Psychological sustainability and the vertical neighbourhood

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Quick outline of a quick talk!

1. The challenge of wellbeing in the urban environment: what the data say
2. The three pillars of personal wellbeing
3. How the three pillars are supported (or not) but urban design
4. Special challenges of the vertical neighbourhood
5. Blockages to future success
The urban brain
Psychiatric disorders and urbanicity

Depression: 40% higher in cities
Anxiety: 20% higher in cities
Schizophrenia: 100% higher in cities
This is your amygdala on city
“...cities are, by definition, full of strangers.”
(Jane Jacobs)
The three pillars of individual wellbeing

Mastery

Autonomy

Connectedness
The three pillars of community wellbeing

- Command
- Control
- Connectedness
The three pillars of community wellbeing

Command

Control

Connectedness
HOW TO GROW CONNECTEDNESS: INCLINATION AND OPPORTUNITY
Nature
Life
VITAL LITTLE PLANS
The short works of
JANE JACOBS

Edited by
Samuel Zipp and Nathan Storring

Preface by Will Self
Streets with no game

Boring cityscapes increase sadness, addiction and disease-related stress. Is urban design a matter of public health?
Opportunity: we have ways of making you walk!
Legibility, culture, history, sense of place

COMMAND
Lansdowne Fence by Scott Eunson and Marianne Lovink. Photo: Diana Fleming
Psychological ownership, perceived publicness, equity

CONTROL
ACCOMPLISHING THE 3 PILLARS IN VERTICAL NEIGHBORHOODS
The enemies

- Geometry
- Sterility
- Isolation
VALIANT EFFORTS
Linked Hybrid (Beijing)
Steven Holl
How to save the world (or at least a piece of it)

• Use data!
• There is a community of scientists who can give you the data you would like to have!
• Don’t rely on policy – policy is most often for emergencies
• Consider the economic value of wellbeing as well.
THANKS FOR LISTENING!