

## **Space for Wellness – Jay Tackett**

### **TRANSCRIPT**

JAY:

There's a strong connection between the qualities of our physical space and our mental health. When we design a workspace we have to account for how that design is going to make people feel. We know that a well-designed workplace is a healthy workplace. If it's designed properly you're going to be able to focus on your work and you're going to be able to be productive. We can all make changes to our surroundings to improve our emotional wellbeing. For example, one of the most important things that you can get at work is sunlight. It's so important because sunlight connects you with your world and not just the world of work. A well-designed workplace will contribute to a happier and healthier life. My name is Jay Tackett and I am the Principal Architect at Tackett and Company.