

Manal, Ho Tung Cheng, and Abby

Draft

### Manal: Part 1

We split up the story into different parts because of the way our schedules work and also there was something up with the app we were supposed to use. I did part 1 of the story, this includes our protagonist Bowie (named after David Bowie because we were inspired by the Labyrinth movie) waking up. It is then revealed that she had severe depression following her grandmother's death and the fact that her parents don't get along. I narrated the story to show the inside of her head and what she feels as well as adding in things she says. After going through her morning routine, she comes downstairs and has a conversation with her parents. It quickly turns bad as she finds out they are divorcing. This leads to her running to the forest and I tried to make the user see the inside of her head as much as possible so they understand why she would just run.

The first decision that the user has to make is deciding whether to take a cold shower or a hot one. I gave a small clue as to the day being very hot, tempting the user to choose a cold shower. I also did further research to see whether cold water or hot water is better for a shower with people suffering from depression, and stumbled upon an insane amount of articles describing how cold water is much better for you. After reading the research paper, *Adapted cold shower as a potential treatment for depression*, by Nikolai A Shevchuk, I came to the conclusion that colder showers are better (<https://pubmed.ncbi.nlm.nih.gov/17993252/>). Also prior knowledge I watched a buzzfeed video back in the day which helped me come to this conclusion as well.

The second decision is deciding whether to wear clothes from the day before or a new pair of bright clothes. I tried to make it as obvious as possible on which one the user would choose. I reference to how she is feeling better so wearing new clothes would be an obvious choice.

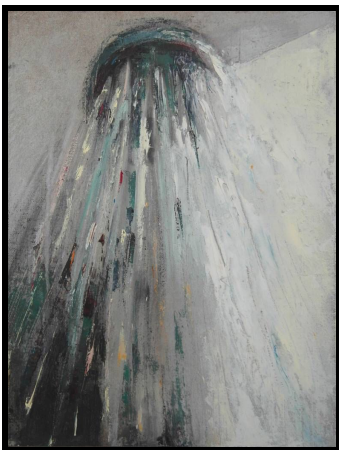
I couldn't figure out how to add images in lucid chart, when I tried copying and pasting. It was weird so here are the images I will be adding in so far...



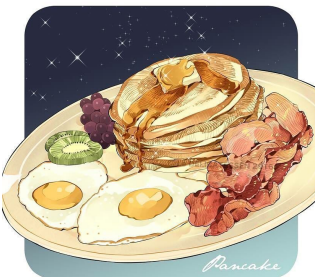
Water image will be used if the user chooses hot shower



if the user choose cold shower



the shower choice image



when she goes downstairs to see breakfast

## References:

Labyrinth: We used Labyrinth very loosely. I just liked the maze idea and the choices but we were just inspired from the movie it won't really be anything like it.

Research Paper: *Adapted cold shower as a potential treatment for depression*, by Nikolai A Shevchuk

Twilight: When I was writing Bowie's story I was thinking of bella from Twilight: new moon when I was writing it. If you don't know what it is, it's pretty much a vampire/werewolf movie and she is very depressed in the movie because her vampire boyfriend leaves her. Anyways that's where I got some inspiration for Bowie.

Article written on what it's like having depression:

<https://www.healthline.com/health/mental-health/what-major-depression-is-really-like#Reaching-out-for-help-was-the-sign-that-I-still-wanted-to-live>

(really sad yet eye opening and informative)

Image urls:

<https://i.pinimg.com/originals/50/aa/ee/50aaeea9ba4d60416404ea6190aa072b.jpg> (when the user chooses hot shower)

<https://i.pinimg.com/736x/a8/0b/d5/a80bd5a46dcc8e8ace1e9710d4546dcd.jpg> (when the user chooses cold shower)

<https://images.fineartamerica.com/images/artworkimages/mediumlarge/1/girl-showering-lincoln-seligman.jpg> (when the user is asked hot or cold shower)

<https://images.fineartamerica.com/images-medium-large-5/all-american-breakfast-gerry-high.jpg>

(when her mother offers her breakfast)

[https://media.wired.com/photos/5e7e4584056547000ac5e854/2:1/w\\_2250,h\\_1125,c\\_limit/\\_DSC8441-Edit-HR.jpg](https://media.wired.com/photos/5e7e4584056547000ac5e854/2:1/w_2250,h_1125,c_limit/_DSC8441-Edit-HR.jpg)

(when bowie talks about the forest view, use for the first box also, oh and when she runs to the forest haha)

<https://i.pinimg.com/originals/55/0b/92/550b926e221954c35027646be2f8ad29.jpg>

(when she is deciding what clothes to wear)

[https://a.1stdibscdn.com/a\\_4363/a\\_52092811572612154040/Dress\\_of\\_gardens\\_Part\\_of\\_the\\_women\\_in\\_art\\_series\\_Acrylic\\_on\\_raw\\_linen\\_box\\_canvas\\_60\\_x\\_80cm\\_Large\\_painting\\_of\\_a\\_figure\\_in\\_a\\_decorated\\_blue\\_dress\\_master.jpg?width=768](https://a.1stdibscdn.com/a_4363/a_52092811572612154040/Dress_of_gardens_Part_of_the_women_in_art_series_Acrylic_on_raw_linen_box_canvas_60_x_80cm_Large_painting_of_a_figure_in_a_decorated_blue_dress_master.jpg?width=768)

(When she puts on new clothes, hopefully this link works if not lmk)

<https://i.pinimg.com/originals/ff/69/8f/ff698f6db28f9e51ad9951e616127b97.jpg>

(when she wears clothes she wore yesterday option)

<https://news.usc.edu/files/2017/06/danpage-USC-DivideFF.jpg>

(when her parents tell her they are divorcing)

### Abby Part 2:

- As Bowie realizes that she was aimlessly running for what seems like an eternity, she realizes she is lost. As Bowie's mind starts to overwhelm with thoughts she begins to panic and triggers the body's natural reaction to dangerous situations; *flight or fight*. When choosing this scenario and doing my research, I found that that more than 60% of individuals that suffer from depression can also experience anxiety, according to the article "Fight, Flight, & Freeze" (<https://mytherapynyc.com/different-way-depression-anxiety/>) When an individual

undergoes this amount of stress, the body can either go through Sympathetic Response or Parasympathetic Response. A Sympathetic response is when one's nervous system is overwhelmed and may perceive that your surroundings are unsafe, or senses a threat which then triggers the flight or fight. The symptoms building up to the response include shallow breathing and tensing up are symptoms associated with anxiety, Secondly, the Parasympathetic Response is when the body's built in reaction is to stay still, or be paralyzed when there is no "flight or fight" detected. The Parasympathetic Response is similar to an animal playing dead. The symptoms include feeling dissociated, numbness, and reduced movement, which have these acts associated with depression.

- **The user will then choose between two options that portray these responses from Bowie.**

"Social engagement occurs when you perceive your environment as safe, you are able to reach out to others to get your needs met, and are able to engage with the world around you in a positive way," (Fight, Flight, Freeze). As I continued to do my research, the article this quote explains that it is each individual's own instinct on being able to sense their surroundings as safe or unsafe and the reactions that naturally come with it.

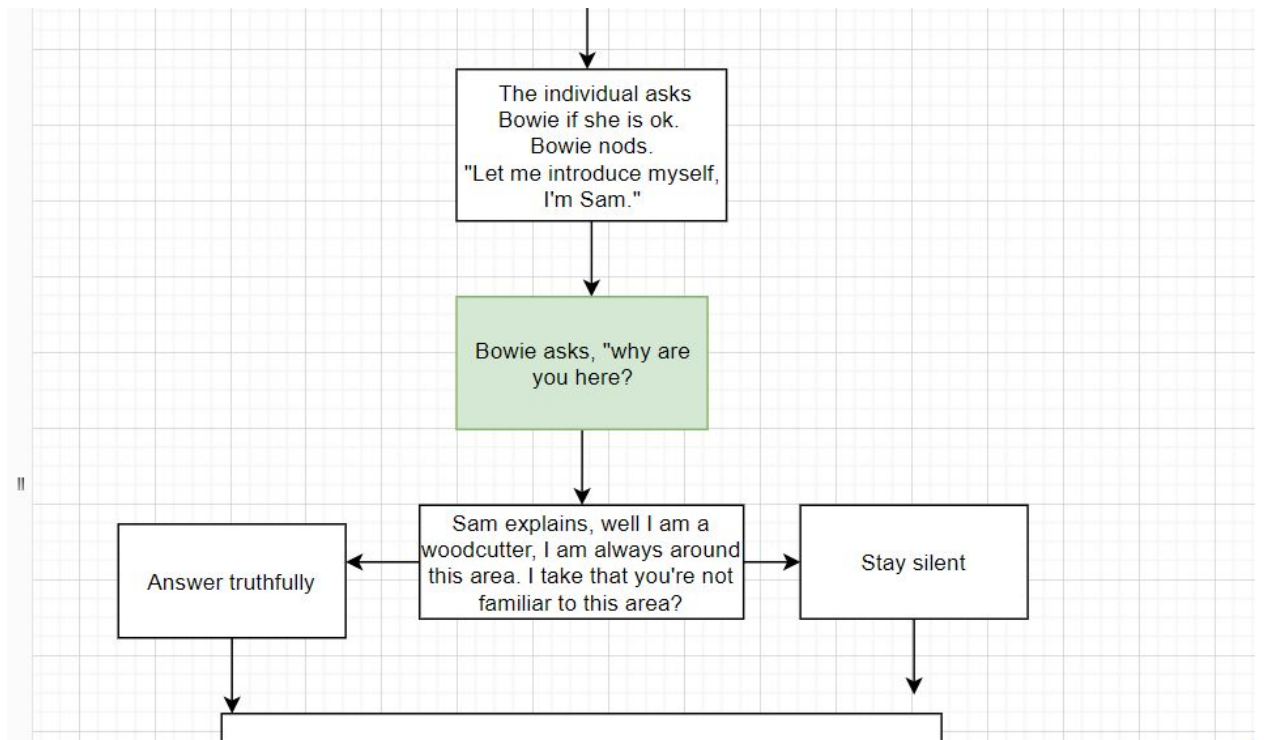
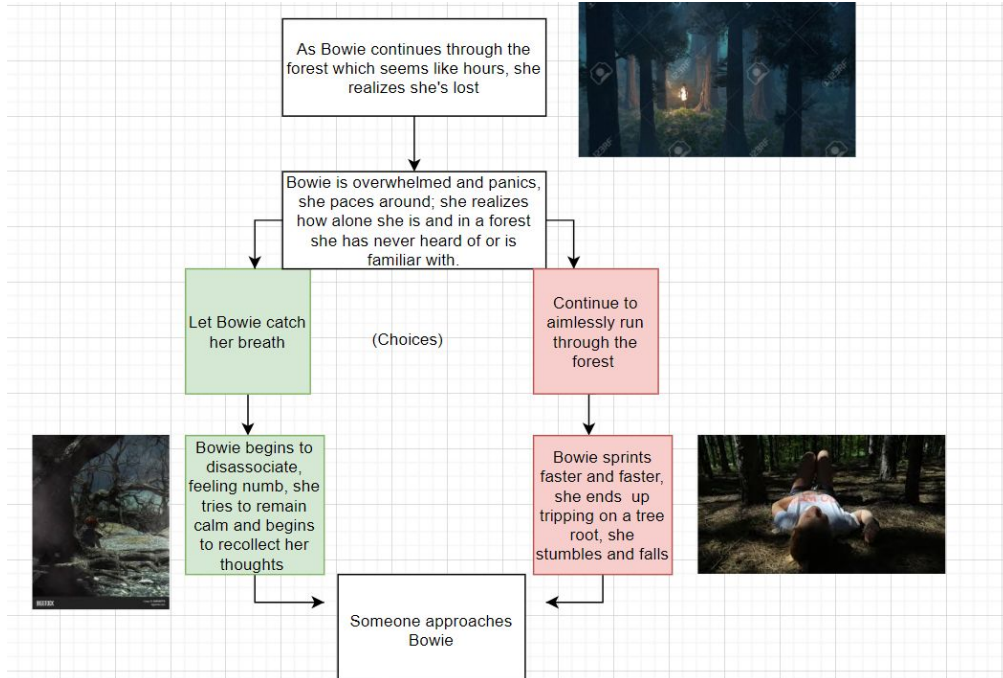
**No matter the choice, Bowie will then encounter another character named Sam.**

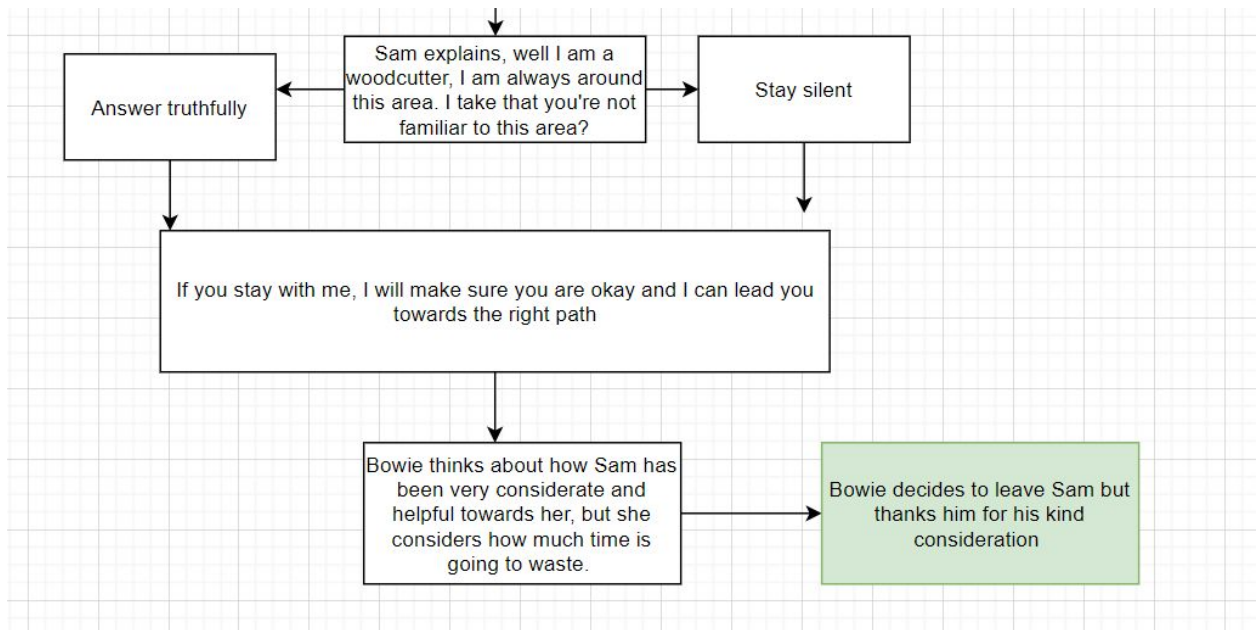
When Sam is introduced, they both exchange a few words. Now that Bowie's nerves are able to settle and be more aware of her emotions, she is now able to engage with others to possibly seek help and not neglect those around her. As Bowie continues to have a conversation with Sam, he gives her a choice to come with him and stay for a while until she feels ok to be able to venture out in the forest again. Bowie is conflicted and when she ponders about both choices on listening to Sam. Sam is portrayed as a good character.

**Bowie finally decides to not stay with Sam to not waste time and continues through the forest to seek her way back home.**

Because of the good intentions that Sam is portraying, Bowie's nerves are at ease, for now. She is able to continue to find her way through the forest and the story will continue and conclude through part 3.

**draw.io draft:**





draw i.o link:

[https://drive.google.com/file/d/1\\_AL2HfG4MjwsHqsnY7X4tt0uBEdFM3gJ/view?usp=s\\_haring](https://drive.google.com/file/d/1_AL2HfG4MjwsHqsnY7X4tt0uBEdFM3gJ/view?usp=s_haring)

### HoTung Cheng Part 3:

After leaving Sam, Bowie keeps finding her way home. Since it is getting dark and she is still lost in the forest. She starts reflecting on her leaving home decision and missing her parents. However, since she is suffering from depression, she would be more likely to think of some extreme ideas as well. Overall, her emotional state turns much worse on her way. Her mind is tangled and suffering in confusion and dilemma. On her way, she also meets the twins hoggle and ludo, who are important characters leading Bowie to finally find her home and meet her parents. When she sees her parents, she realizes how her mum and dad love her from their reactions and long conversation. She understands she is not alone and her own safety meant a lot for her parents. Although lost in the forest is a scary experience for Bowie, she learns a lot from it. More importantly, her mental state is getting much better.

**Throughout her way from the forest till back home, she has to make some decisions, although she is suffering from depression, but if she tries to make better decisions, it will make her way home easier while alternate decisions lead the way harder. Hopefully, users can notice the importance of mental health.**

The first decision is she has to decide whether she made the right or wrong leaving home decision. Since she is suffering from depression, she is more likely to turn into her pessimistic thinking style. According to the article, “How does depression affect your decision making”, by wengine, it states “ Depressed people are more likely to believe that a situation will turn out badly.” (wengine). The flowchart will show more clearly how her thoughts will lead to different situations in the story. Also showing how depressive thinking, for example, self give up, suicidal thoughts are actually unfavorable for her life.

Source: Wpengine. (2018, November 21). How Does Depression Affect Your Decision Making? Retrieved November 13, 2020, from

<https://www.recoveryways.com/rehab-blog/how-does-depression-affect-your-decision-making/>

The second decision is after she meets the twin hoggle and ludo, she has to decide either ignore their help or listen to their advice and follow them to find her home. Trust issues are one of the signs of depression. The article, “Trust Issues: What They Are and How To Deal With Them”, noted one of the signs of the trust issues is, “You Don’t Believe What Other People Tell You”. (Staff). After her parents told her they are going to divorce, it is unacceptable for Bowie at first. She starts to lose trust in her parents and feels like being abandoned. Therefore, when the twins try to help her out, she is indecisive. Ignoring their help leads her to spending more time or facing more challenges on her way home while following them makes the way much easier.

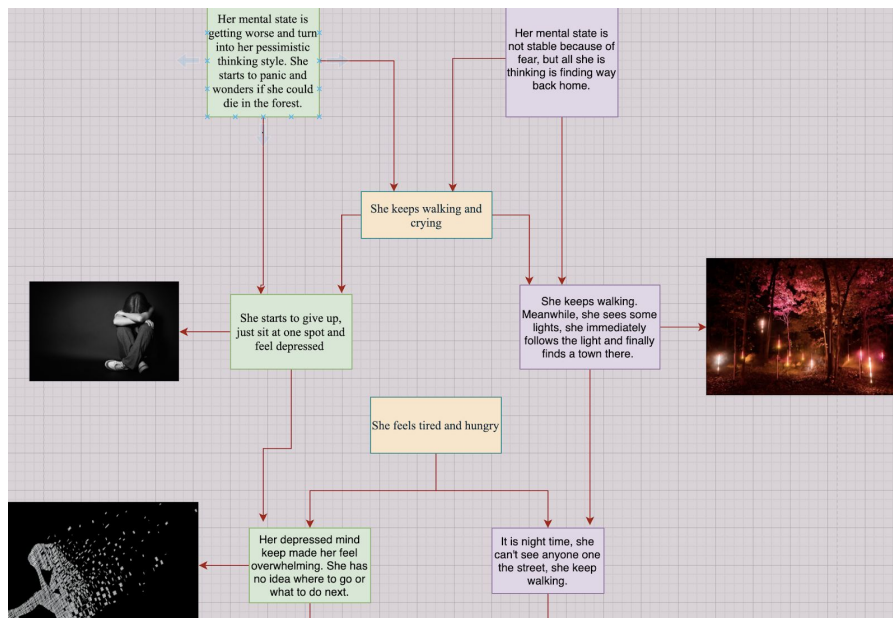
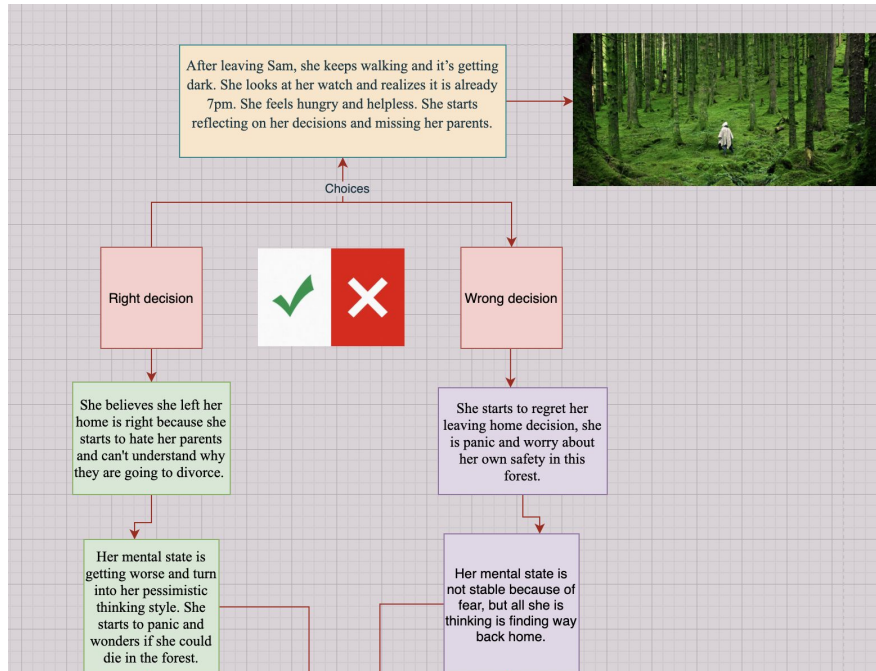
Source: Staff, D. (2019, November 20). Trust Issues: 6 Signs You've Got Them. Retrieved November 13, 2020, from <https://www.depressionalliance.org/trust-issues/>

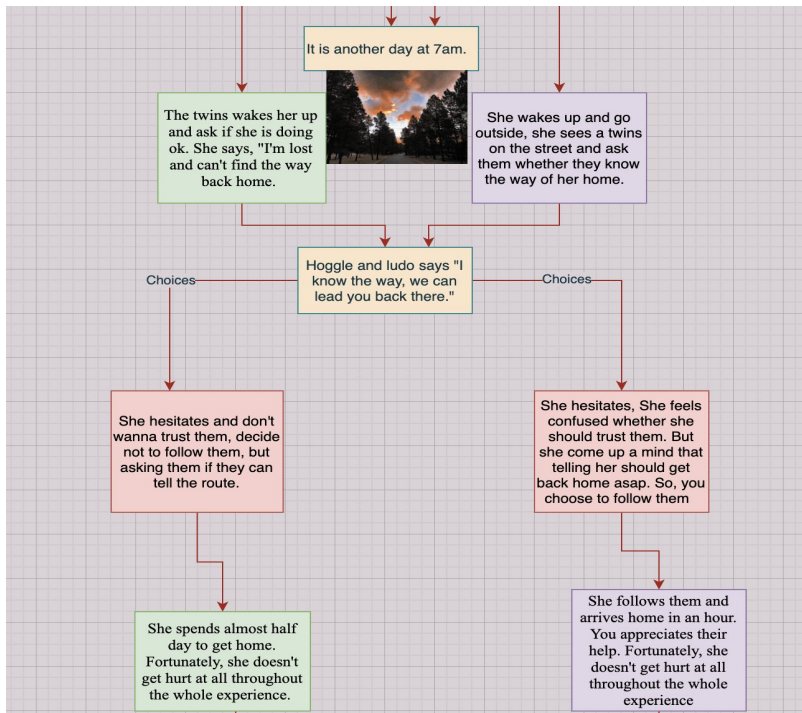
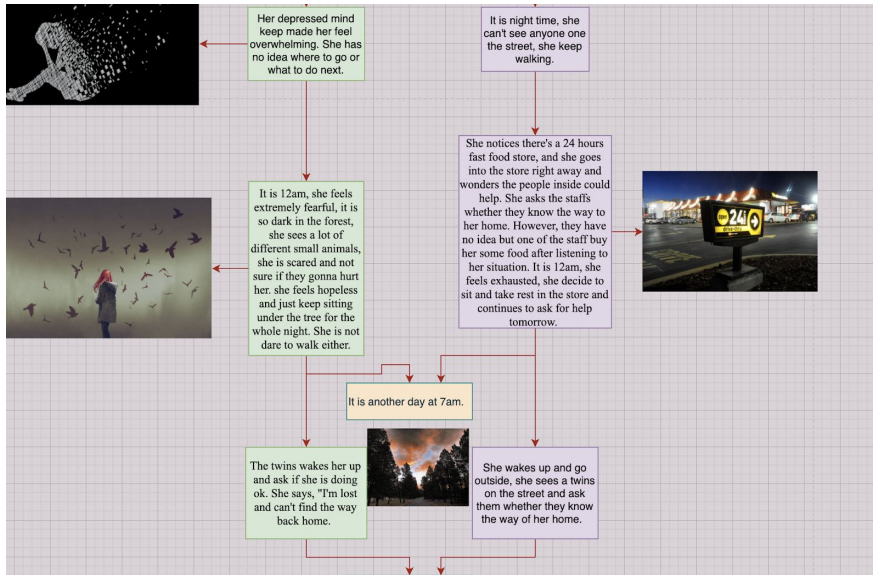
**Link to the work (draw.io):**

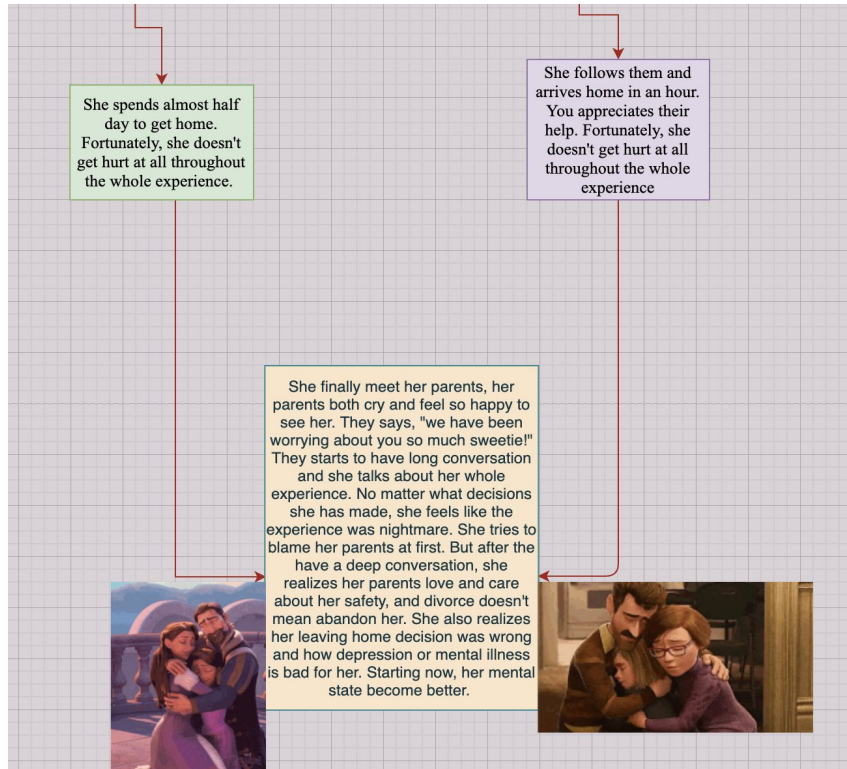
<https://drive.google.com/file/d/1n1aHUuuGBmDWqhKdgpQo9pjyGtEO2rsP/view?usp=sharing>

**Screenshots (draw.io)**





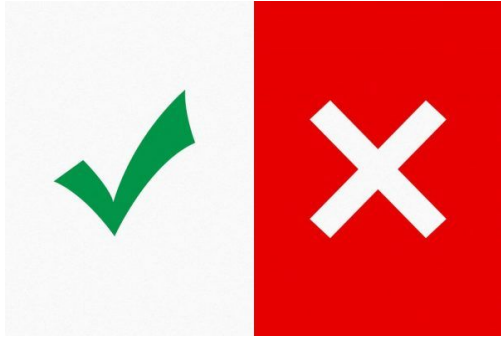




## Images:



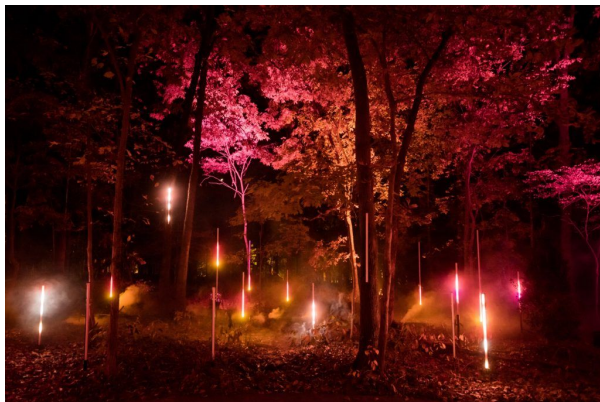
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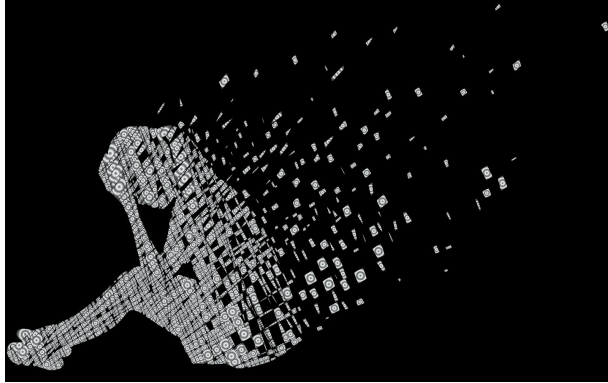
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<https://www.health.harvard.edu/media/content/images/Sad-borderline-personality-disorder-Woman-In-Depression-And-Despai-63903205.jpg>



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<https://cdn.tinybuddha.com/wp-content/uploads/2014/04/Woman-with-birds.jpg>



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**Individual reflection:** Furthermore, each student should write a short reflection again in the Google doc that talks about their role in the team, the types of decisions they have

made during the design process, and what they've learned so far. Be as detailed as possible! Doing this well gets 2 points.

**Abby:** Our group decided to split the story into three different parts, we were all responsible for our own part that will eventually piece together the story. For my part, I worked on the middle of the story, to where I believe transitions from introduction, introduces the plot along with certain themes that circulate around mental health. My outline includes pictures and simple choices for the user to be able to understand right from wrong, as well as present the themes of mental health.

**Ho Tung Cheng:** After our group discussed the whole story outline. We decided to divide our story into three parts. In other words, our story has three chapters. I am responsible for part 3, which includes the ending. So, my role is to think of the ideas and details for part 3 of our story. Also, I have engaged in the design process, created the flowchart by using draw.io. During the design process, I had to decide how to organize the chart and make it easier to track. Therefore, I used different colors for the shapes to represent different flows. Besides, I had to decide what kind of images would be applicable to the storylines, thus making it easier to engage. This is my first time to work on creating a story and using the flowchart platform, like Draw.io. Although I need to spend more time and effort into the process, I think it is a valuable experience, I gained a deeper understanding on how to use flowchart which is definitely useful in other different aspects. Actually, the process of coming up with story details was quite hard for me, like how to apply the choices and connecting the plots to make more sense or smoothly. Overall, it is an interesting experience, it encourages me to be more creative. I have learned some design skills from the process as well.

**Manal:** We each split up the story in three different parts (beginning, middle, and end). It was equal and everyone helped each other out as much as they could. I did part one which was the beginning of the story, where the main character Bowie is shown to have depression and runs away into the forest. I wanted to have a good transition into the second part of the story which Abby was doing because I wanted the story to flow well. I included pictures in my outline of what I will be putting into the actual story and cited references I think helped me out really well!