

Mayo Clinic Minute

Why windows at work improve performance

Video	Audio
Vivien Williams	We are wired to want windows to experience nature.
Brent Bauer, M.D. General Internal Medicine Mayo Clinic	"A lot of it centers on what's called biophilia. Bio, life. Philia, meaning love. So we have a love for nature."
Vivien Williams	Dr. Brent Bauer says research from Mayo Clinic's Well Living Lab shows office areas with windows, which provide natural light and views of the outdoors, improve workers' cognitive performance and satisfaction with their office environment.
Brent Bauer, M.D.	"How it actually works or what it actually does is a little harder to determine with 100% clarity yet."
Vivien Williams	But Dr. Bauer says people are happier and healthier when exposed to nature. It may help boost immune function and decrease stress. He has tips on how to work nature into your workspace. If you can move by a window, do it. If not ...
Brent Bauer, M.D.	"... bring nature into your cubicle."
	Wood, stone, a plant, or maybe a water feature.
Brent Bauer, M.D.	"It seems to be almost as powerful if you have a picture of nature."
	Bringing the outside in for better productivity and health.
	For the Mayo Clinic News Network, I'm Vivien Williams.