

Biophilia Quiz - How connected with nature are you?



1. *Is the view from your office window...*
 - A Fields, trees, hills and lakes (10)
 - B The local park and/or street trees (7)
 - C The car park (4)
 - D Window? What window? (0)

2. *When sitting at your desk, is the smell...*
 - A Fresh, natural and uplifting (7)
 - B Better than the air freshener in the washrooms (5)
 - C Your colleague's overpowering perfume or aftershave (2)
 - D The bins (0)

3. *The plants in your office are...*
 - A Plentiful and varied (8)
 - B There, but boring (5)
 - C Only in reception and public areas (4)
 - D Absent altogether (0)

4. *The lighting in your office is...*

- A Easy to control for my own requirements (10)
- B Adequate, but dull and sterile (6)
- C Causes glare and reflections (3)
- D Gives me headaches or makes me feel nauseous (0)

5. *At lunchtime, where do you usually go?*

- A For a walk in a local park or garden (10)
- B Out of the building to shops or a cafe (8)
- C Stay in building and use the canteen (5)
- D Stay at the desk (0)

6. *Would you say that your office environment is...*

- A Stimulating (7)
 - B Comfortable (5)
 - C Bearable (3)
 - D A place I want to leave as quickly as possible (0)
7. *Do you get headaches at work?*

- A Hardly ever (10)
- B Rarely (once a month) (7)
- C Occasionally (2 -4 times a month) (5)
- D Frequently (more than one a week) (0)

8. *From your desk, can you see...*

- A A lake, pond or river through the window (10)
- B An indoor water feature (8)
- C A fish tank (6)
- D A water cooler (2)

9. *When did you last hear bird song?*

- A Within the last couple of hours (10)
- B Within the last day (7)
- C Sometime in the last few days (4)
- D Can't remember (0)

10. *On a typical working day, how much time do you spend out of doors?*

- A More than 1 hour (10)
- B Between 20 minutes and 1 hour (8)
- C Between 10 and 20 minutes (6)
- D As long as it takes to get from house to car to office and back again (0)

Scores:

70 or more: Your workplace seems well-designed and connected with nature. You will be performing well and have few sick days and probably enjoy your work.

45 - 69: You are in a good place. A few tweaks will make it superb. Your managers recognise the benefits of a well-designed space and seem to care about your well-being.

30 - 44: Your office is probably fairly representative of many modern workplaces - it has some good features, but your effectiveness and potential are compromised. A few inexpensive modifications will pay great dividends.

Under 30: The way you work, and the place you work might be damaging your well-being. Try spending more time out of doors: even a five-minute in a park or garden every day will make a difference to the way you feel.