

# NYC Sensory Alleviation part 1

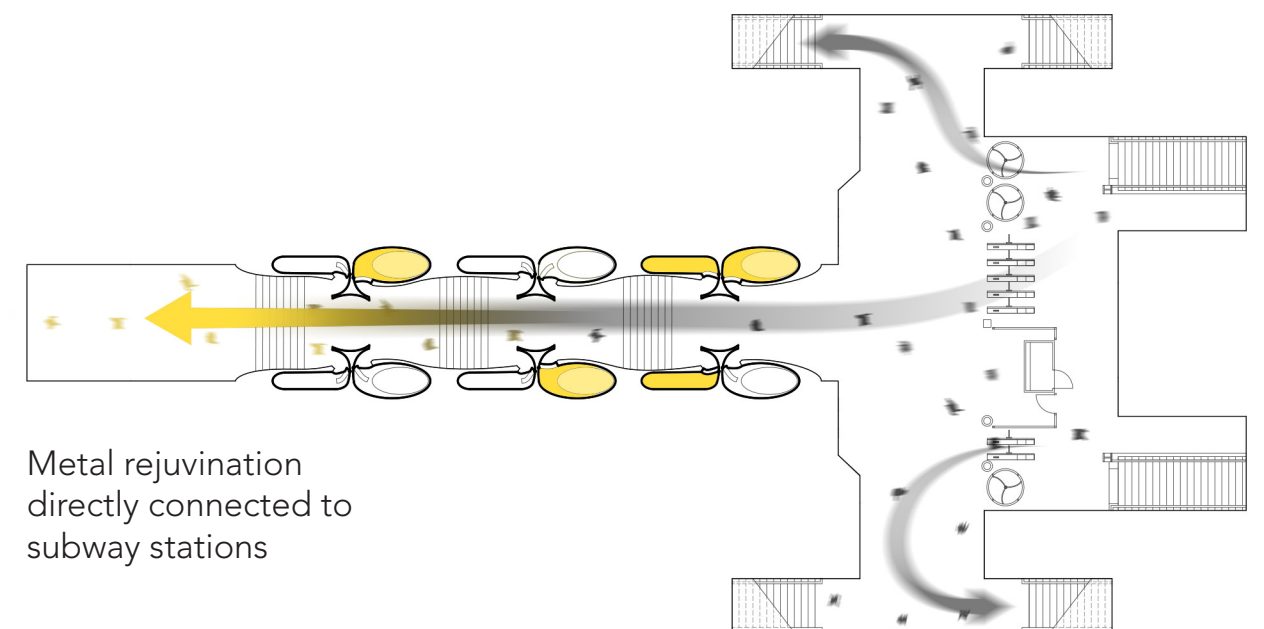
Sensory deprivation pods

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Travelling in New York City is never as smooth as it supposed be. Heavy pedestrian traffic requires constant attentiveness, noise pollution from police sirens, vibrations from the subway, all contribute to the an numbing of people's sensory instruments. Long term exposure to these sensory-overload conditions can significantly impact the mental well-being of New Yorkers - many show symptoms of stress, anxiety, and depression after staying merely a year in New York City.

Although stress alleviation does exist in forms of yoga, exercise, and meditation, I propose a solution that taps directly in the main infrastructure of New York City: Sensory deprivation pods readily available outside subway stations; An opportunity to totally unwind and disconnect in hopes for a rejuvenated metal state afterwards.



Metal rejuvenation  
directly connected to  
subway stations