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HEALING HUB BATU CITY
(A Journey to the Serenity of Mind)

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The fast-paced nature of modern life often leads to acute stress, which can trigger mental health issues, especially among young adults experiencing a quarter-life crisis. In response, Healing Hub Kota Batu is designed as a holistic healing center that nurtures the mind, body, and soul. Carrying the theme Journey to the Serenity of Mind, this project aims to create a tranquil environment that promotes self-healing through architectural design. Guided by the Optimal Healing Environment (OHE) concept, the design focuses on reducing stress, enhancing relaxation, and fostering a connection with nature. Key design strategies include biophilic design, therapeutic landscapes, and sensory architecture. Green open spaces, water elements, and natural lighting are integrated to create a calming atmosphere that supports mental recovery. The design methodology involves qualitative research, including site analysis, case studies, and literature reviews on OHE principles. A human-centered approach ensures user comfort and functionality. Through this approach, Healing Hub Kota Batu is envisioned as a pioneering wellness center that serves the local community and attracts regional, national, and international visitors seeking holistic mental well-being solutions.

***Keywords**: fast-paced lifestyle, holistic, quarter-life crisis, Optimal Healing Environment.*

INTRODUCTION

In the fast-paced modern era, humans face increasingly high work, education, and social life demands. Tight competition often makes individuals continue to work hard without realizing the negative impacts on their mental health. This stressful lifestyle can trigger acute stress that leads to cognitive disorders such as anxiety, depression, and burnout. One of the groups most vulnerable to experiencing this condition is individuals who are in the quarter-life crisis phase, which is a time when someone begins to question the purpose of their life, career, and social relationships. If not given serious attention, this condition can hinder productivity and reduce a person's quality of life.

Mental health problems are now not only an individual issue but also a global problem that requires innovative solutions. The World Health Organization (WHO) has noted a significant

increase in the number of cases of mental disorders in recent decades, especially among the younger generation. However, social stigma and lack of supporting facilities often make individuals reluctant to seek help. Therefore, a space that functions as a mental health center and offers a comfortable and inviting atmosphere is needed so that people find it easier to get treatment and support.

To answer this challenge, the Batu City Healing Hub project is designed as a holistic healing center accommodating physical, mental, and spiritual needs. Carrying the theme Journey to the Serenity of Mind, this project aims to create a calming environment that encourages self-healing. This project's design approach refers to the Optimal Healing Environment (OHE) concept (McCormick, 2017; Xue, Gou, and S. Lau, 2017). This approach combines architectural and natural elements to create a therapeutic space for its users. Batu City was chosen for this project because it has various potentials supporting the holistic healing concept. As an area known for its good air quality and pristine environment, Batu City offers an ideal atmosphere for mental healing. Located in the highlands with a cool climate, this city can provide a relaxing experience that is difficult to find in dense and noisy urban environments. In addition, research shows that an environment close to nature positively impacts mental health, such as reducing stress, increasing concentration, and improving mood (McCormick, 2017).

Not only because of its natural potential, Batu City also has an attraction as a tourist destination that has grown rapidly in recent years. Adequate infrastructure and good accessibility make it a strategic location to be developed as a mental healing center. With the Healing Hub concept, Batu City is expected to become a recreational and health tourism destination (wellness tourism) that is increasingly in demand by the global community. The design of the Healing Hub Batu City refers to the principles of the Optimal Healing Environment concept to create a space that can provide a comprehensive healing experience. This approach involves applying a biophilic design that connects humans with nature through natural elements such as green plants, natural lighting, and good air circulation (Asim & Shree, 2019; Sun et al., 2024). In addition, therapeutic landscape is also applied by presenting gardens specially designed to provide a relaxing effect, reflection paths that help stimulate body balance, and water elements that create a calm and soothing atmosphere.

To provide a more profound healing experience, this project also adopts a sensory architecture approach designed to stimulate positive responses in the body and mind through soft lighting, natural sounds, comfortable textures, and calming aromas. By integrating all these elements, the Healing Hub Batu City is a place for individuals experiencing mental health problems and anyone who wants to improve their psychological well-being (Asim, 2019; Wan & Shen, 2015). In the design process, this project uses qualitative methods that include various stages, such as location analysis, to understand the geographical conditions, climate, and potential of Batu City as a place of healing. Case studies of similar healing facilities were conducted to gain insight into effective design strategies supporting mental health. In addition, a literature review of the Optimal Healing Environment principle was undertaken to ensure the

implementation of a design based on a scientific approach (Asim, 2019; Stålhammar & Pedersen, 2017). To ensure comfort and functionality, the Human-Centered Design approach was applied so that every element in the design can respond to the psychological and physiological needs of the user.

The main goal of this project is to create a space that can be a holistic healing center by integrating architectural concepts that support mental health. In addition, this project aims to provide facilities that help individuals in the emotional recovery process, develop an environment that can provide a therapeutic experience, and increase public awareness of the importance of mental health.

By prioritizing the principles of inclusivity and accessibility, this project is expected to provide broad benefits to various groups. With the existence of the Healing Hub Kota Batu, it is hoped that a new paradigm will emerge in the architecture world, where design not only focuses on aesthetics and functionality but also as a means to improve mental and emotional well-being. Through a more humanistic architectural approach toward mental health, this project can be a model for developing similar healing centers in various regions, both nationally and internationally. (Wilkerson et al., 2018).

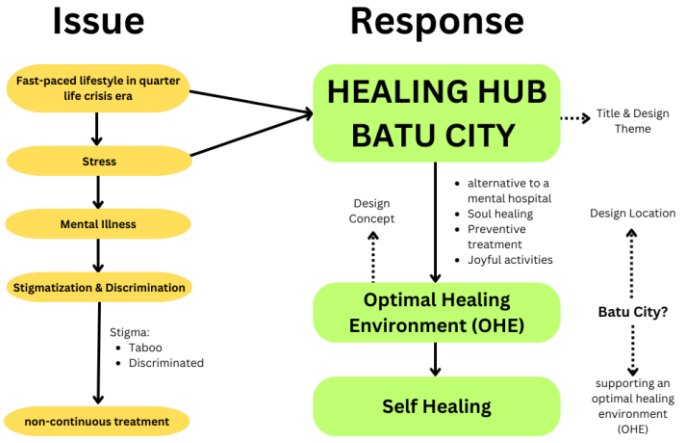


Figure 1. Thought Flow

FUNCTION PROGRAM

The Healing Hub Kota Batu is designed as a holistic healing center that encompasses a balance between mind, body, and soul. To achieve this goal, mental health facilities must integrate three main components: people, place, and process. These three elements form the Optimal Healing Environment (OHE) framework, creating an optimal healing experience (Xue, Gou, and S. S. Y. Lau 2017).

According to Nor Hamzah et al. (2020), the OHE concept consists of three main aspects. First, Wellness emphasizes the balance between individuals and the environment to support natural healing. Second, Efficiency focuses on providing care that is fast, easily accessible, and responsive to user needs. Third, Sustainability ensures that the environment supports the sustainability of care through environmentally

friendly and sustainable design. By optimizing these three aspects, the Healing Hub Kota Batu is expected to become a model for an effective and sustainable healing center.

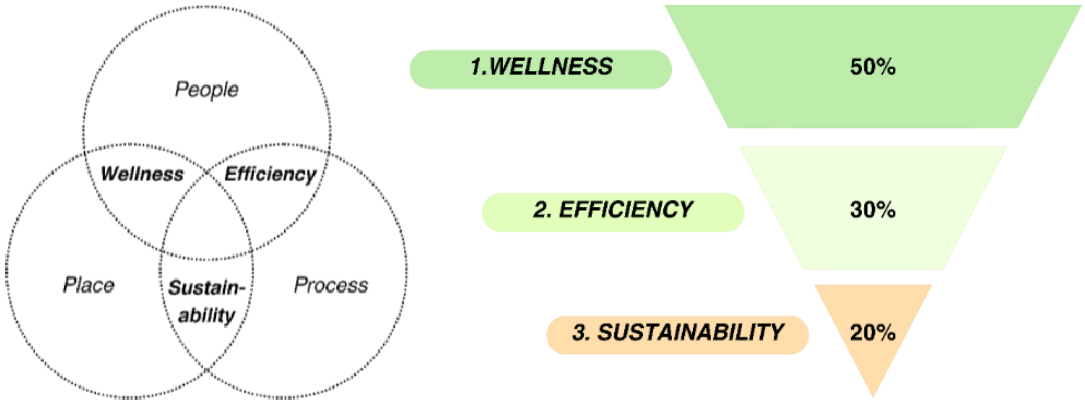


Figure 2. Function Program

From the explanation of the function program above, the following describes the various functions and activity programs shown in Figure 3.

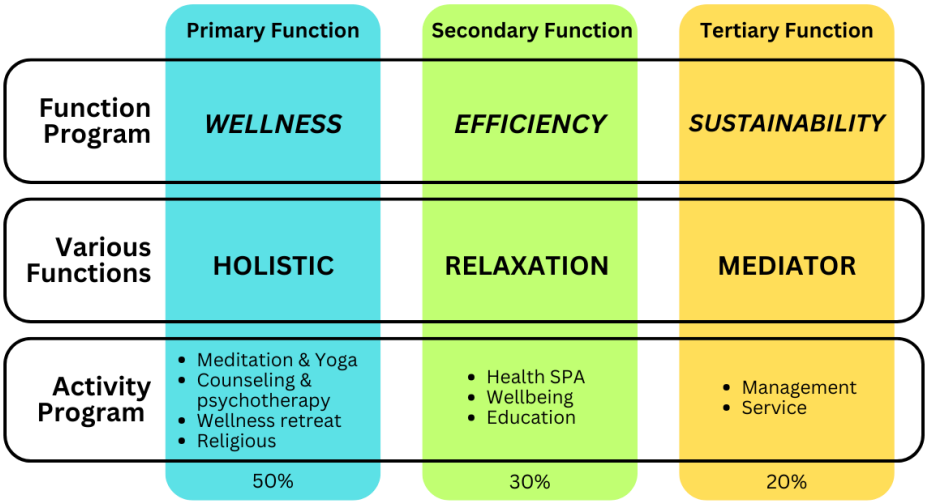


Figure 3. Variety of Functions & Activity Programs

Activities at the Healing Hub Kota Batu are divided into three activities: holistic, relaxation, and mediator. The holistic activity group is the core activity in the healing process. Furthermore, the relaxation activity group complements holistic healing to prevent stress and fill free time. Finally, the mediator activity group consists of management and service, as seen in Figure 4.

LOCATION DESCRIPTION

The Healing Hub Batu City location was selected through a site weighting process by considering various aspects that support the holistic healing concept. The first aspect to consider is visual, where the surrounding environment must create an atmosphere that encourages self-healing. Natural views such as hills, green vegetation, and calm air support peace of mind and soul. In

addition, the physical aspects of the environment are also taken into account by ensuring that the location has a low noise level and good air quality to create a comfortable and calming atmosphere. An adequate site area is also essential for accommodating various functions and activities that support physical and mental healing. Ease of achievement and accessibility to the location are also considered so that people from multiple regions can reach this facility.

After considering the suitability of the Regional Spatial Plan (RTRW) and the Detailed Spatial Plan (RDTR) of Batu City, the selected location is a 1.8-hectare land on Jl. Raya Tlekung, Tlekung, Junrejo District, Batu City. This location meets all the criteria needed to support the Healing Hub concept, making it an ideal place for holistic healing based on a natural environment.

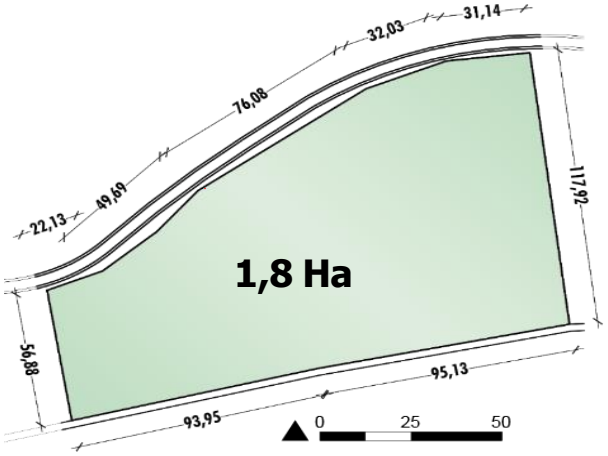


Figure 5. Dimensions and area of the selected site

CONCEPTUAL APPROACH AND DESIGN THEME

The design of the Healing Hub Kota Batu project carries the theme A Journey to the Serenity of Mind, which focuses on applying aspects of an optimal healing environment or Optimal Healing Environment (OHE) as the basic design concept. This theme was chosen to create a mental health facility that is different from conventional mental hospitals, with a more humanistic and comfortable approach for its users.

Nature is the core element in this design, fostering a holistic self-healing experience that nurtures the mind, body, and soul. Integrating natural elements is aesthetic and functional, creating an environment that promotes mental clarity, emotional balance, and physical rejuvenation. A calming atmosphere, enriched by fresh air, lush greenery, and soothing natural sounds, is carefully curated to enhance the therapeutic experience. Green landscapes, water features, and open spaces reduce stress, lower anxiety, and improve overall well-being. The design strategically incorporates biophilic principles, ensuring that nature is seamlessly woven into every aspect of the space, allowing visitors to feel immersed in a healing environment. The Healing Hub Kota Batu is envisioned as more than just a therapy center—it is a sanctuary where individuals can retreat from the pressures of daily life and embark on a journey of self-discovery and renewal. Through this

approach, the space not only facilitates relaxation but also aids in long-term mental and emotional healing. By harmonizing architecture with nature, the Healing Hub becomes a transformative place where visitors can reconnect with themselves, experience inner peace, and restore their overall health and well-being.

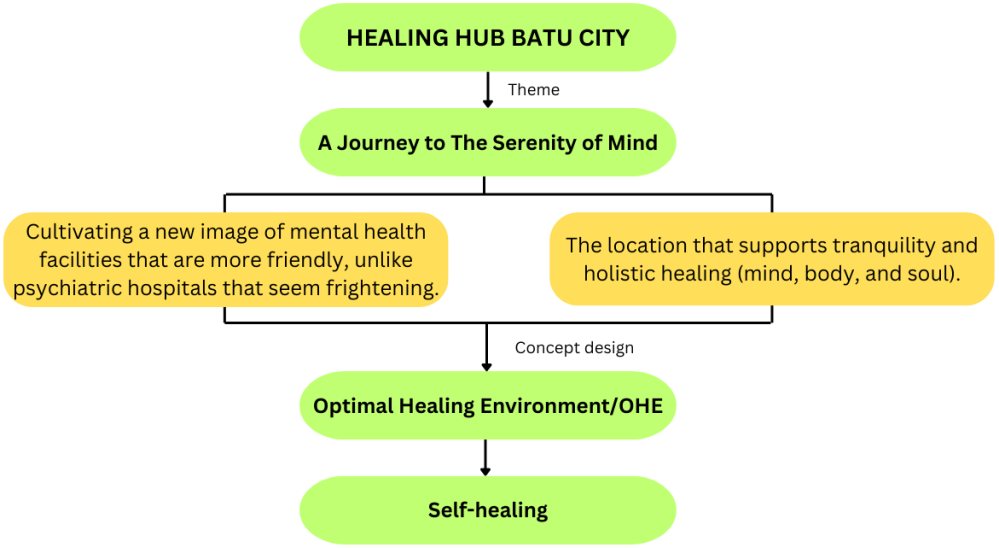


Figure 6. Flow of thought of the concept approach and design theme

According to Sakallaris et al. (2015:40), healing can occur when individuals are surrounded by natural elements that facilitate the healing process or an optimal healing environment (OHE). Jonas & Chez (2004:1) define OHE as a unity consisting of service providers' social, psychological, spiritual, and physical components, which lead to support and encouragement to achieve healing and wholeness. OHE can be realized in 4 aspects of the environment that are synergistic and integrated (see Figure 7). The goal is to provide direction to users to optimize healing potential.



Figure 7. OHE diagram (Source: Firth et al., 2015)

The following are components to create an optimal healing environment, according to Jonas & Chez (2004:1), based on the image above.

1. Development of awareness of intention, concern, hope, and belief in healing;
2. Self-care for personal unity, wholeness of experience, and well-being;

3. Healing based on compassion, love, and awareness of the interconnectedness of human psychology;
4. Development of listening and communication skills that foster trust between professionals and clients/members;
5. Instructions and exercises to change lifestyle through self-healing and social support;
6. Implementation of responsible integrated treatment through collaborative practices that support the healing process;
7. Supportive physical space, where healing takes place.

CONCEPT ELABORATION IN DESIGN

The basic concept of the Healing Hub Batu City design is based on the principle of an Optimal Healing Environment (OHE) designed to holistically support the self-healing process (Xue, Gou, and S. Lau 2017). OHE consists of four main aspects that are mutually integrated, namely internal, interpersonal, behavioral, and external, which play a role in creating an optimal healing environment for users.

The internal aspect focuses on individuals' psychological and emotional conditions, strengthened through a design that presents a calm atmosphere and supports self-reflection. The interpersonal aspect emphasizes the importance of positive social interactions in healing by providing a comfortable community space. The behavioral element supports healthy habits through facilities encouraging beneficial physical and mental activities. Meanwhile, the external aspect ensures that the physical environment, such as natural landscapes and air quality, contributes to creating an atmosphere conducive to healing. These four aspects form the foundation of the Healing Hub Batu City design, creating a harmonious space for mental recovery and holistic well-being.

Table 1. Aspects that shape OHE.

Internal Environment	
Intention to heal	The intention to heal is manifested through the client/member's intention, prayer, hope, and expectation to heal and incorporate those hopes into the treatment plan.
Personal integrity	Mind-body-spirit alignment to the relationship with oneself or others can be enhanced through the practice of mind-body interventions and spirituality.
Interpersonal Environment	
Relationships	An intentional connection involving positive emotions to bring about healing.
Organization	An organization whose mission is to promote mental health and healing.
Behavioral Environment	
Healthy lifestyle	A way of life that optimizes the potential for health through healthy eating, activity, relaxation, stress reduction, and sleep.
Integrated care	Integrated care integrates complementary therapies and conventional medicine to enhance care through team-based care that focuses on the individual and family and incorporates multidisciplinary service providers.

External Environment	
Healing Space	Healing spaces utilize physical design by applying healing principles to enhance the healing potential that already exists within an individual.
Continuous ecology	Organizations and individuals must consider ecological sustainability by reducing emissions from practices and products. Products that can pollute the environment are replaced with more environmentally friendly alternatives.

Source: Sakallaris et al., (2015:42)

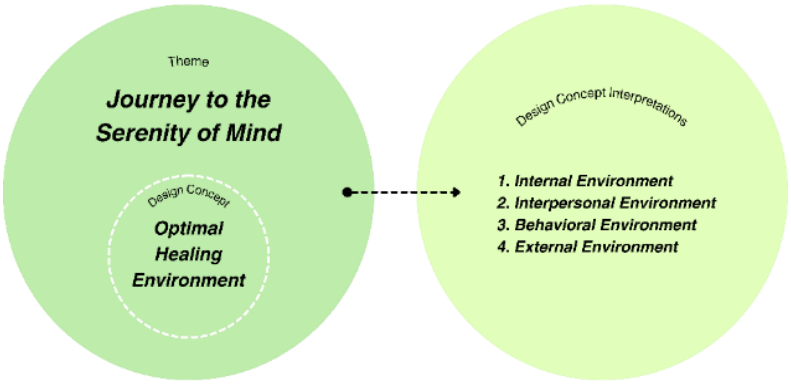


Figure 8. Interpretation of Design Concept.

INTERPRETATION OF DESIGN CONCEPTS

From the aspects that form OHE above, apply it to the design concept seen in Figure 9.

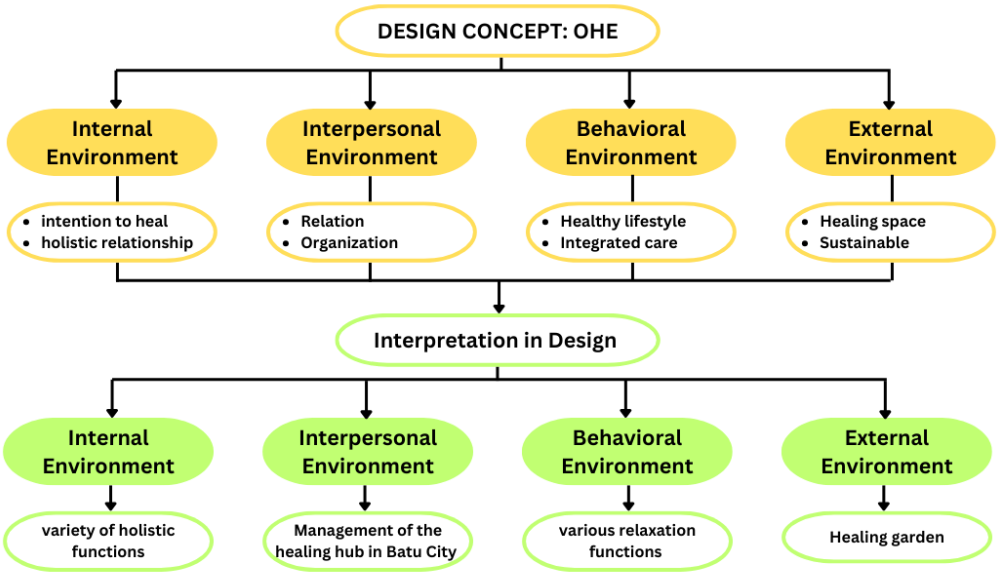


Figure 9. Interpretation of OHE Design Concept

To create an optimal healing environment (Optimal Healing Environment), the external environmental aspect is crucial in helping mental and physical recovery. One of the main elements used is a healing garden, which has been proven to restore stress and improve emotional well-being. According to Lottrup (Nor Hamzah et al., 2019), a healing garden can create a calming atmosphere, help individuals feel more relaxed, and support the natural self-healing process. Shukor (Nor Hamzah et al., 2019) states that a healing garden combines hardscape and softscape elements. Hardscape elements include reflection paths, ergonomic benches, and natural materials such as stone and wood that create a comfortable environment for meditation and contemplation. Meanwhile, softscape elements include green vegetation, shady trees, and water elements such as ponds or fountains that provide a calming effect (See Fig.10).

By integrating a healing garden as part of the design, the external environment beautifies the space. It provides psychological and physiological benefits to its users, making the Healing Hub Kota Batu an ideal place for holistic healing.

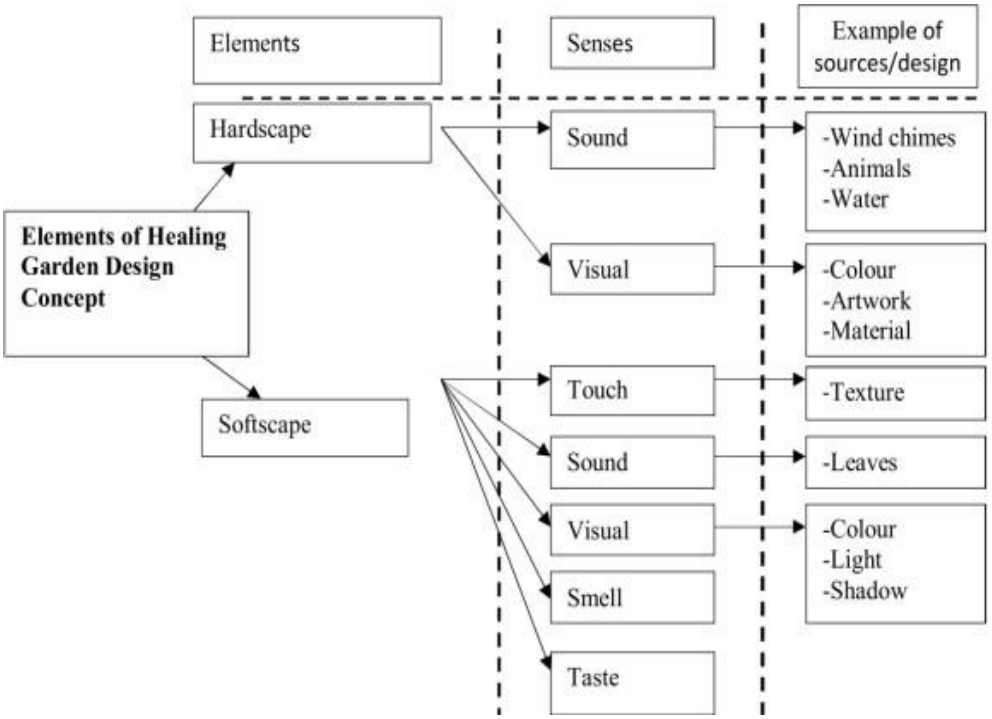


Figure 10. Healing garden elements. (Source: Nor Hamzah et al., 2019)

THE DESIGN CONCEPT

The final design concept of the Healing Hub Kota Batu refers to the principle of an optimal healing environment (Optimal Healing Environment), which is realized through zoning planning, building mass layout, and harmonious spatial relationships with natural elements. The division of site zoning and building mass layout considers functional needs, inter-space connectivity, and interaction with the surrounding environment.

The building mass layout uses a radial form, combining central and linear aspects in one cohesive

composition. This approach allows creating an open space that is the center of the entire design, namely a healing garden and a communal area designed to encourage social interaction and provide therapeutic effects for users. With this open space center, the flow of movement in the complex becomes more natural and directs users towards a healing area supported by calming landscape elements. In addition, spatial relationships are an essential aspect of this design. Buildings with interconnected functions are placed close together to create clear zoning and increase movement efficiency between spaces. The Healing Hub concept is also applied through direct connectivity between buildings and outdoor green areas. The green open spaces spread between the buildings provide a more profound healing experience, where users can feel the benefits of the natural environment in supporting the self-healing process.

Through this concept, the Healing Hub Kota Batu is not only a functional mental health service center but also presents an architectural experience that builds a balance between humans and nature, creating an atmosphere that supports physical, mental, and emotional recovery holistically.

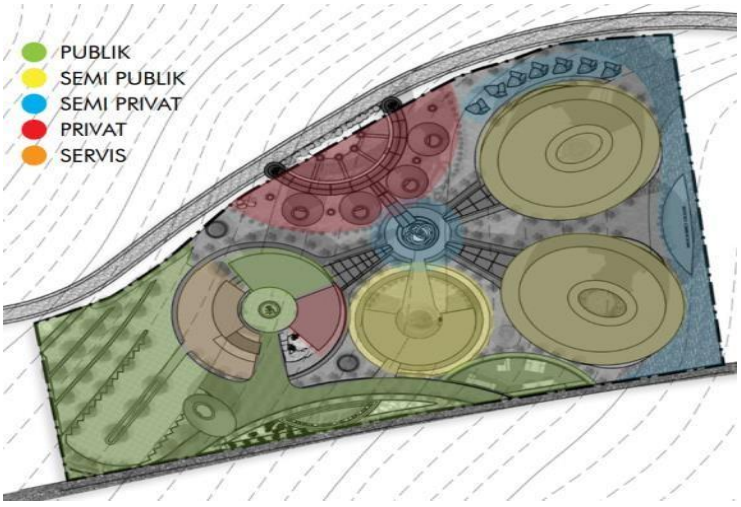


Figure 11. Final Zonation Design Area

The mass placement is divided into several areas, namely the entrance area, drop-off area, wellbeing area, wellness retreat area, counseling and psychotherapy area, meditation & yoga area, herb garden area, and service area.

Table 2. The names of the buildings in each area.

Area Name	Building Name
Entrance	Motorbike parking; car parking
Drop Off	Health spa; information center
Wellness Retreat	Wellness retreat office; cottage; earthing garden.
Wellbeing	Food court & community; commercial & gym
Meditation & Yoga	Meditation & yoga
Counseling & psychotherapy	Counseling & psychotherapy
Herb Garden	Rose garden; lavender; mint; onion; orange; rosemary
Service	Loading dock; service

BUILDING FORM CONCEPT AND IMPLEMENTATIONS

The design concept adopts geometric shapes with a circle as the main element. Circles have a deep philosophical meaning, symbolizing continuity, connectedness, and balance. In the Healing Hub Kota Batu context, circular shapes reflect the relationship between each building and the space inside, creating an environment that supports the holistic healing process.

The circular shape of the building also provides functional advantages, especially in terms of accessibility. This layout allows for more efficient circulation, facilitates user movement, and creates a more inclusive and comfortable space. Each space in this complex is designed to lead to one center, the inner court, which functions as a therapeutic garden. This open space presents refreshing natural elements and becomes a place for interaction between humans and the environment, encouraging the self-healing process through a multisensorial experience.

In addition, transforming the basic circular shape into an architectural design presents a dynamic yet harmonious variation of visual elements. The soft curves on the building facade create a calming atmosphere, which aligns with the Healing Hub's primary purpose. With this approach, the design offers a strong aesthetic. It contributes to its user's physical and mental well-being, making the Healing Hub a healing center that blends nature and local culture.

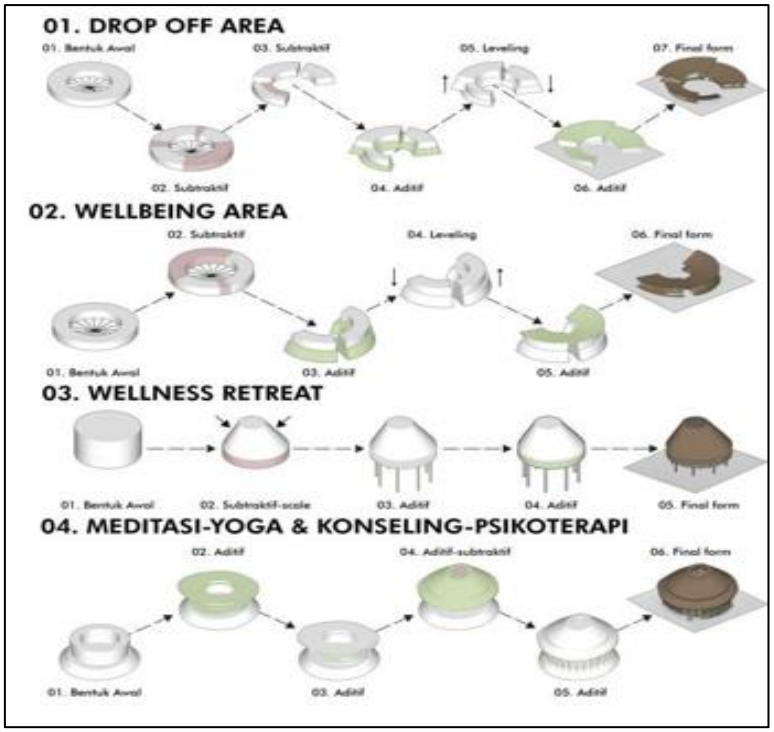


Figure 12. Transformation of Form

The transformed form is then developed according to the following considerations.

1. Concentric: The supporting building shape is patterned concentrically, facing the same center point but with different radii. The central space formed is optimized for green open space and communal areas. The area that applies this concept is the drop-off area.

2. Interaction with Nature: The main building (meditation, yoga, counseling, psychotherapy) is oval. The void in the middle of the building allows light and air circulation to enter each room. The central area of the building is used for a therapeutic garden and communal area.
3. Public-Private: The Wellness Retreat zone requires privacy, so the high roof of the cottage is emphasized for a closed impression by optimizing the skylight as a natural light source.

The Meditation & Yoga and Counseling & Psychotherapy Buildings are The main buildings that accommodate the various main functions of the Healing Hub Kota Batu, namely holistic, while the others are supporting buildings. From the OHE design concept that has been described in Figure 9, its implementation in the design is as follows:

1. Meditation and Yoga Area: This area is focused on the main activities, namely meditation and yoga, which are more private to members. A semi-outdoor meditation and yoga room is also open to the public. This area still supports aspects of OHE, namely the external environment with a healing garden in the middle of the building that presents various kinds of aesthetic and aromatic vegetation. The interpersonal environment aspect is the separation of zones between managers, services, and members to not interfere with healing activities but to remain integrated. In addition, this area also joins the indoor version of the wellness retreat area to provide a different atmosphere from the cottage version but still maintains interaction with nature.



Figure 13: A semi-outdoor meditation and yoga room



Figure 14: Meditation and Yoga Area

2. Counseling & Psychotherapy Area: This area is focused on the main activities, namely counseling and psychotherapy. There is a counseling and psychotherapy room for counselors, psychologists, and psychiatrists. In addition, various therapies, such as therapy, dance, literature, and drama, allow members to express their hobbies while doing therapy. The implemented OHE aspect is the external environment, with a healing garden in the middle of the building that presents various kinds of aesthetic and aromatic vegetation. In addition, the manager also plays a vital role in it so that the interpersonal environment aspect is also implemented. 3. Wellness Retreat Area: The Wellness Retreat Area is an area that supports accommodation facilities for members who participate in the wellness retreat program (14 days/28 days). A wellness retreat is a program that offers a step back to restore focus on members' psychological, physical, and holistic well-being for 14 days or 28 days. During this program, members will stay in cottages or indoor bedrooms. The layout of the

Wellness Retreat area optimizes interaction with nature during activities so that it is close to the existing river and beautiful mountain views. This area also facilitates earthing/grounding therapy, a technique that makes direct contact with the earth, providing a stimulus to the five human senses that can have a calming effect.

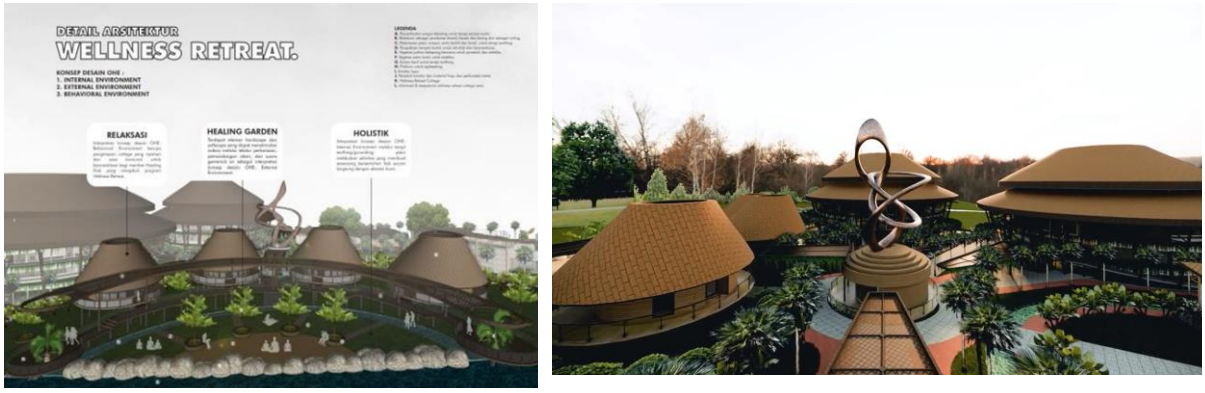


Figure 15. Architectural detail area wellness retreat.

3. Wellbeing Area: The Wellbeing Area focuses on improving the welfare of Healing Hub Kota Batu users. The Wellbeing Area consists of commercial buildings and community buildings. This area is specifically designed to form social interactions between users through communities, support groups, etc. In addition, this area can also be accessed by the public. The general public can do earthing therapy, meditation, yoga, or relaxation together in this area. There is a skateboard arena to attract young people to visit the Healing Hub Kota Batu. In addition, there is a jogging track for sports. The OHE aspects involved in this area are the external environment, internal environment, and behavioral environment because there is a place for a healing garden, relaxation, and holistic activities (meditation, yoga, therapy, sports).



Figure 16. Architectural detail area wellbeing

4. Herbal Garden Area: The herb hardening area is part of the therapy program, allowing community members/healing hub members to interact with nature through gardening activities. Gardening also encourages social bonds and support systems. The vegetation planted is aromatic, such as rosemary, mint, lavender, citrus, shallots, and roses.



Figure 17. Architectural detail area herb garden

5. Drop-Off Area: The drop-off area consists of the management office building and health spa, so the OHE aspect involved is the interpersonal environment because an organization plays a role in it. In addition, there is an external environment aspect, marked by the aromatic vegetation of rosemary and lavender, as a manifestation of a healing garden. The drop-off area serves as a crucial transitional space, integrating both functional and aesthetic elements to enhance the overall experience of visitors and staff. This area comprises key facilities, including the management office building and a health spa, contributing to its dynamic role within the site. The presence of the management office highlights the significance of the interpersonal environment as an essential aspect of Operational Health and Efficiency (OHE). Within this space, effective communication, coordination, and managerial interactions occur, reinforcing the importance of a well-designed environment fostering productivity and collaboration. Additionally, including a health spa introduces a wellness component, further emphasizing the role of interpersonal engagement in relaxation and stress relief. Beyond the internal dynamics, the drop-off area also incorporates elements of the external environment, mainly through the thoughtful selection of aromatic vegetation. Rosemary and lavender, known for their therapeutic properties, are strategically planted to create a healing garden atmosphere. These plants not only enhance the area's visual appeal but also contribute to a calming sensory experience, reducing stress and promoting well-being. This combination of organizational functionality and natural healing elements makes the drop-off area a space supporting efficiency and holistic wellness.



Figure 18. Architectural detail drop off area.

6. Service Area: The service area is aimed at the manager, so the OHE aspect involved is the interpersonal environment. The service area is designed with the manager in mind, emphasizing the interpersonal environment as a crucial operational health and efficiency (OHE) factor. Focusing on this aspect aims to foster a conducive workplace where managerial effectiveness thrives through enhanced interpersonal dynamics. This approach ensures that the service area meets functional needs and cultivates a supportive atmosphere conducive to productive interactions and team cohesion. Thus, optimizing the OHE aspect aims to elevate overall managerial performance and satisfaction, ultimately benefiting the organization.



Figure 19. Architectural detail service area.

LANDSCAPE CONCEPT AND IMPLEMENTATIONS

Each area has different types of vegetation and pavement, adjusted to the function of the building. Hardscape elements are shown through color, pavement materials, fountain pools, and sculptures, as shown in Figure 16. Softscape elements are shown in different textures, colors, lighting, and vegetation selection, thus stimulating the five human senses (touch, taste, sight, hearing, and smell), which can create a "healing" atmosphere consciously or unconsciously. The types and kinds of vegetation used in the design are shown in Figure 17.



Figure 20. Landscape lay out.



Figure 21. Landscaping arrangement of the parking area



Figure 22. Fountain pool, healing garden, and sculpture as focal points of the landscape

Table 3. Type of Vegetation concept

	Area	Type of Vegetation
A.	*Entrance*	Shade vegetation, directing vegetation, aesthetic vegetation, enclosure vegetation
B.	*Drop Off*	Shade vegetation, directing vegetation, aesthetic vegetation, enclosure vegetation, aromatic vegetation
C.	*Wellness Retreat*	Enclosure vegetation, shade vegetation, aesthetic vegetation, aromatic vegetation
D.	*Wellbeing*	Directional vegetation, enclosure vegetation, aromatic vegetation
E.	Meditation & Yoga Counseling & psychotherapy	Aesthetic vegetation, aromatic vegetation Guiding vegetation, aesthetic vegetation, aromatic vegetation
G.	Servis	Directional vegetation, enclosure vegetation, aesthetic vegetation, aesthetic vegetation, buffer vegetation

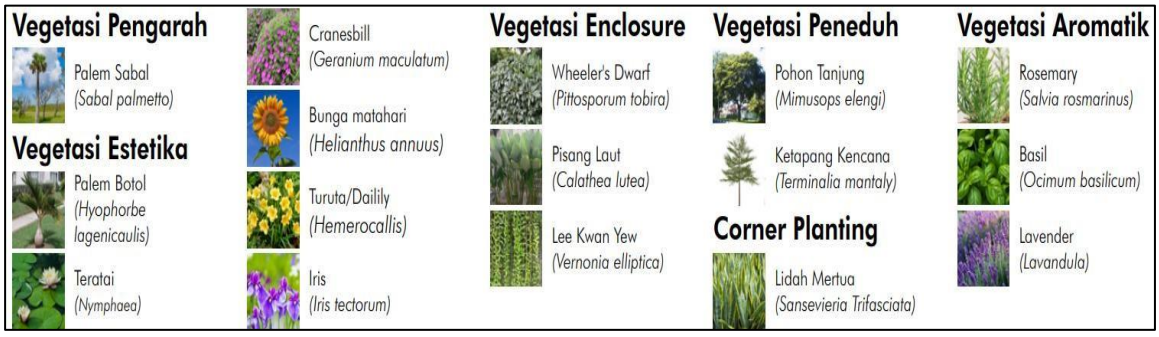


Figure 23. Types of vegetation

Types and kinds of vegetation are then designed into the landscape as in figure 23.

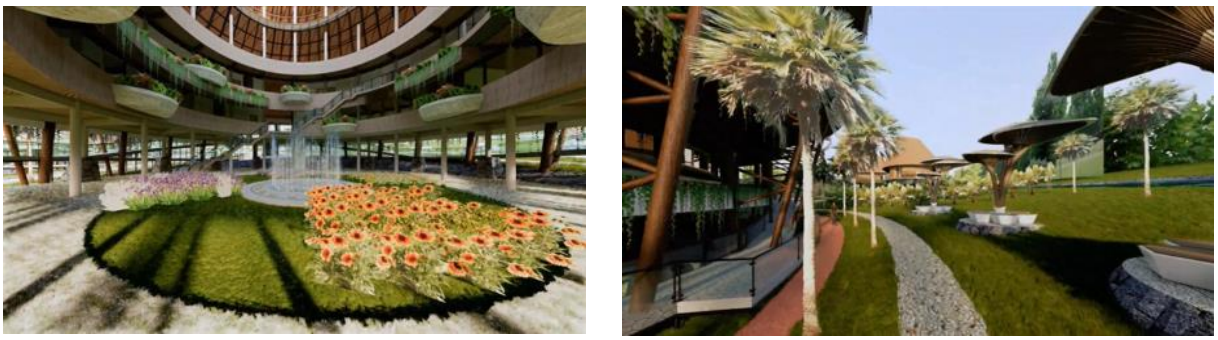


Figure 24. Aromatic garden in Inner court

Figure 25. Landscape design with sitting group



Figure 26. The view of the outdoor space creates a warmer impression.



Figure 27. Introducing plant elements to cool the atmosphere of the room.

CONCLUSION AND SUGGESTIONS

Batu City Healing Hub is designed as a holistic healing center that accommodates the balance between mind, body, and soul. This facility is a solution for the general public, especially individuals who experience quarter-life crises due to the pressure of a fast-paced lifestyle. In the modern era that demands high productivity, many individuals feel trapped in a tiring routine, resulting in stress, anxiety, and even depression. Therefore, this Healing Hub aims to provide a space for those who want to find peace and improve their mental and emotional well-being.

The central concept in this design carries the theme of Journey to the Serenity of Mind, which aims to create a gradual healing experience, both physically and psychologically. The approach used is Optimal Healing Environment (OHE), which integrates various environmental elements to support self-healing. OHE emphasizes the importance of a comfortable, natural, and harmonious atmosphere to create an environment that can stimulate mental and emotional recovery naturally. In its design, Batu City Healing Hub optimizes natural elements such as green parks, water, natural light, and spatial layouts designed to provide therapeutic effects. In addition, this facility also provides unique spaces for reflection, meditation, and healthy social interaction. With this concept, it is hoped that the community will get more humanistic mental health services, build a more balanced lifestyle, and be aware of the importance of mental health in everyday life.

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