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### Artist Statement

This game is meant to replicate the experience of being on the cusp of an anxiety attack. Players with anxiety who may be experiencing this feeling are given the chance to play through three exercises to stem their feelings of panic. These exercises are based on three different anxiety treatments: diaphragmatic breathing, progressive muscle relaxation, and cognitive behavioral therapy. After the successful completion of these exercises, the game will end, leaving the game's character– and hopefully the player– feeling refreshed. However, at any point in the game, players are given the chance to panic. Doing so will play a short cutscene of an anxiety attack, and the game will start from the beginning, forcing the player to successfully complete all three exercises to complete the game. Simulating this anxiety attack is optional to avoid triggering a player and push back against “empathy games” which only depict the pain of the protagonist they wish their audience to empathize with. By doing so, this game will show players without anxiety what it's like to work through an anxiety attack, and teach players with anxiety research-supported strategies for overcoming anxiety attacks in their future.