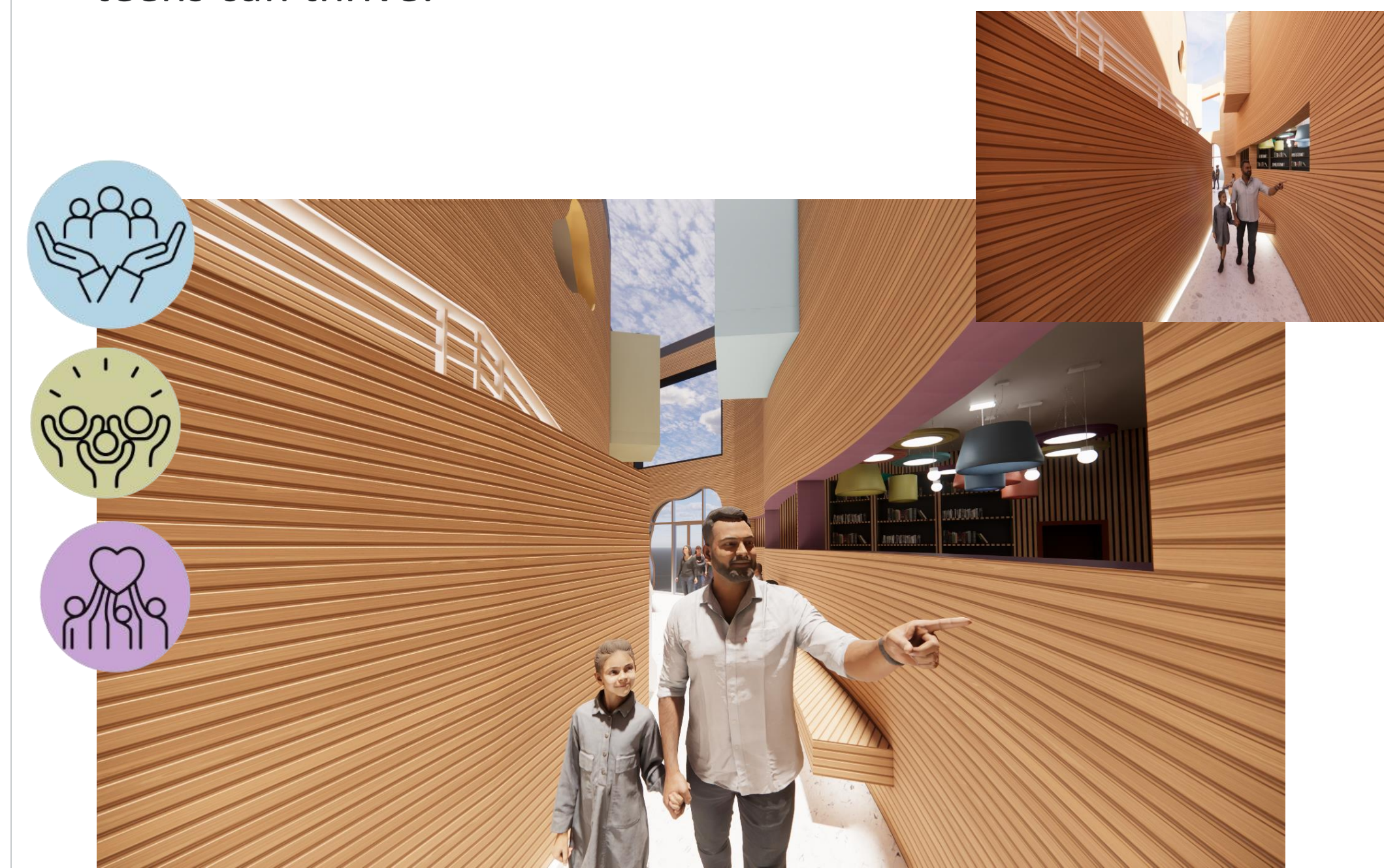
Biophilic design embraces humanity's innate connection to nature by incorporating natural elements into built environments. This approach enhances well-being through direct experiences (such as plants and water features), indirect experiences (like nature-inspired patterns and materials), and spatial design (using organic forms and natural lighting). Biomimicry takes this concept further by drawing inspiration from nature's systems and processes to create sustainable and efficient structures. Research suggests that curved biophilic designs can improve creativity and attention, while spaces designed using biomimicry can reduce stress and enhance cognitive function, making them ideal for learning and working environments.

RESULTS

Canyon Design

This space, inspired by a canyon, is designed to empower teenagers by helping them navigate, understand, and manage their emotions. Through immersive programs and interactive activities, it promotes self-awareness, emotional resilience, and personal growth. Every aspect of the environment is crafted around a canyon-like path to encourage exploration, creativity, and connection. It provides a supportive and engaging atmosphere where teens can thrive.

BEFORE RESEARCH:



The Canyon is a welcoming common area where people can sit, talk, and move about freely in a relaxed setting. It serves as a central pathway for navigating the building and is filled with natural sunlight, creating a warm and inviting atmosphere. As an inclusive space, the Canyon encourages connections, reflection, and a sense of community for everyone who enters.

STRATEGIES

The strategies—**Inclusivity, Engagement, Community, and Resourcefulness**—work together to create a supportive space for teenagers. By ensuring accessibility, fostering interaction, building connections, and providing valuable resources, this approach promotes emotional well-being, personal growth, and a sense of belonging.



Engagement- Creating an environment that is welcoming and interactive, which is key to attracting users, fostering cognitive development, and encouraging participation. Engagement encompasses making the experience enjoyable and beneficial for the target audience.



Inclusivity- Creating an inclusive environment is important for a person's mental health, as feeling excluded can have negative effects. Inclusiveness can be demonstrated in various ways, including the availability of gender-neutral restrooms, ADA accessibility, universal design, and more.

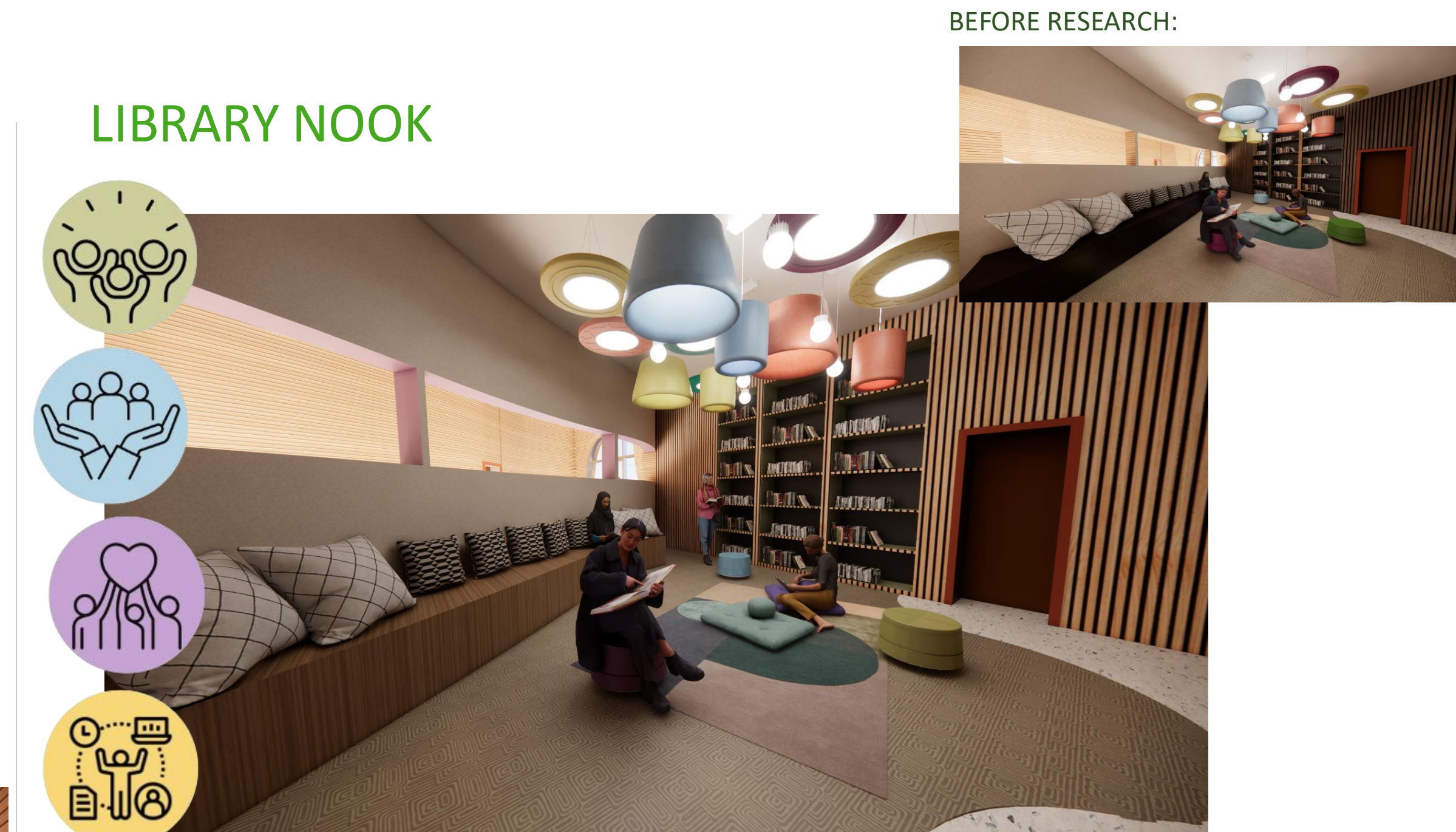


Community- Creating a community within a community for users to feel comfortable and welcomed both physically and mentally to develop interpersonal relationships with staff, peers, and mentors.



Resourceful- Creating a space where 13–17-year-olds and parents can go to get help on how to better themselves or their child's future. It is important to have good spaces and programming that can be beneficial for 13-17-year-old kids and their parents.

LIBRARY NOOK



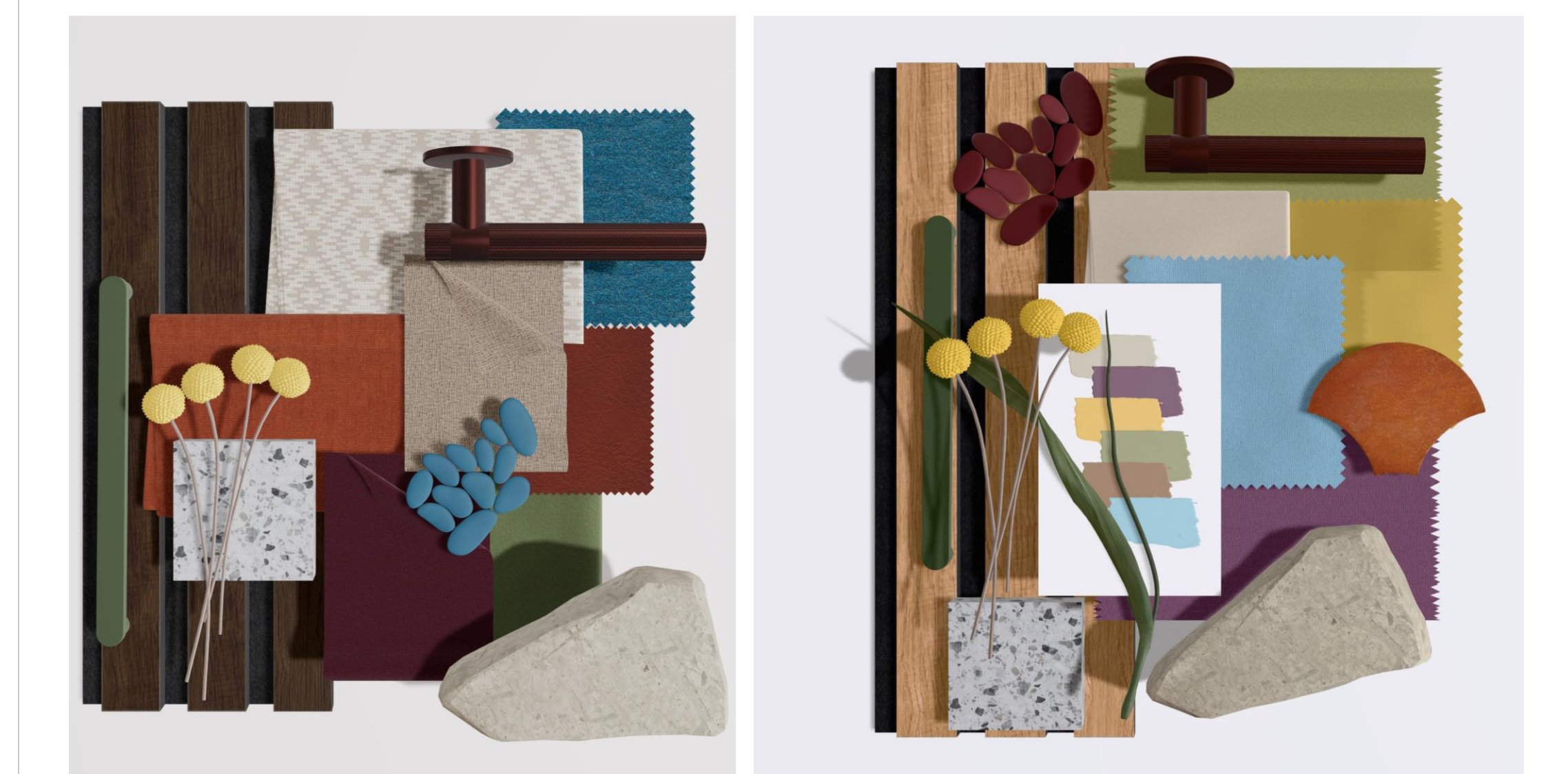
The Library Nook is a cozy retreat designed for teens to relax and enjoy reading in a quiet, comfortable setting. Spacious enough to accommodate multiple readers, it features essential furnishings such as chairs, tables, and a curated selection of books, creating an inviting atmosphere for independent reading and relaxation.

FLOOR PLANS



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|---------------------------|----------------------|-----------------|---------------------|--------------|
| 1 Canyon | 6 Cafe | 11 Art Therapy | 16 Library Nook | 21 Restrooms |
| 2 Individual Sensory Pods | 7 Small Library Nook | 12 Lounge | 17 Lounge/Game Area | 22 Tech Room |
| 3 Sensory Pods | 8 Tech Bar | 13 Staff Lounge | 18 Meeting Room | 23 Offices |
| 4 Canyon Pods | | | | |

MATERIAL PALETTE



BEFORE RESEARCH

AFTER RESEARCH

Before conducting the research, the initial material palette was designed with bold hues of rust, deep blue, dark green, and burgundy. This combination created a sense of warmth and grounding energy. However, after the research, the material palette evolved to include softer, muted tones of green, lilac, mustard yellow, and light blue. This change resulted in a more serene and airy aesthetic, fostering a tranquil connection to nature that resonates more with teens.

RESOURCES

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