



SFA

in Vääksy

Stress free area® in Vääksy

It is a development project and a learning environment pilot financed by Finnish National Board of Education and Asikkala kommun

Target area: an entrance hall (also used as a learning environment), two classrooms

It aims to improve the learning environment by considering more sense stimuli, different kind of sense irritants, which come from physical and digital environment

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It also pays attention to different learning styles, learning channels and how physical environment influences on them.

It creates wellbeing websites and a digital service where students can learn more about their learning habits, wellbeing, state of alertness and how negative and positive stress have an impact on our learning.

Project started in November 2014 and will end in December 2016.

Stress free area® -concept

- It is developed by Finnish Margit Sjöroos from year 2003, registered trademark
- It had a demo 2004 and 11 years it has been applied to different areas from learning environment to headquarters, from holiday resorts professional sports. It has done a lot of research for instance with Finnish Occupational Health Organisation and several universities in Finland and abroad.
- It's goal is to lessen the negative physical stress factors and to supports the different needs of states of alertness depending on different functions.

- Regardless of a person's individual differences long-term and negative stress symptoms significantly affect work efficiency, wellbeing and motivation. Negative stress factors can be, for example, pollution, heat, cold, a spot light, flashing lights, high decibels, certain frequencies, known color combinations, smells, performance pressures and a simultaneous flood of sensory irritants. These stress symptoms can, however, be regulated with the multidisciplinary, multi- sensory Stress free area® design. The concept supports physical and mental wellbeing through its regulatory possibilities.
- With this project student get to know the impact and the possibilities of sense stimuli, sense irritants, to their learning process and also to their emotions, concentration and wellbeing