

How Buildings Are Trying to Soothe Stressed-Out New Yorkers

By Amy Zimmer | December 13, 2016

MANHATTAN — These are stressed-out times for many New Yorkers.

On top of the typical holiday season chaos, some in the “blue bubble” of left-leaning New York may feel an added layer of anxiety over the impending Trump administration.

In times of such uncertainty, people often turn inward and focus more on their homes and neighborhoods, experts say. Many developers and amenity managers are picking up on these vibes and creating living experiences and amenities to take the edge off the anxiety and bolster social ties with neighbors.

“2016 was a tough year for many people for a variety of reasons,” said [Frances Katzen, a top broker for Douglas Elliman](#). “People are seeking calm and seeking refuge.”

Here are some ways buildings are responding:

It’s all about greenery and gardening.

Chelsea’s Jardim, a building designed by renowned Brazilian architect Isay Weinfeld at 527 W. 27th St., is almost like a therapeutic retreat unto itself, with two levels of gardens in the courtyard (complete with shady, mature trees), a 60-foot swimming pool that’s naturally lit from a skylight above, gym, yoga studio and sauna/steam room.



To top it off, each apartment has its own private garden terrace with foliage overseen by Brooklyn-based landscape architects, Future Green Studio, that will be maintained by the building’s staff with a special irrigation system.

“It’s an oasis, a respite,” said Katzen, who is representing the new development slated for completion next year.

“People are craving calm and seeking refuge. They want something peaceful,” Katzen said of the building that stands in contrast to many new glassy towers. “People walk in and say it feels fresh and grounded. It has life. It feels earthy.”

And while the building might be out of the price range for average New Yorkers — units currently listed on the market range from \$1.97 million to \$7.55 million — Katzen hopes the building’s verdant vision can inspire others to create their own version of a green oasis.

“You don’t have to have mature trees,” she said. “The amenity idea is the fantasy of being able to disconnect and escape.”

Read full article here: <https://www.dnainfo.com/new-york/20161213/chelsea/buildings-amenities-de-stress-anxiety-nyc>