

# De-Stress VR

a simple Breathing Experience

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**Stress** is the no. 1 Risk factor for Heart disease, depression & many other illnesses.

### Sources:

<https://www.npr.org/sections/health-shots/2014/07/07/323351759/for-many-americans-stress-takes-a-toll-on-health-and-family>

[http://www.health.am/psy/more/stress\\_may\\_be\\_behind\\_unexplained\\_cardiac\\_arrest/](http://www.health.am/psy/more/stress_may_be_behind_unexplained_cardiac_arrest/)

<https://www.webmd.com/depression/features/stress-depression#1>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

<https://www.health.harvard.edu/topics/stress>

<https://news.yale.edu/2012/08/12/yale-team-discovers-how-stress-and-depression-can-shrink-brain>

And virtually everyone experiences **STRESS.**

### Sources:

<http://www.columbiapsychiatric.com/stress.html>

<https://today.uconn.edu/wp-content/uploads/2012/07/Stress-Brochure-pp196197.pdf>

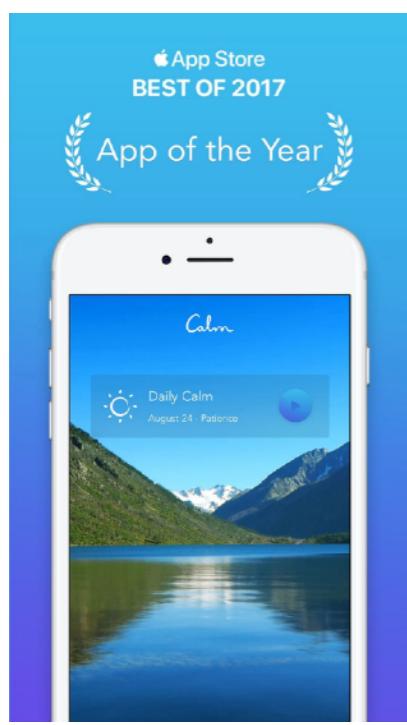
<https://adaa.org/understanding-anxiety/related-illnesses/stress>

<http://www.mentalhealthamerica.net/conditions/stress-coping-everyday-problems>

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>



Lots of Mediation and Stress management apps already exist.



So WHY use De-Stress VR?

Simplicity.

choose Your Destination

SunsetRanch

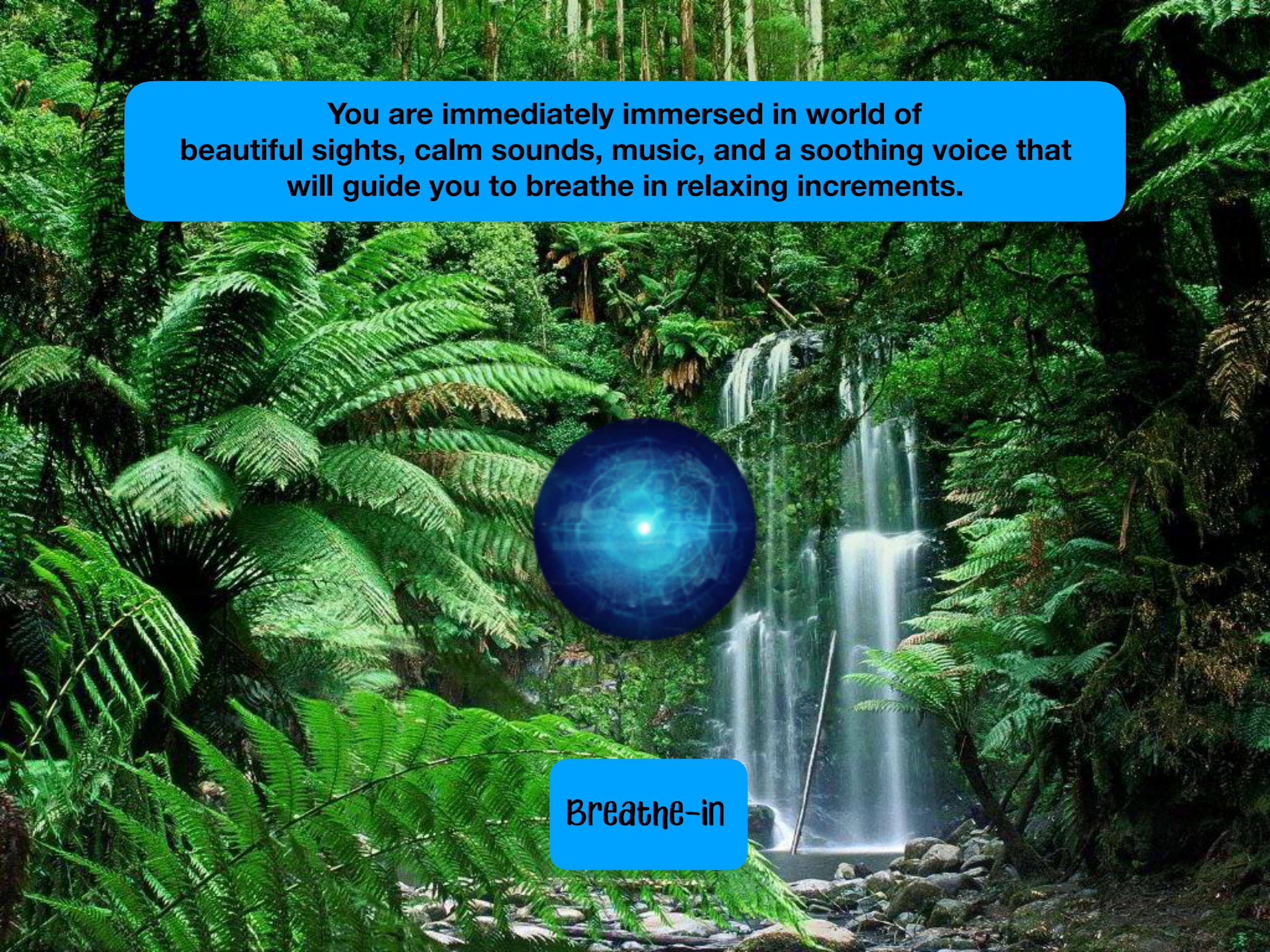
ArcticBreeze

RainForest

OuterSpace

With one click,  
you start the experience.





You are immediately immersed in world of beautiful sights, calm sounds, music, and a soothing voice that will guide you to breathe in relaxing increments.



Breathe-in

A holographic sphere (placed in the world) expands and contracts to your breaths via the headset microphone input, both guiding and responding to you.

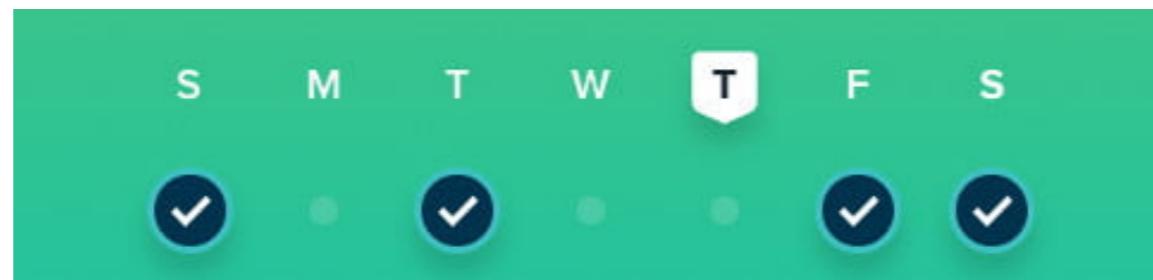
A large, translucent blue sphere with a glowing center and concentric light patterns, resembling a hologram or a celestial body, is positioned in the center of a dense, lush green forest. A waterfall cascades down a rocky cliff face in the background, adding to the serene atmosphere. The sphere appears to be interacting with the environment, as if it's breathing in and out.

Breathe-out

**The Entire experience lasts 2-minutes.**

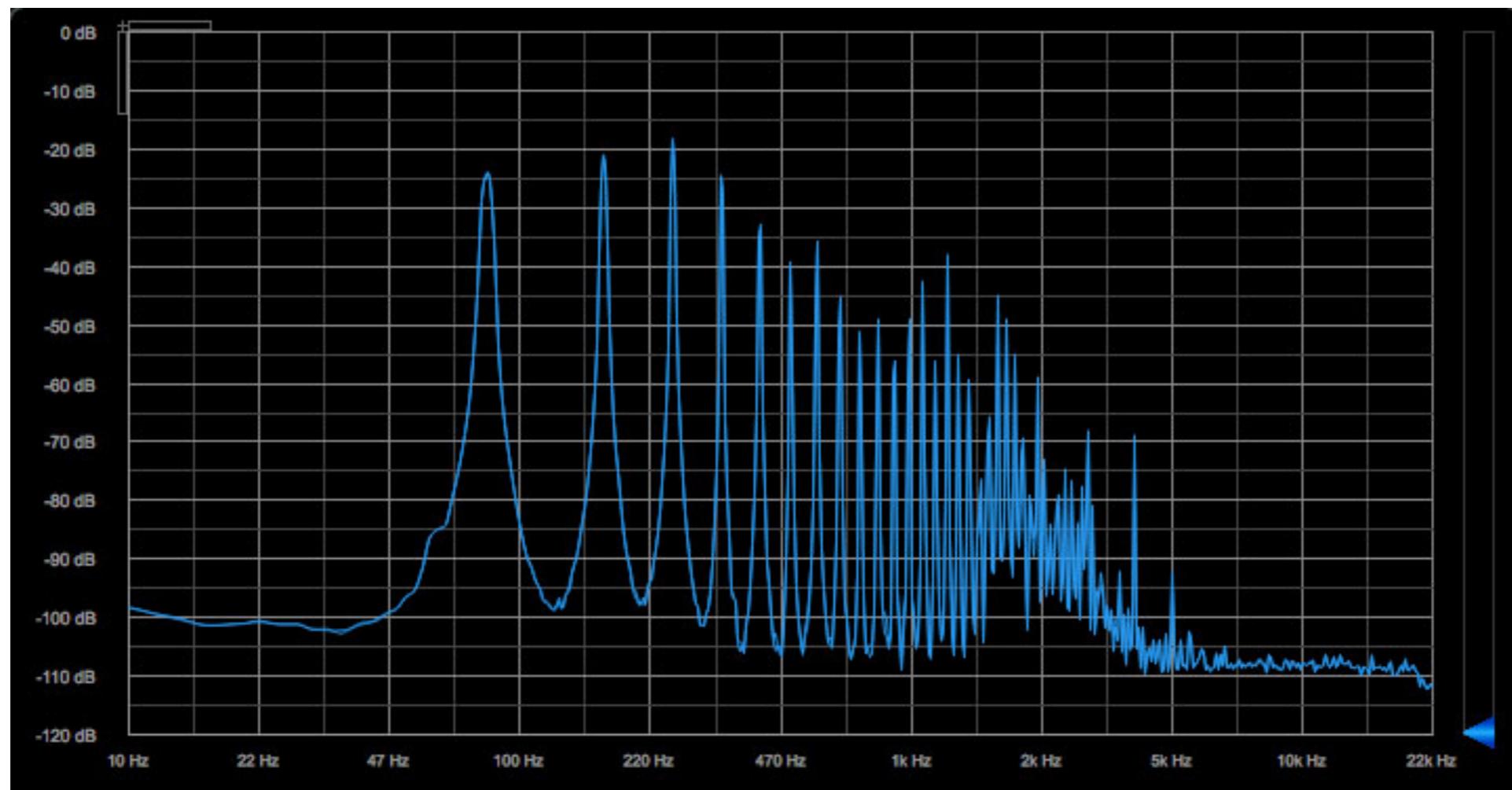
**The Soothing voice ends the experience with an encouraging sentence.**

**your daily progress is marked with a  
CHECK.**

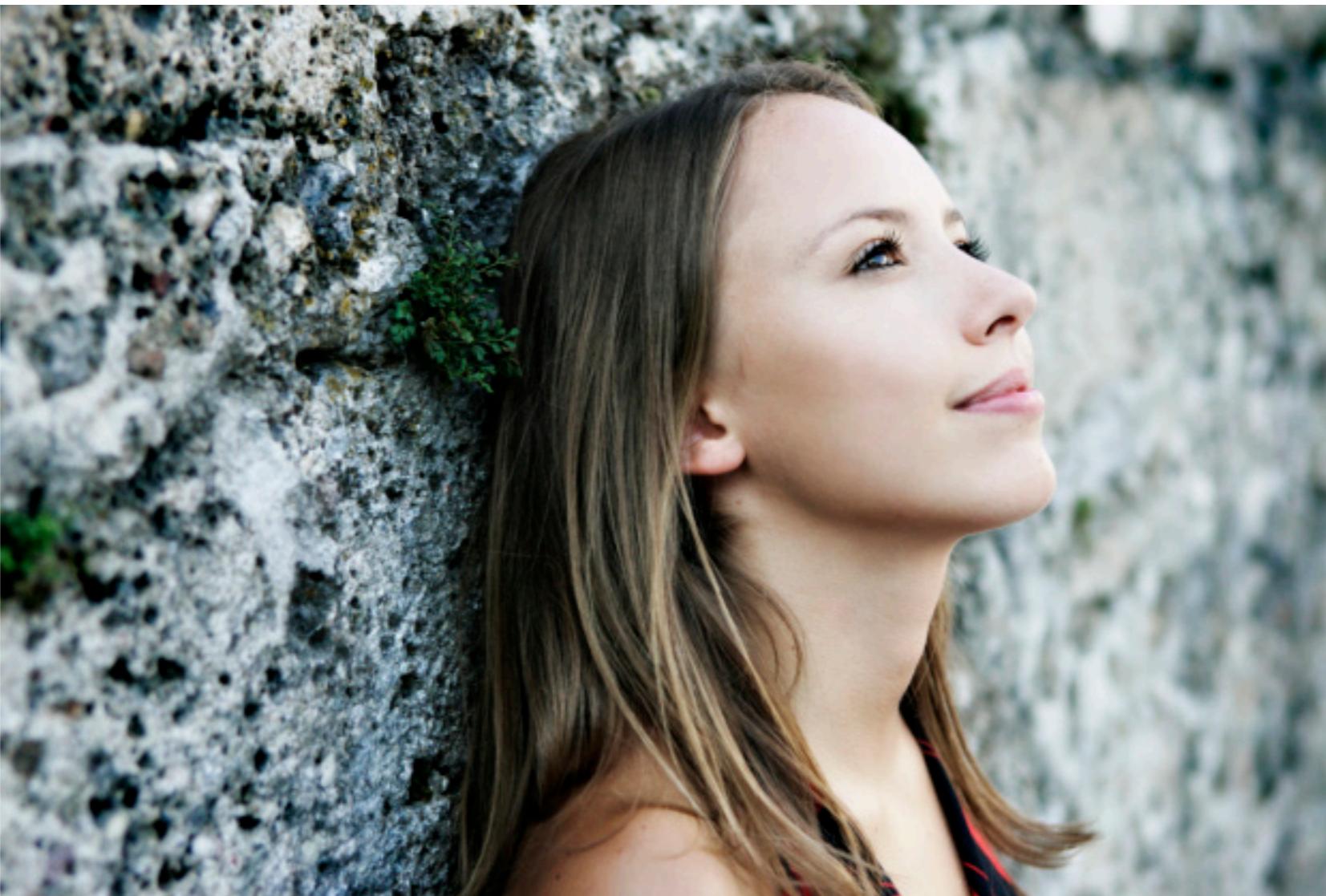


# iOT - Fitness Tracker implementation

The experience works in tandem with your fitness tracker, logging data onto **De-Stress VR**, such as breathing rate, heart rate, and time/day the app was used.



**in a nutshell . . .**



**De-Stress VR** is an easy-to-use, short experience catered towards improving the lives of busy people.

# Team:



**James Kwon Lee**  
**Creative Director-Developer**

**Duke University - B.S. Biology** - James was part of a special focus group called "Mind and Body" where he researched the effects of stress on the heart.

**USC School of Cinematic Arts - MFA in Film.** James is a two-time merit scholarship winner who took experimental classes in world creation and design. James produced TV content for NatGeo, A+E Networks, Apple Music, Oxygen, and Lifetime.



**Ting Ting Ng**  
**Producer-Sound Designer**

**UC Irvine - B.A. Business** - Ting Ting was the president of the business club.

**USC School of Cinematic Arts - MFA in Film.** Ting Ting's speciality was in Directing and Sound Design. Ting Ting produced film content for New Form Digital, DirecTV, and Amazon Prime.

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