

Realize

Be mindful and appreciate your own body

Mary Seto
April 15, 2016

Realize

Wearable piece circle-shaped for flexibility

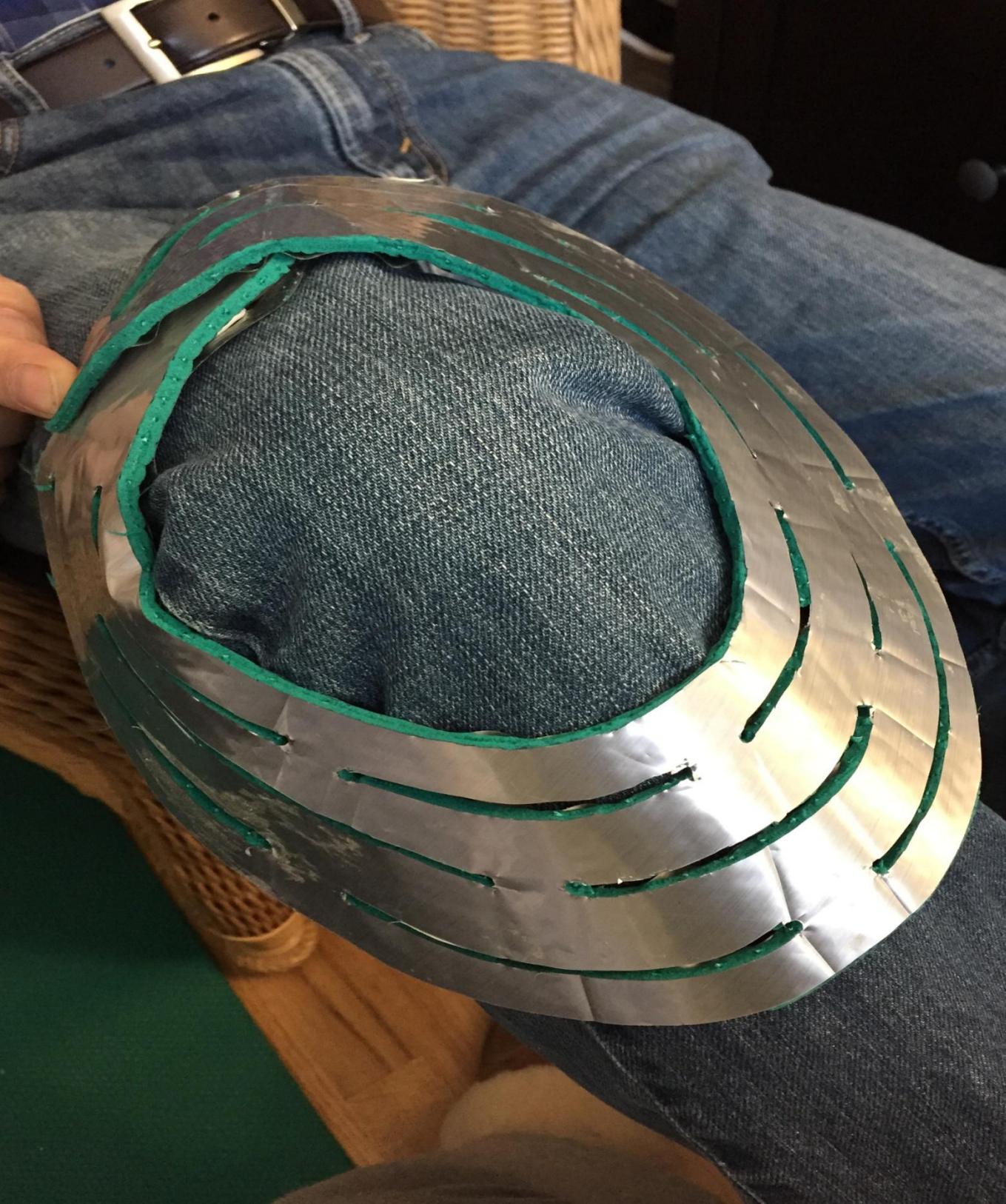
Allow user to be more aware and mindful of user's body when body is relaxed

Able to put onto different parts of body

Contains vibration alike a relaxed heartbeart

Keywords:

Acceptance, Priority
Reality, Need, Everyday
Desire, Requirements



Critical Making Fill-in-the-Blanks Project Form

My name is Mary Seto and I have most background/interest in the in the fields of Buddhism and Reading / T.V.

My project is on the topic of Being aware of body (ex. heart) in the specific location or instance of sensing current / relax / realizing.

For my work, my targeted user is stressful ppl in the city (both physical + mental) and I want to show them that It's hard to notice the world if you're not even aware of body (ex. heart beat) ↗ save money? ↗ health issues

This project can be categorized as:

- Speculative Design / Design Fiction
- Ludic Design
- Critical Design
- Adversarial Design / Tactical Media
- Disobedient Objects
- Unconventional Users
- Slow Interaction
- Bespokeness
- Reflective Design ✓
- Make an App-Thing

It fits this category because Taken our body for granted ↳ and our focus is on values of what "society/future" wants instead of current.

This project is "critical" because it ↗ meaning? esp w/ "

People should care about this project because caring more about body can cause less issues (ex. health → money saved → happier)

A similar well-known project is neck rest by Dr. Ho.

The key challenge to doing this is user motivated to use → some don't see emotions as a prob.

In five years, I hope this project leads to ppd knowing the usage ↳ find the motive behind as a need → not only heart beat? (other parts?)

A title for this project is Know Your Body. Today's date is Jan 20, 2016.

Reflective Design

- Health is not for granted
- Give body more values
- Pay attention to those with you your whole life

Slow Interaction

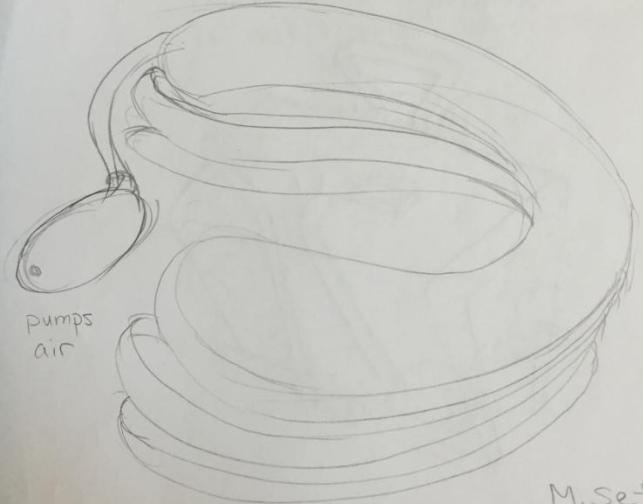
- Pay attention to present
- Slowness increase focus towards mind and body interactions

Critical Design

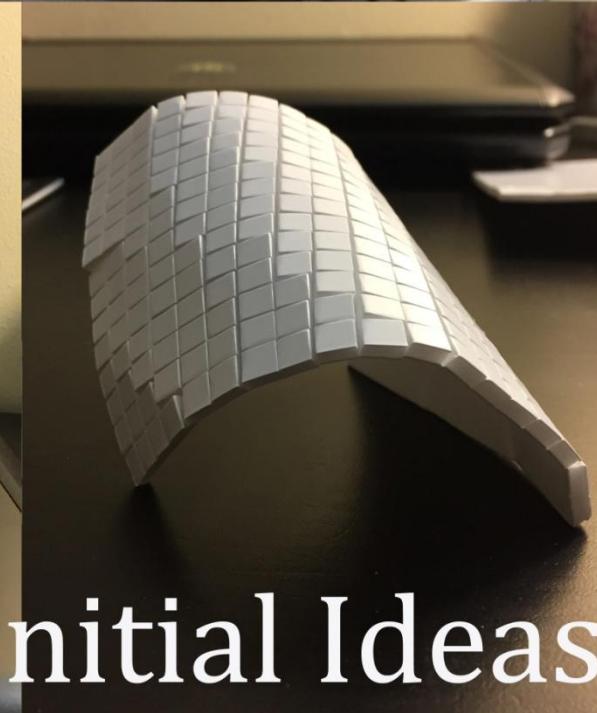
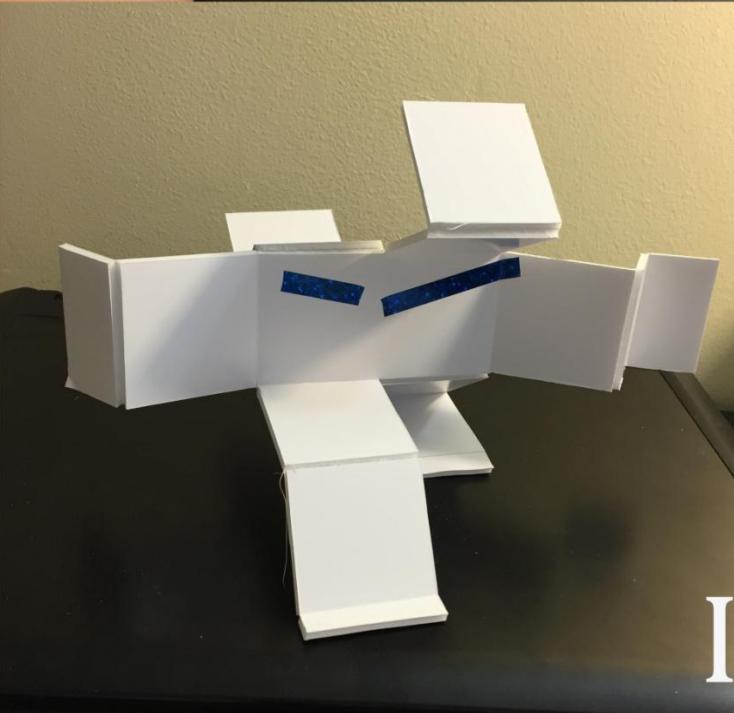
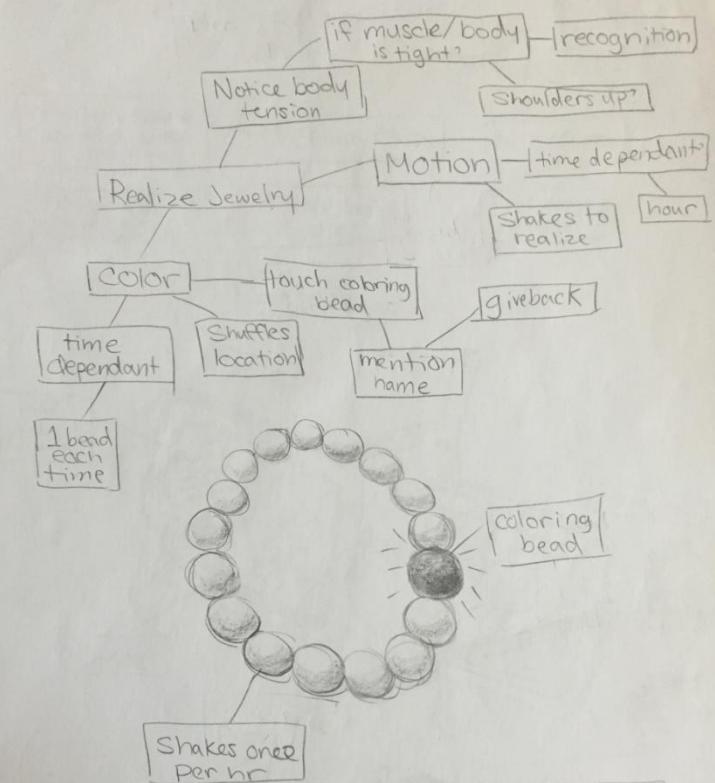
- What makes money's importance over health?
- User and designer should be mindful in nature's gift



For neck → pumps air to
let neck allow blood into brain
easier → less headache → help
Electrical beats → mindful of heart
beats



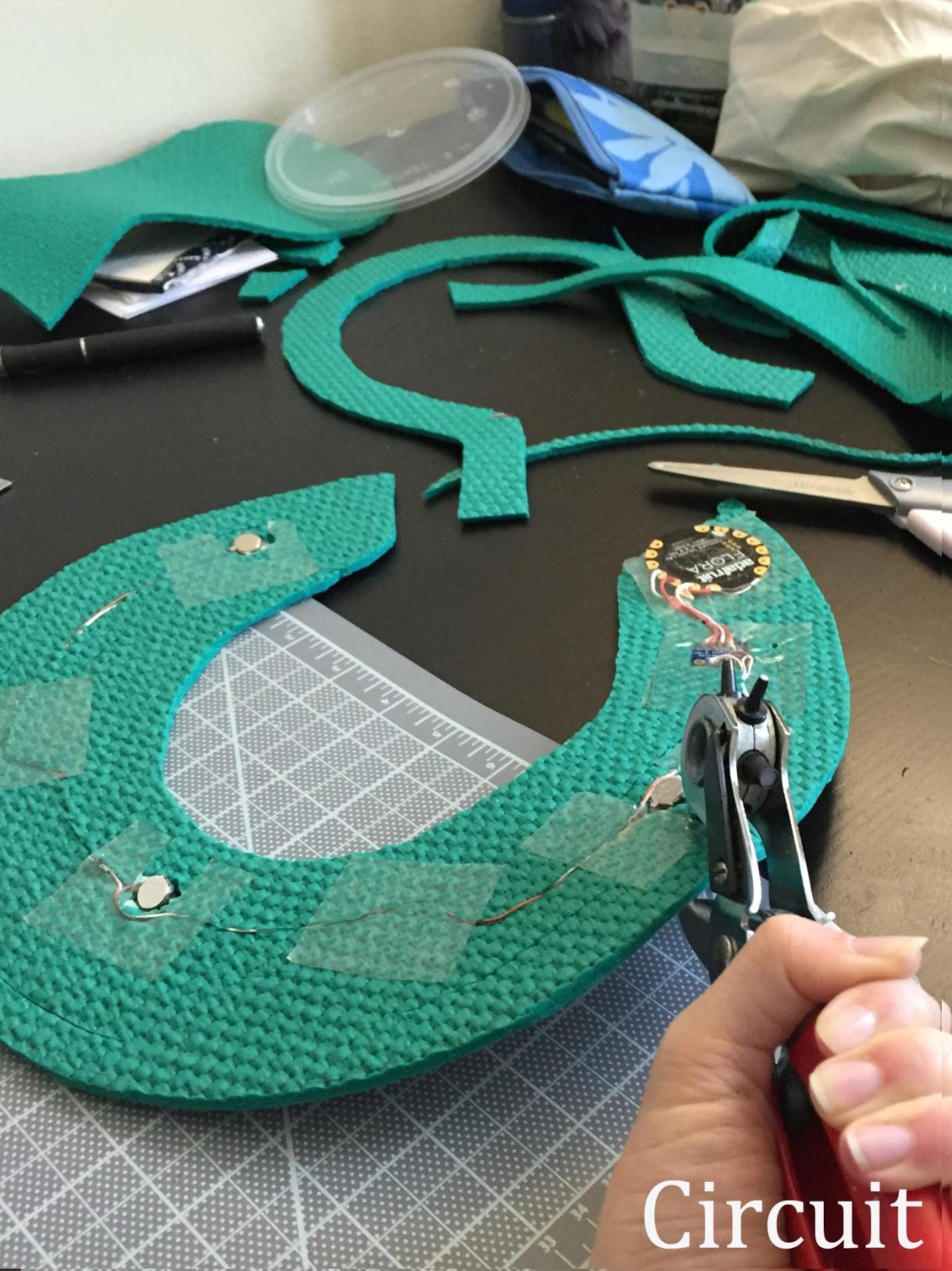
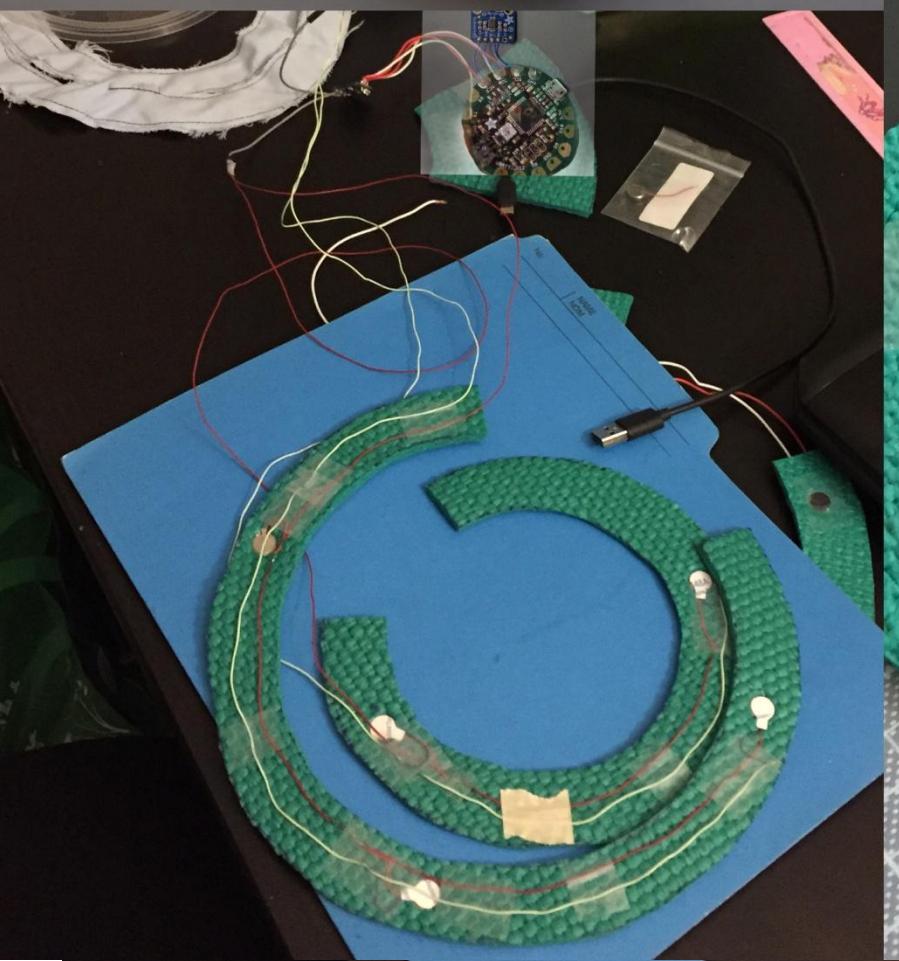
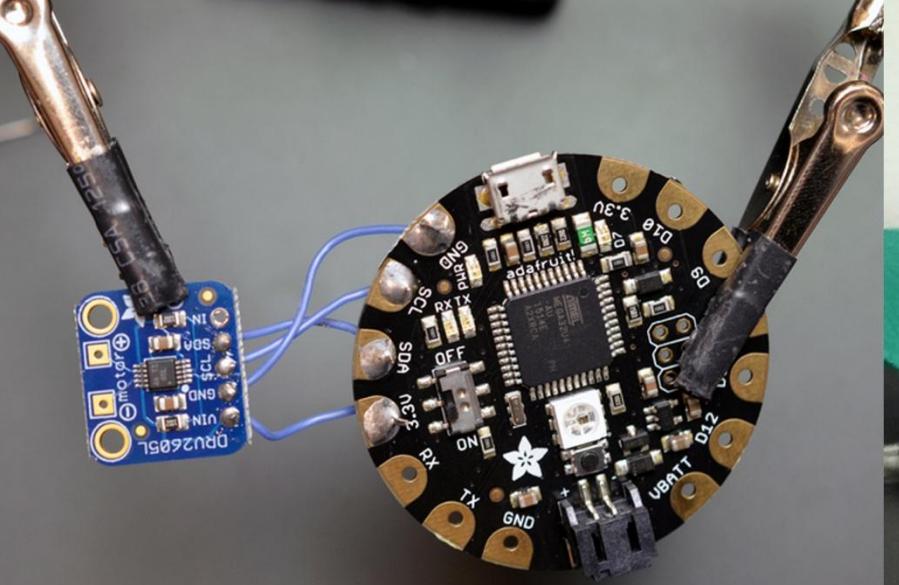
M. Seto



Initial Ideas

Development





Circuit

Difficulties and Solutions



Arduino Coding

Reasoning with Garnet and Bobbi in vibration

Shape and Size of Design to fit different body parts

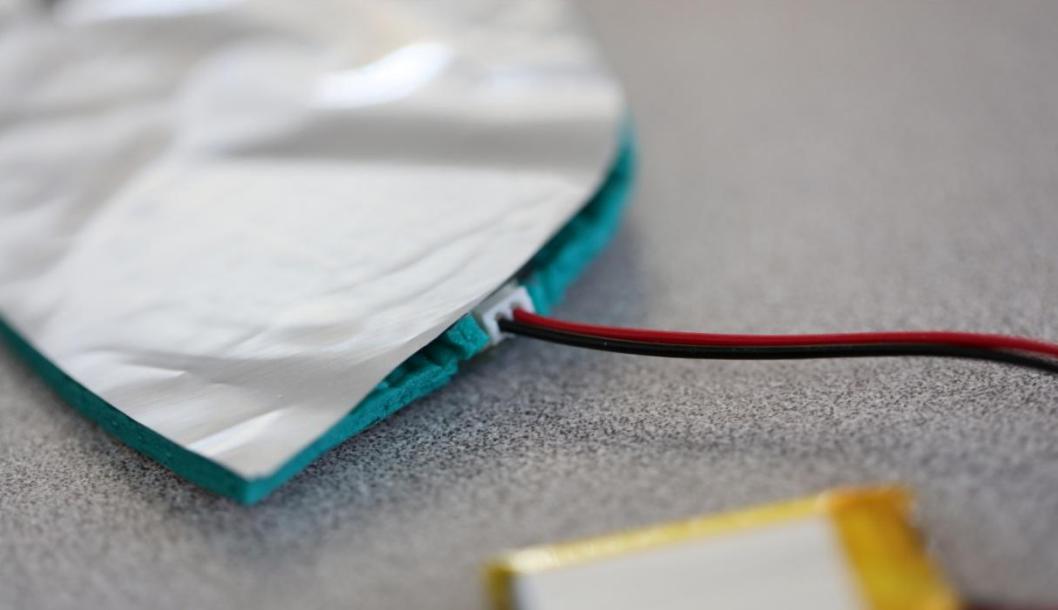
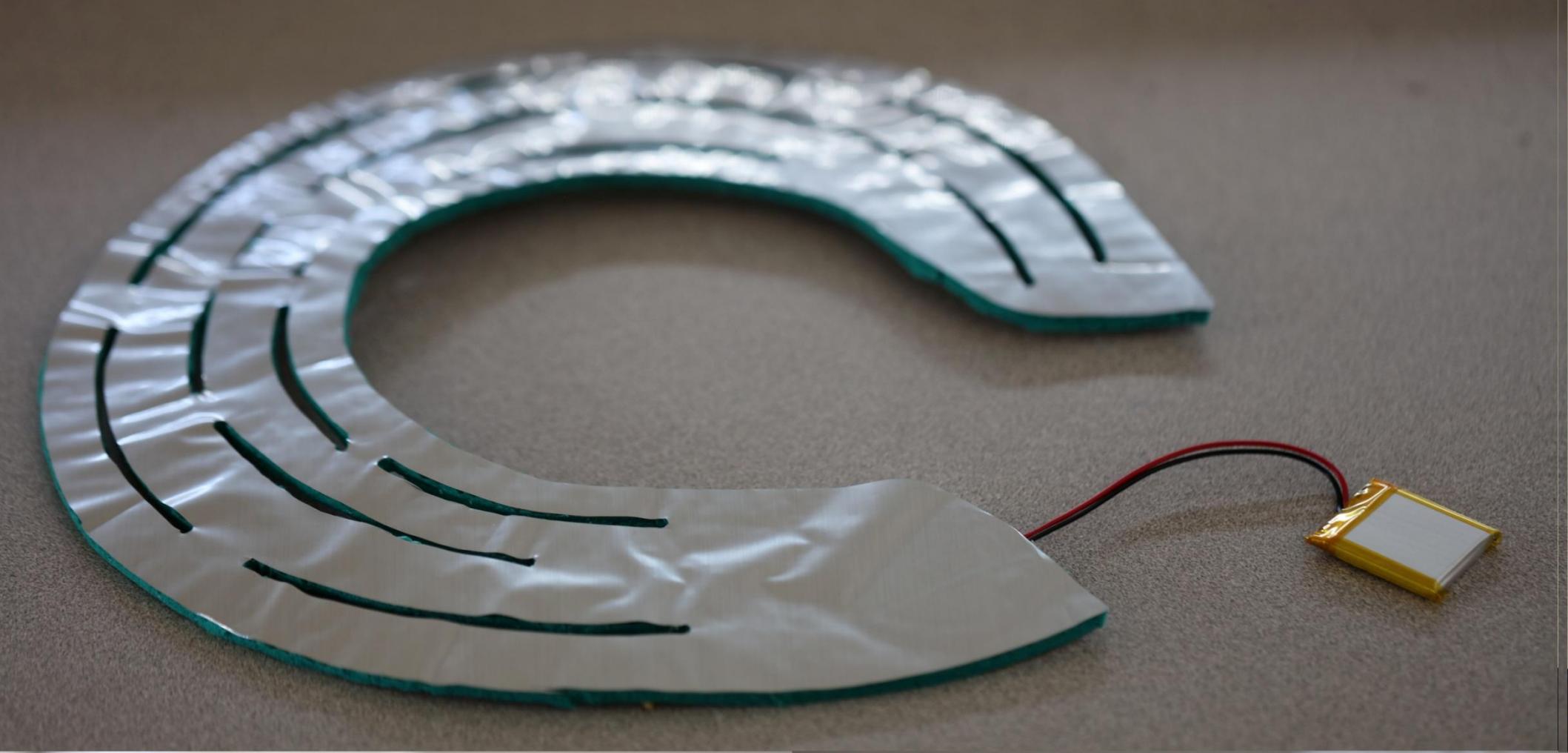
Finding more users to increase feedbacks

Fabric Material

Experimenting with fabrics found in Dressew

Fabric Hardness

Testing with techniques (ex. glue, tape, sewing) for maximum softness



Realize

Feedback: future Improvements



Button - design a button on piece to allow smaller parts of body (ex. hand, feet, etc.) to wear easier

Weight- increase amount of weight to let vibration to be felt faster and with less effort

Own Heart - speed of heartbeat increases the realization and attention in user's healthiness and make design more individualized



Thank-You

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For more informations, please contact
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