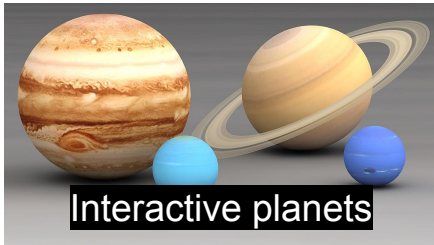
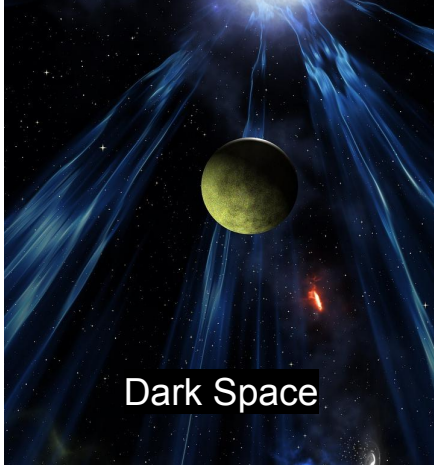


A stylized graphic of a galaxy or nebula. It features a central purple sphere with a blue and white wavy pattern inside. A pinkish-purple ring or band of light curves around the sphere. The background is dark blue with small white stars and a few larger, colorful circular elements (yellow, orange, blue) scattered around.

Stressless Galaxies

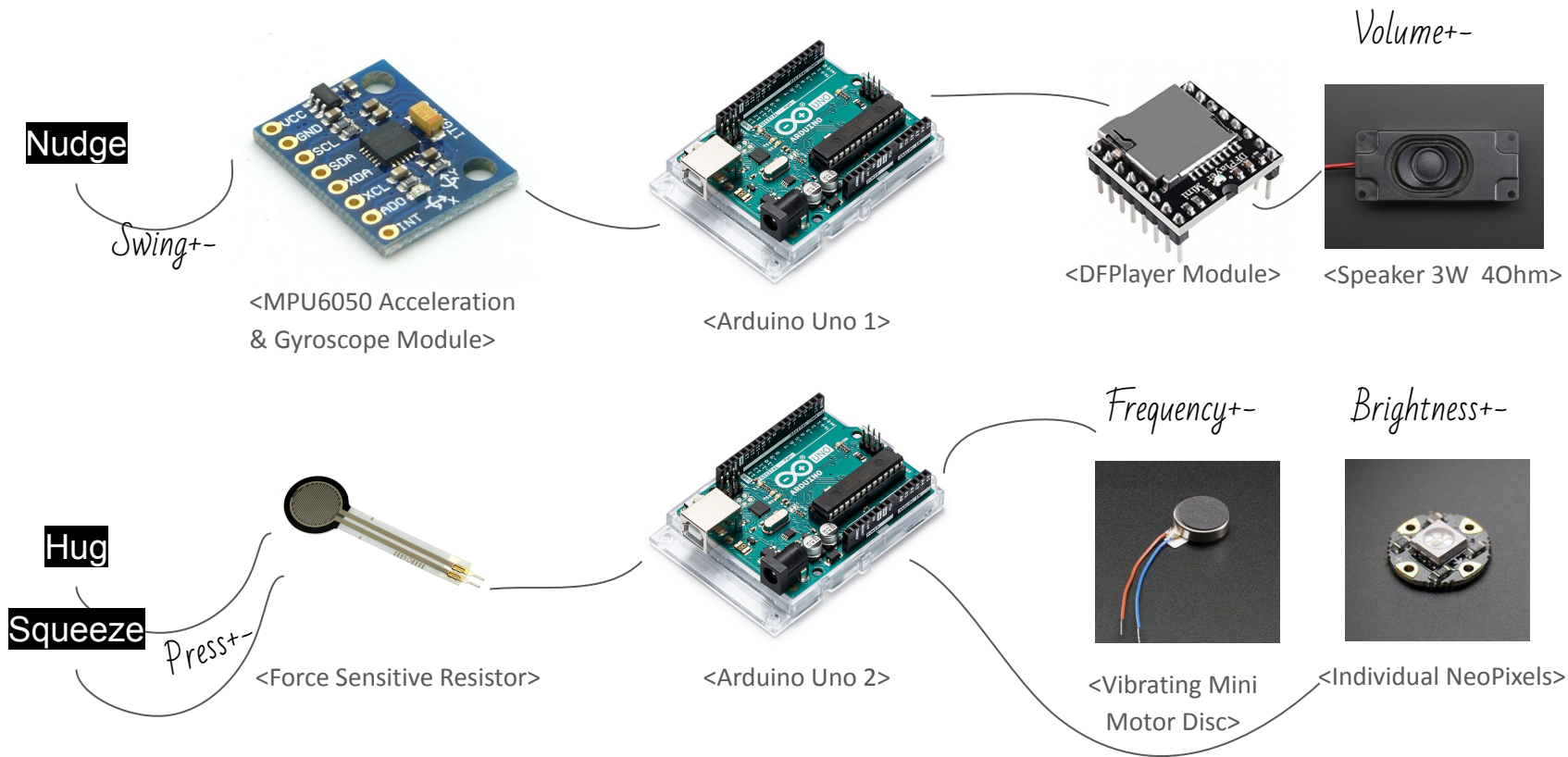
Team MAMI

Concept Recap



- A private space containing soft interactable planets that comfort people's stressful nerves by explorable interactions;
- Focus on young adults that stress out in their lives want to have an escape for a moment;
- Provide continuous reactions in visual, auditory and touch senses;
- Decrease stress, increase happiness!

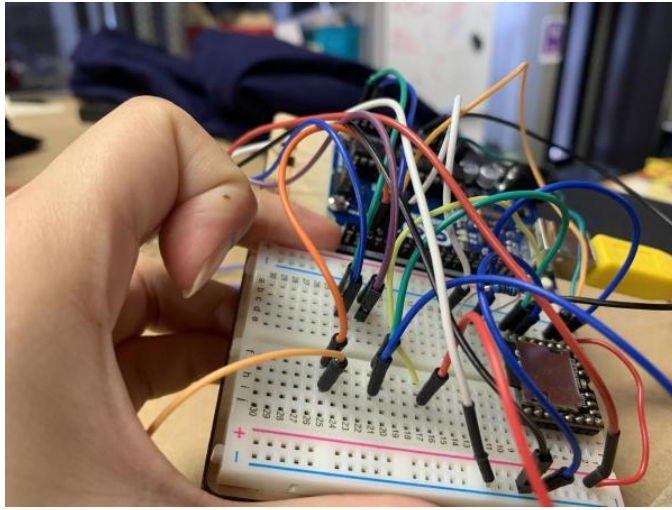
Components of Prototype



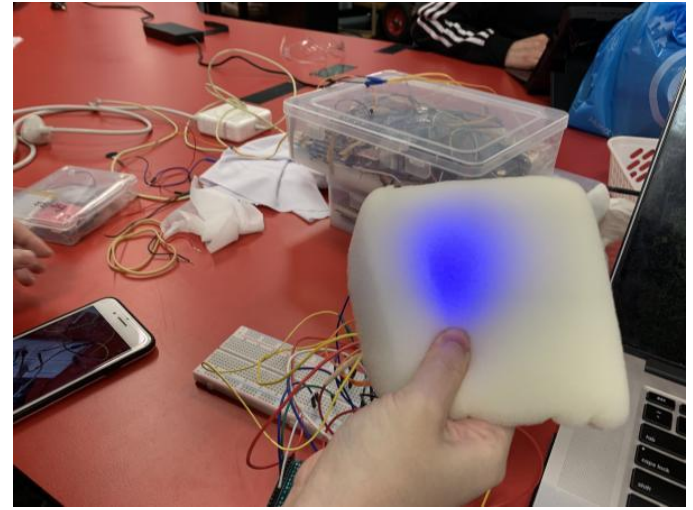
How We Built Our Prototype



Sensors fit in



Connect the circuit



Run and Debug

How We Simulate Our Space



Paper box shell with
curtains



Adjust fixture of interactive objects



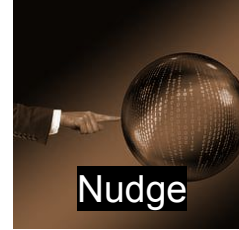
Placing ornaments and
create an atmosphere

Intended User Experience

Small booth with
warm-harted colour scheme



Small booth with
warm-harted colour scheme



Problem Space:

Stress can cause harm to people's mental and physical health, and reduce overall happiness of the society (1). We focus on young adults that stress out in their lives want to have an escape for a moment.

Concept:

The galaxy-schemed zone (6) was intended to drive the user away from the stressful earth. This private space, only allowing one person to get in at one time, will shut down the outer stress (2) from the user.

In here, there are various interactive celestial bodies give out positive emotions(3,4). The user can nudge, hug or even squish the them and receive multi-sensory exposure treatment (5) like .

Related Work:

1. Higher levels of stress lower the levels of happiness in people. (Schiffrin & Nelson, 2008)
2. Distraction that shuts down one emotion (Verduyn et al., 2015)
3. Positive emotions can help adapt stress level by sustaining coping efforts, providing a "breather," and restoring depleted resources.(Folkman & Moskowitz, 2000; LAZARUS et al., 1980)
4. Positive emotions can be generated in three ways: Positive Reappraisal, Problem-Focused Coping methods, and Creation of Positive Events. (Folkman & Moskowitz, 2000)
5. Multi-sensory Exposure Therapy, which uses 3D Visualisation, Surround Sound, and Synthesised Music can help anxiety healing. (Argo et al., 2014)
6. Galaxy Exhibition: Musical pieces are played throughout the venue that change in sequence depending on where the audience member is standing.(Galaxy of Records, 2017)
7. Stress ball enables people to squeeze in order to release stress. (*18 Fidget Toys for Anxiety*, 2021)
- 8.

Video Link:

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