

## Our Life

An Op art style poster named *Our Life* was generated by processing for challenge 1 of DBB100 (2018-1) Creative Programming.

There are two main reasons for me to create this poster. First, I would like to create a poster which can not be generated by other graphic software such as PS or AI. The poster might be integrated with some functions or repeated elements. Second, I am interested in design for psychology. I got depression two years ago and conducted two user research about depression people after my recovery. My experience and the research found that most of the depression people can't accept themselves in various reasons. They are ashamed with their negative emotions and then more negative emotions would be generated. Thus, I would like to create this poster for depression people to share my understanding of human life and emotion management and it is also the meanings of *Morita therapy*. Considering these two reasons, I found Op art is quite fit with my expectation. Op art normally related to repeated elements and periodic changes with special rules. Therefore, audiences could more easily resonate with the poster thanks to the visual impact.

Finally, I would like to talk to audiences through this poster that...

Our life are rugged paths. Inevitably, there are paths with light or darkness, up or down. Our emotion is similar to this. I won't advise you that "don't worry", "don't be annoying", "don't be upset". You could do that. Because it is nature response of human to different conditions. Human should not be ashamed with our own emotion even they are not optimistic enough to cheer their up when they are in the dark life. Because everything would be better finally just like we will go to the light paths one day.