

Major Studio 1

FINAL PRESENTATION

Rachel Gorman

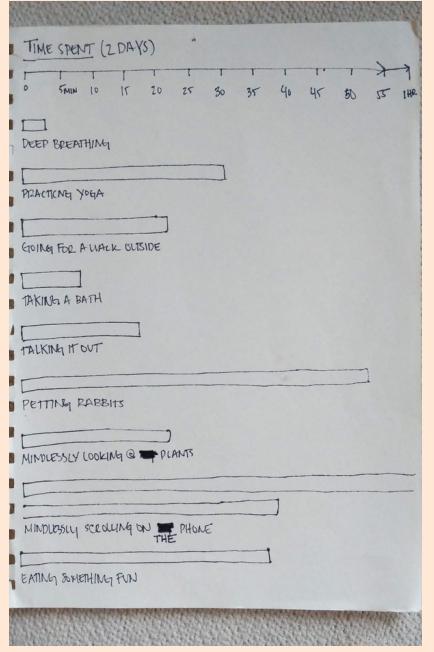


A LITTLE ABOUT ME

I'm a research-driven hybrid creative with a professional background in anthropology, communications, and graphic design.

**Moving to NYC has
made me hyper-
aware of the
deleterious effects
of frenzied activity,
stress, and anxiety.**





Comfort Features	
Comfortable	Uncomfortable
Soft	Rigid, rough
Smooth	Slick, prickly
Gentle	Harsh, discordant
Pliable, adaptable, malleable	Unyielding, stiff
Rounded, ovalar	Square, angular
Kind, friendly	Mean, severe
Calm	Obnoxious
Quiet	Loud
Downy, cushiony, doughy, plump	Thin, skinny
Furry	Wet
Convenient, elegant, graceful	Awkward
Pleasant	Revolting
Clean	Foul
Painless	Painful
Intuitive	Frustrating, arduous
Leisurely	Hectic, rushed, stressed
Snuggly, fluffy	Course
Fresh	Stale
Light	
Placid, restful, sedative	
Serene	
Safe	
Secure, protected	
Peaceful	



"Are other people as anxious as I am?"
"How do anxious people tend to self-soothe?"

Personal Inventory
What items bring you comfort or put you @ ease?

- ① - stuffed animals
- candles
- snuggly blanket (weighted)
- knitting (yarn/needles)
- down blanket
- piano
- giza sha stone
- stones collected at the beach
- plants/herbs

- ② - bicycle
- kindle
- ③ - body wash
- slippers
- favorite mug & brie, perfect shape
- down comforter
- watering can
- soft cat/dog

- ④ - sentimental sunglasses
- charms w/ a worry stone/angel
- compass
- guardian statue
- cold rainy bathroom
- die pun (per)
- dressee (handmade)
- catnip vce
- lumb
- driveway house

Personal Inventory
What items bring you comfort or put you @ ease?

- ⑤ - bed
- sweatpants
- pets
- wife
- blue
- plants
- art
- soles

- ⑥ - thermal blankets
- fidget cube
- hats
- ⑦ - pillow
- guitar
- guitar picks
- jazz CDs
- slippers
- plants
- piano

- ⑧ - scrolling through news of baby (phone)
- white noise machine
- ⑨ - headphones for meditating
- fan old bowl
- TV
- roller blades
- bike
- bath w/ bath bombs

- ⑩ - incense
- salt lamp
- soft pillow
- blanket
- fake flowers in beautiful colors
- a/c conditioner
- orange juice
- chocolate and hazelnut
- beach w/ epsom salts
- lavender bergamot scents
- jewel colors

- ⑪ - slippers
- ⑫ - record player
- ceramic dinnerware
- lighting candle
- need
- sandalwood/putting hands on statue
- holding chef knives
- old pictures
- trinkets
- bed sheets

- ⑬ - weighted blanket
- pretty textiles
- a very delicate glass mug
- staring @/taking care of plants
- staring @ flowers
- gardening
- hammock
- listening to ASMR
- sitting in the woods
- TV

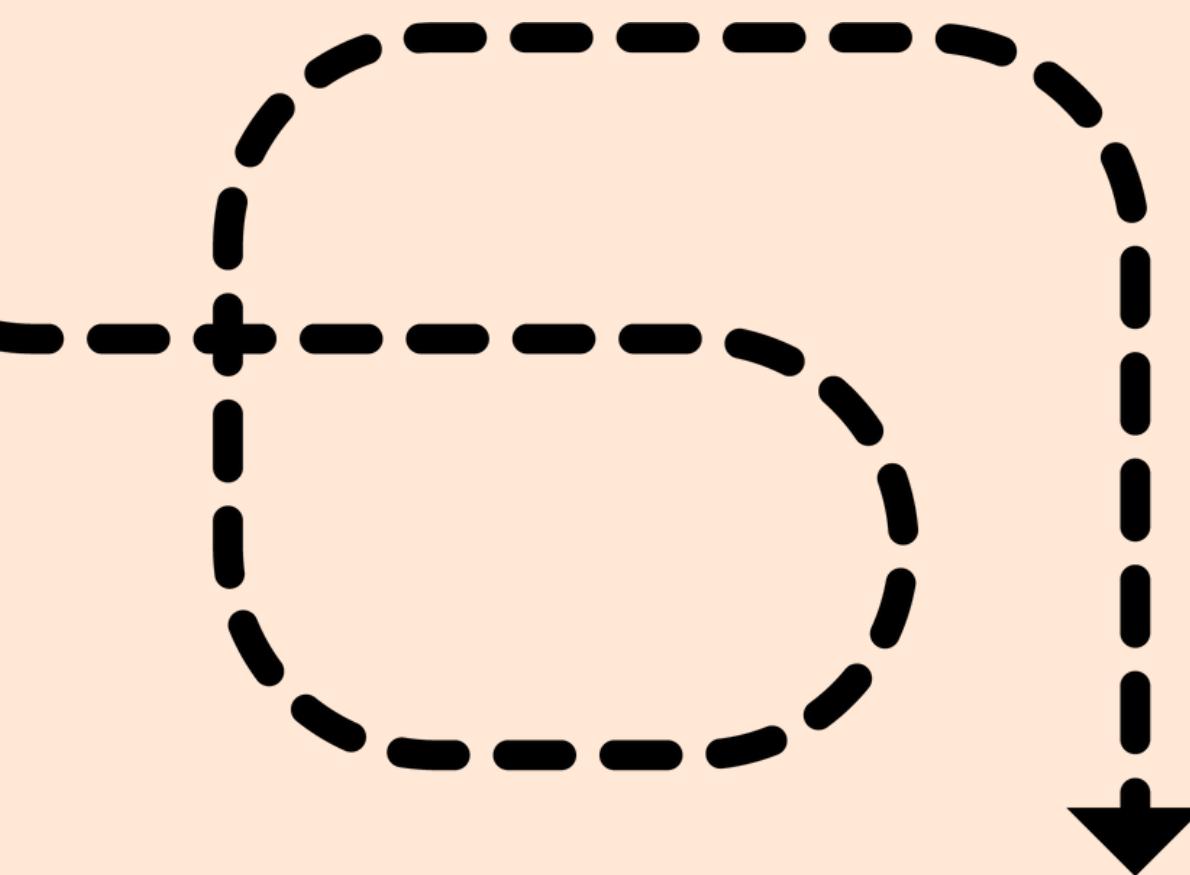
- ⑭ - a lion sweatshirt
- ⑮ - garden shears
- ⑯ - sunny marshall speaker
- ⑰ - clean house
- plants
- plates
- handcrafted bowls
- home-cooked meal
- favorite companion animal

- ⑱ - stainless steel water bottle
- peace john sunglasses
- valentino cat printing sheets

"What kinds of items bring you comfort or put you at ease?"

Answers included:

- Objects made of natural materials
- Objects that engaged the senses
- Experiences related to animals and plants



01

In-depth interview with Susan Pitler, LPC, a trauma-informed somatic therapist

02

1:1 Conversations with Parsons professors and peers about their rest-related rituals and practices

03

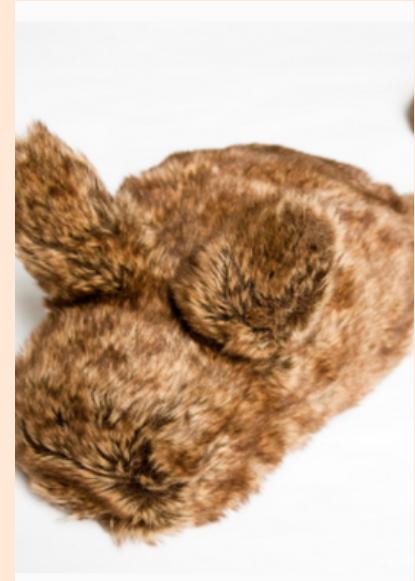
Research into the relationship between co-regulation, co-synchronization, safety, comfort, and emotional stability



Is living (specifically co-sleeping) with other mammals beneficial to the nervous system?

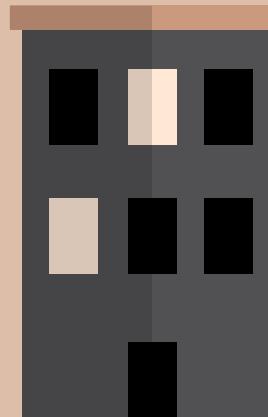


Can technology take inspiration from non-human mammalian physiologies to enhance the human experience of rest, comfort, and coziness?



IT FEELS WEIRD TO CREATE IMITATION ANIMALS WHILE LIVING IN AN AGE OF MASS EXTINCTION.

"Our global society has started to destroy species of other organisms at an accelerating rate, initiating a mass extinction episode unparalleled for 65 million years"



Biophilia

Suggests an evolutionary reason behind why we find natural environments soothing. Humans, as biological beings, have an innate and essential interest in living with and among other living things.²

Biophobia

Defined as a "fear of certain species" and the "general aversion to nature that creates an urge to affiliate with technology and other human artifacts, interests and constructions."³

2. E.O.Wilson, *Biophilia* (Cambridge, Mass: Harvard University Press, 1984).

3. "Apa Dictionary of Psychology," American Psychological Association (American Psychological Association), accessed December 12, 2021, <https://dictionary.apa.org/biophobia>.

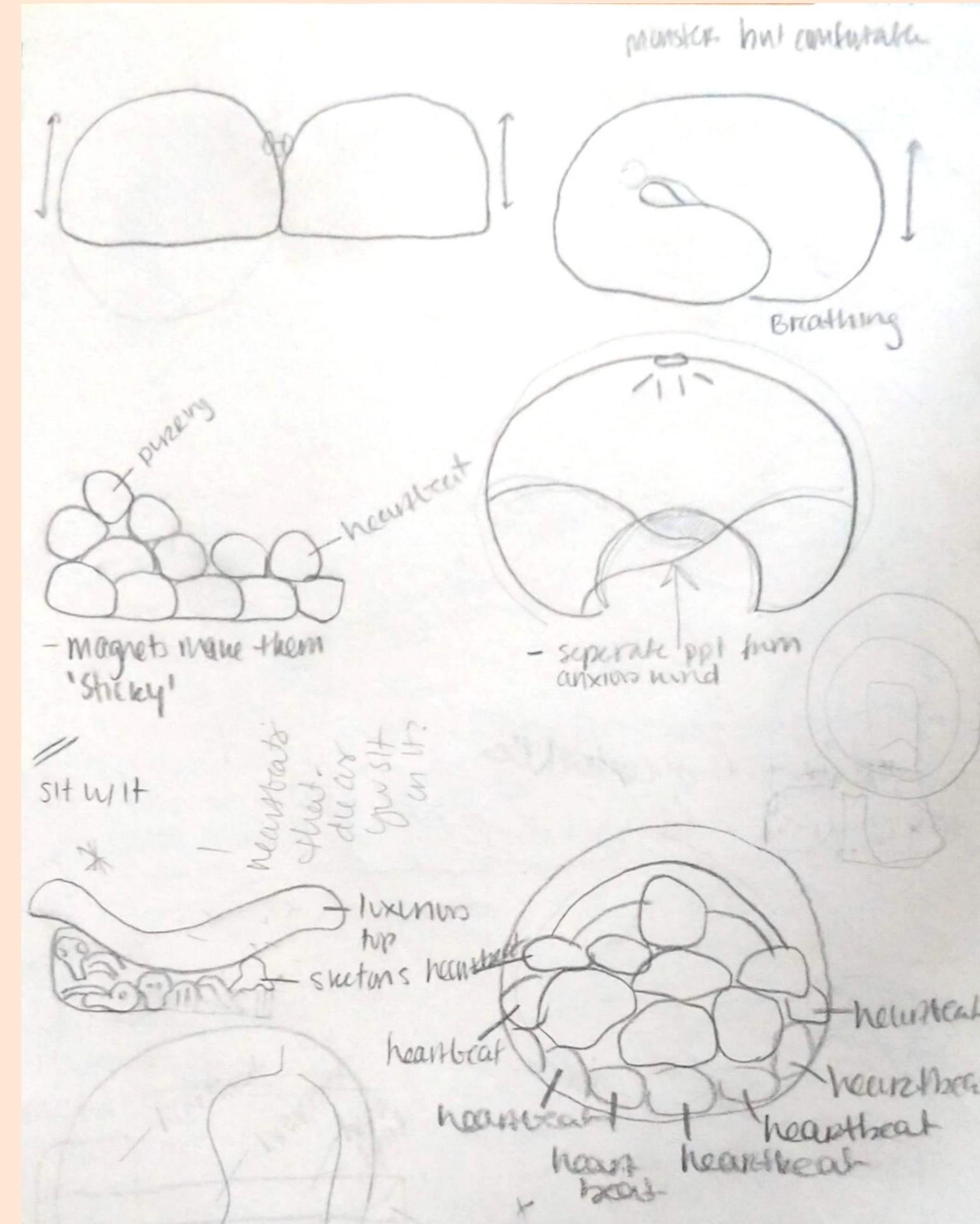
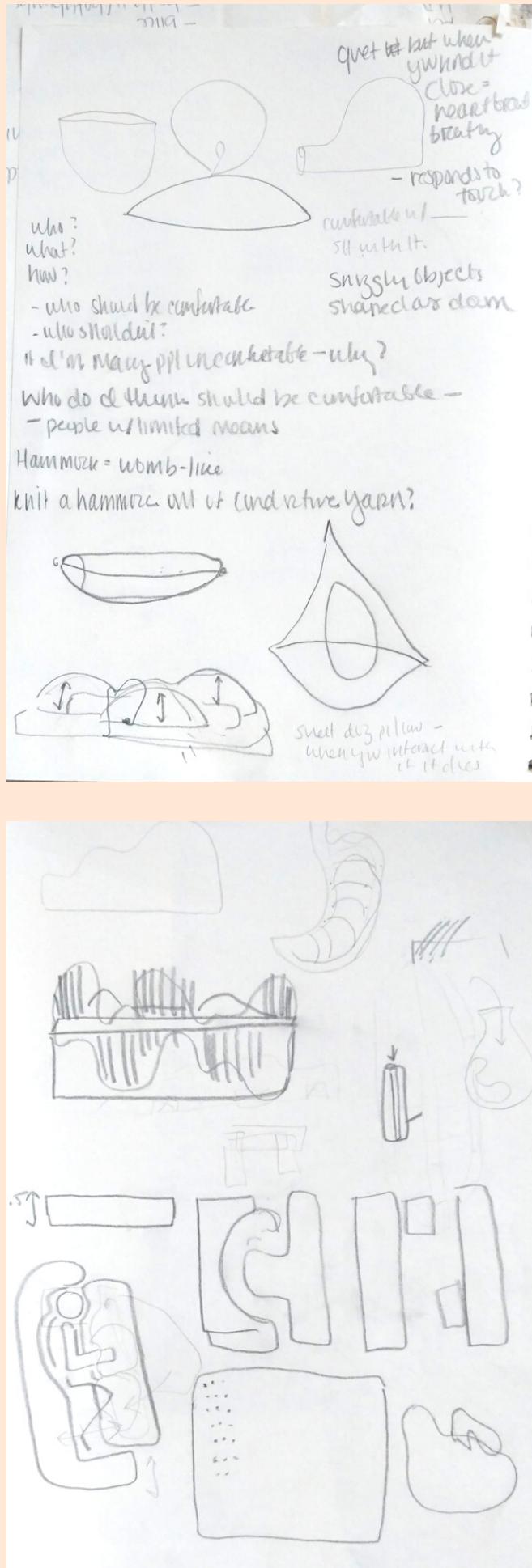
FINAL LINE OF INQUIRY

To investigate our contradictory impulses to connect with nature and control it, love it and fear it, benefit from it while simultaneously dreading its menace.

■ To explore the limits and intersections between comfort, ease, vulnerability, discomfort, safety, and fear.

■ To consider the costs and benefits of our contradictory, emotional relationship with nature, other mammals, and, ultimately, our animal selves.

■ To question whether it is better to live within natural systems or retreat into the safety of the artificial.



FORM:

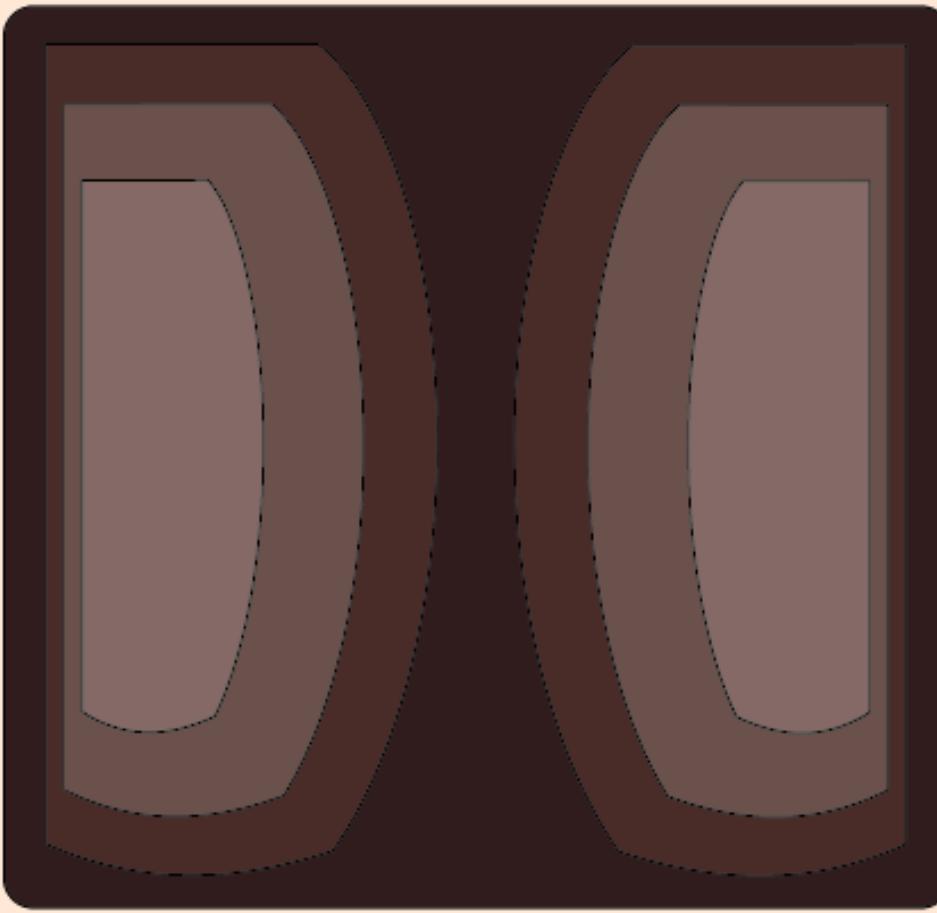
- Delineates "inside" and "outside."
- Functions to separate and fortify ourselves from natural elements.
- Operates as a symbol for the modern human: polished exterior and animalistic interiors.

INTERIOR:

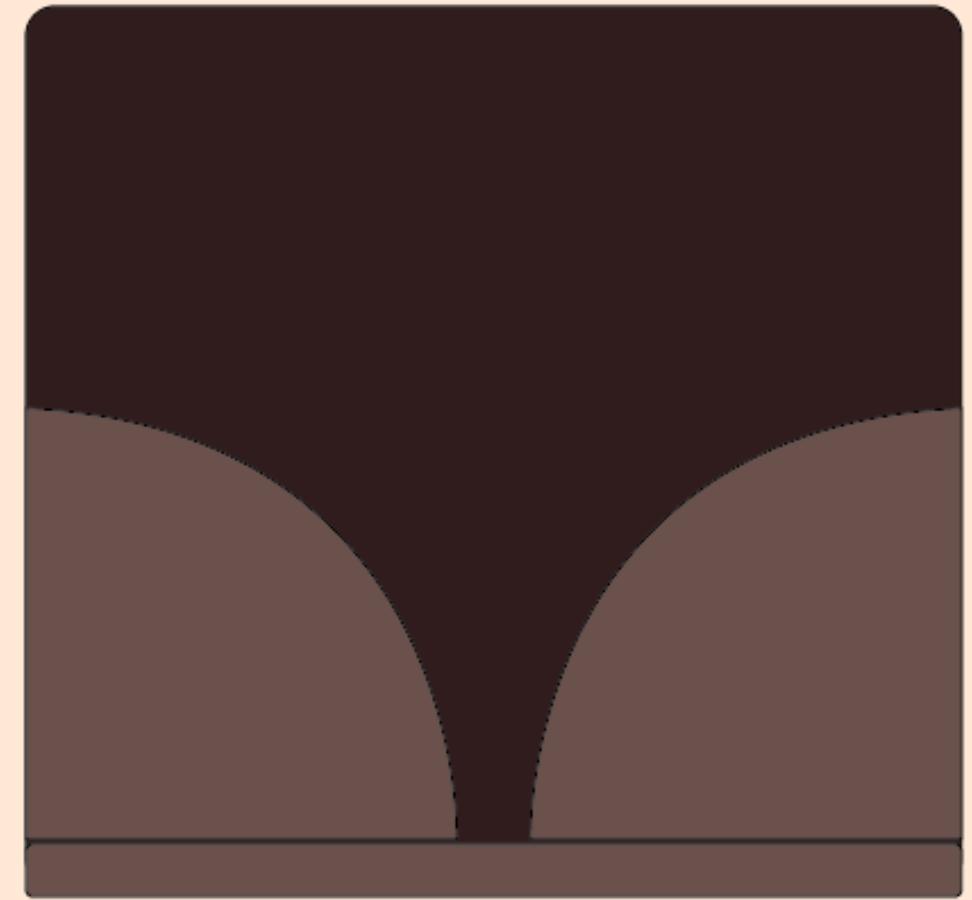
- A simultaneously cozy and anxiety-producing experience.
- Forms and textures that reference non-human denning animals (particularly predators).
- Surreal, transportive quality.



MATERIAL EXPLORATION



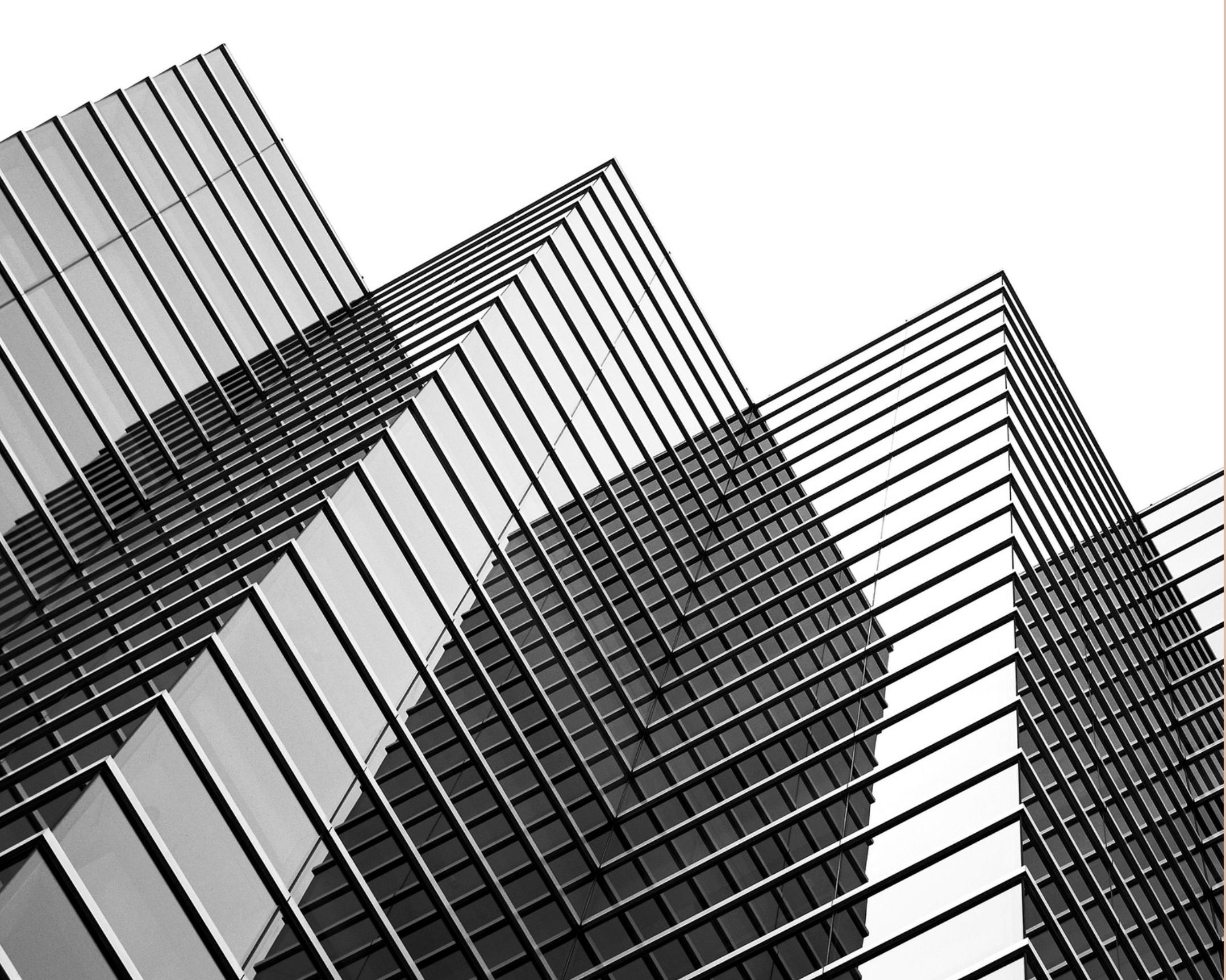
TOP VIEW



FRONT VIEW

EXTERIOR:

- Aesthetically pleasing but recognizably human-made.
- Cold and cerebral to contrast with the warm and emotional interior.
- Angular and distinctly modern/industrial.



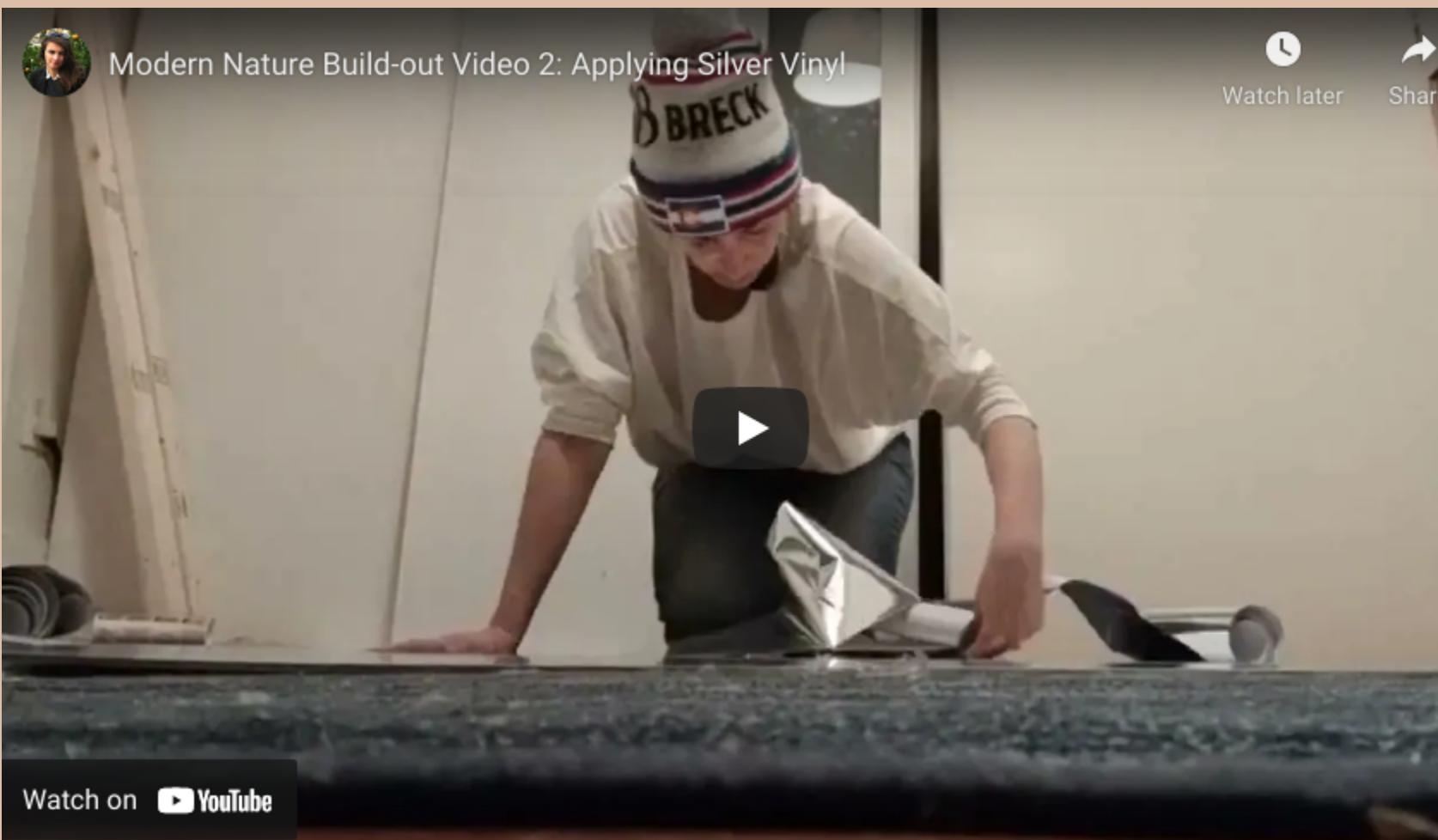
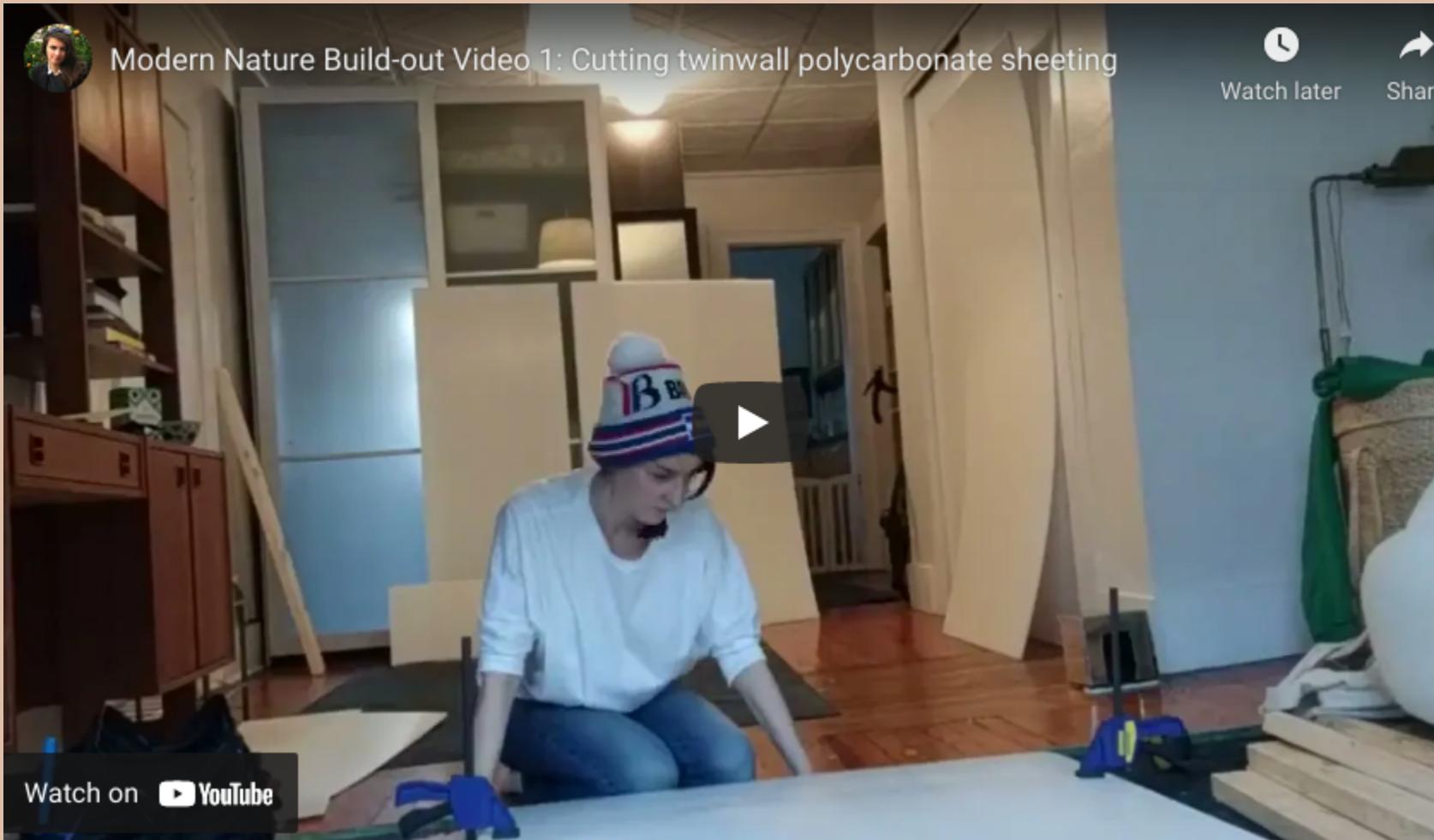
MATERIAL EXPLORATION



AUDIO:

- Use co-synchronization to elevate the user experience and enhance emotional impact.
- Encourage momentary rest, followed by an increasing feeling of discomfort and dread.



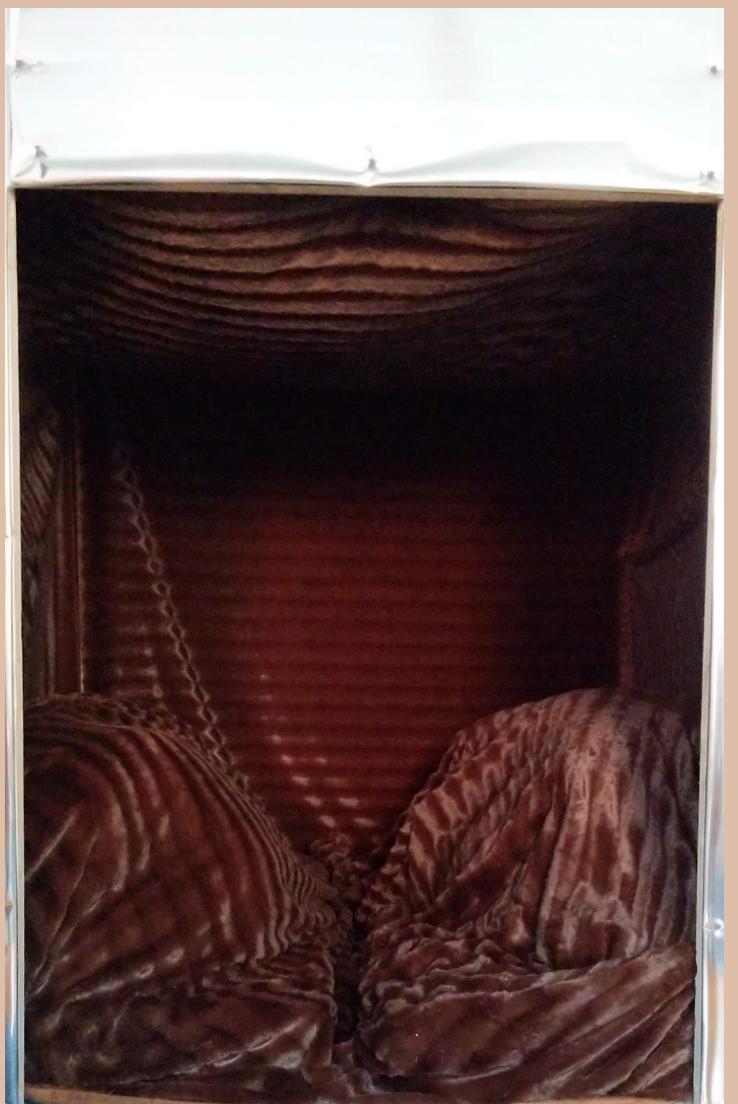






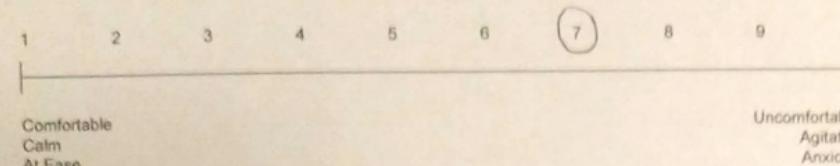
5' x 5'

Rachel Gorman
Modern Nature (2021)
Wood, twinwall polycarbonate,
vinyl, faux fur, cotton and foam

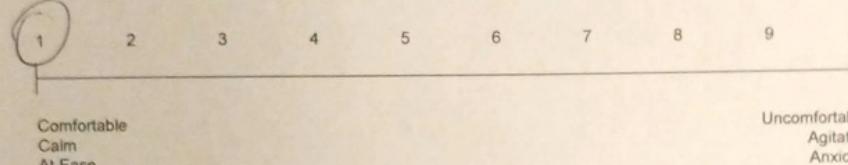


Modern Nature Participation Survey

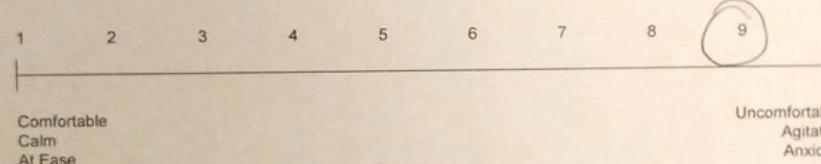
1. Before you begin: How do you currently feel? (circle one)



2. After the first few moments of your experience: How did you feel? (circle one)



3. By the end of your experience: How did you feel? (circle one)



4. Can you describe your experience in a few brief words?

Initially it was very calming - dark, cozy and quiet + the initial sound was relaxing. When it accelerated to faster 6pm's I got a bit anxious.

List three words you might use to describe the exterior of the piece:

Imposing
Rigid
Cold

List three words you might use to describe the interior of the piece:

Cozy
Soft
Calm

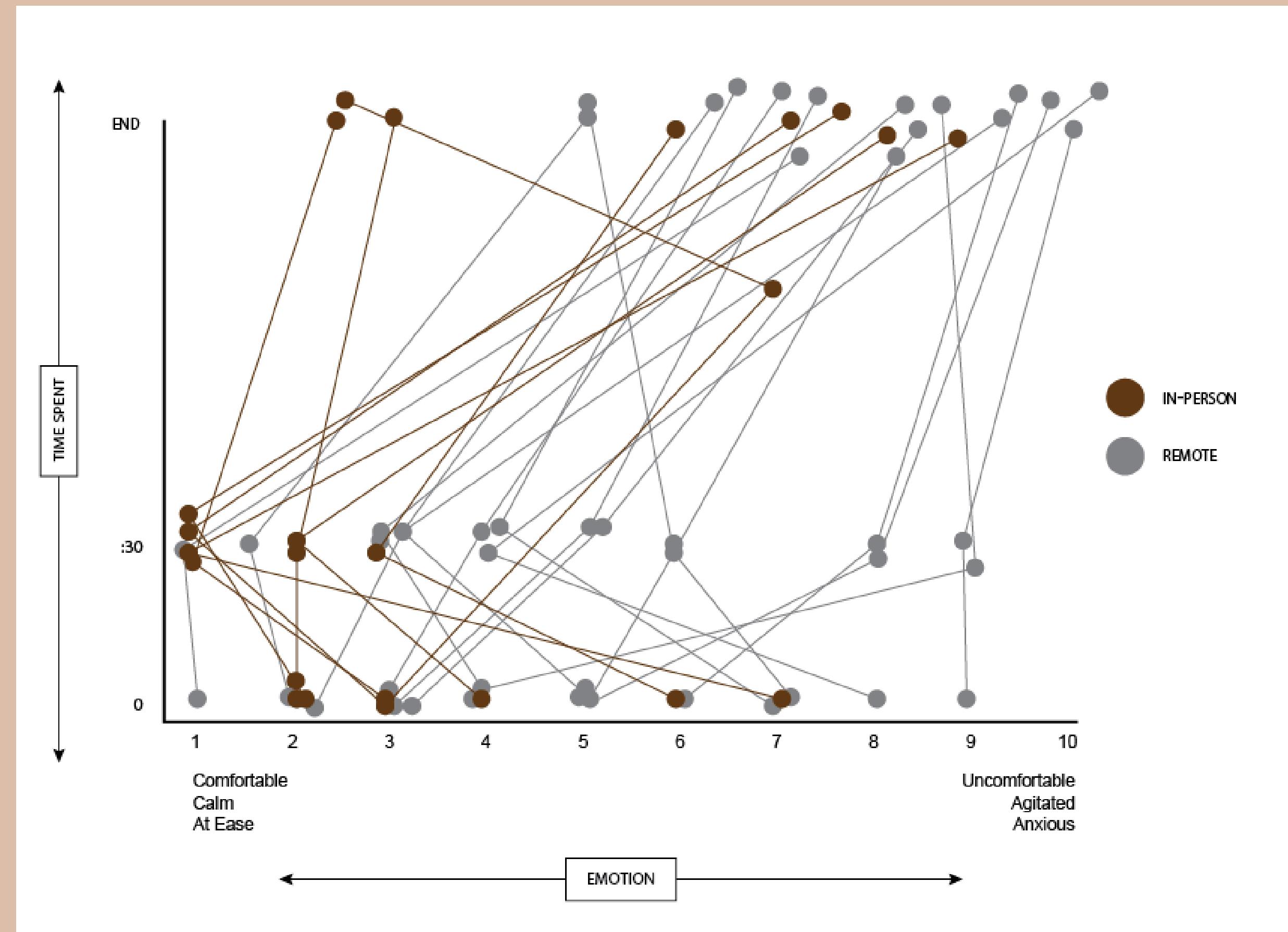
26 participants: 8 in person, 18 remote

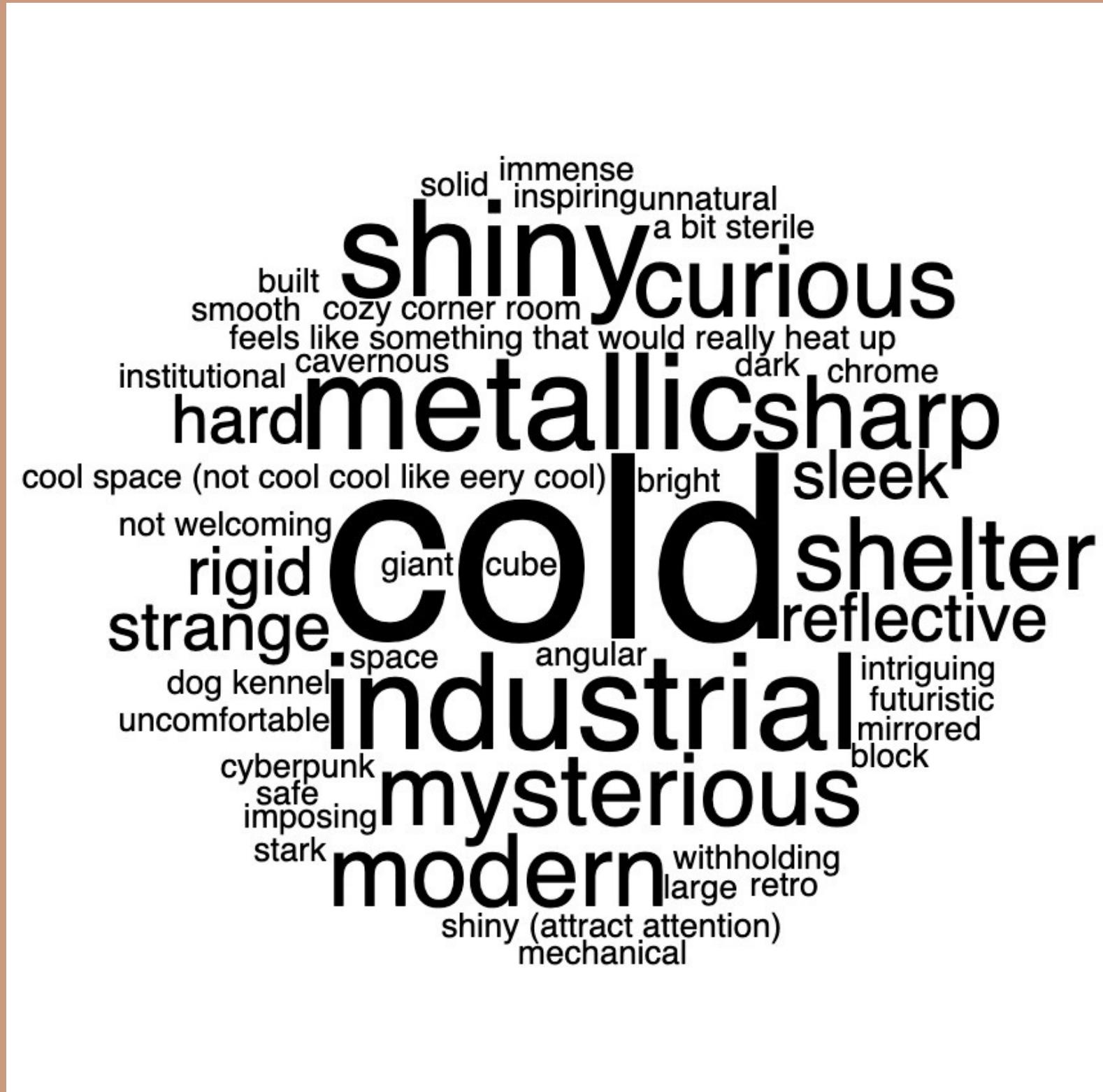
14 participants became calmer, then more anxious

6 participants became increasingly anxious

4 participants became increasingly calm

2 participants didn't fully complete the survey





Exterior Descriptors



Interior Descriptors



NEXT STEPS:

- Iterate on the interior to enhance the organic/natural experience
- Allow users to customize the intensity of their experience
- Incorporate a curtain or tunnel to maximize sensory deprivation, transportive quality

Fin.



THANK YOU!

Gormr367@newschool.edu