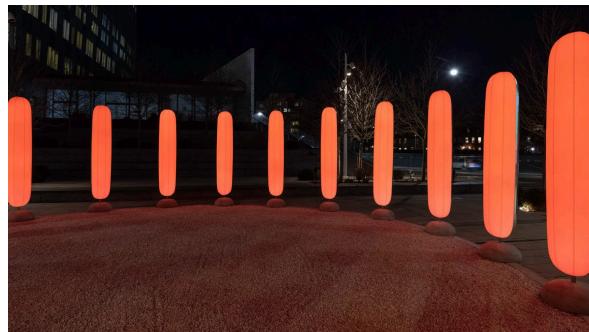


Mood Board for StressLess

Similar Project (Reference List for Mood Board) – Nana

Breathing Pavillion

The public installation known as 'Breathing Pavilion' was created by Ekene Ijeoma in Brooklyn; it is a circle of 20 3-metre inflatable pillars that have pulsing lights within them for people to breathe in sync with (Englefield, 2021). The piece was intended to be a meditative artwork and a response to years of political turmoil, the coronavirus pandemic, and systemic racism. This was especially effective to be placed in Brooklyn, the city known for its busy atmosphere, because just like the rest of the world in 2021, it would have been a pleasant stress reliever for passersby. The piece is located on a corner where many protesters congregated to march in support of the Black Lives Matter movement in the summer of 2020.



Since the death of Eric Garner, who was strangled in a chokehold by New York City police in 2014, "I can't breathe" has been a rallying cry for the Black Lives Matter movement. The artist intended for the piece to be a place of sanctuary in times of hardship and loss, as he felt like he had no time or space to breathe.

The piece is an excellent example of pervasive media, an appropriate response to the uncertainty and conflict at the time, with gentle, soothing digital lights. In our project, we wanted to incorporate the idea of lights as guided breathing. We also liked the soft and calming orange lighting and how it resembles the sun, and wanted to add this sort of thing to our devices as well.

Prana



B-Reel Creative is a creative agency focusing on projects at the intersection of storytelling and technology. The piece consists of a whopping 13,000 white LEDs in a spherical display, letting the user walk in and out as they please (Chang, 2015). The lights have pre-made customised settings that are triggered by the users' breathing patterns. Ben Hughes, the main creative director, stated that the project is "a way to envision the unseen energy of our bodies and augment it in a

really interesting way." The conglomerate of lights is mystical and magical looking. Prana uses a multitude of high-quality sensors that can detect motion and use that to read the person's chest movements to tell their breathing patterns and convert the data into light sequences. This use of pervasive media is fascinating, as it makes something as simple as breathing visible and digital. For our project, we'd also want to have LEDs that imitate breathing patterns like Prana does.

Andetag



Andetag is a large-scale installation of warm-coloured fabric and LEDs to form a maze-like shape. The artwork was designed by Malin and Gustaf Tadaa and held in the Hötorglets subway station in Stockholm, Sweden (Eriksson & Tadaa, 2025). The piece was part of a 50-part series scattered all over the world (in places like New York, Costa Rica, Portugal, etc.) that breathe in sync despite their distance via internet connection. The artists used fibre optics woven into

textile fabrics containing thousands of tiny programmed LEDs to create the illusion of 3D clusters glowing in the dark. Tadaa aimed to make a setting where visitors might feel the relaxing force via art because throughout his life, he'd used his breath to connect with himself and overcome obstacles. The installation is a very interesting way to experiment with the connectivity of the natural world and the digital. As well as that, the exhibiting of the unseen action every day and making it communal through technology is a great example of pervasive media. Our goal for our device is to make the user feel more relaxed both through visuals and guided breathing.

Xth Sense

Marco Donnarumma is a sound and performance artist who created the musical instrument Xth Sense; a biophysical instrument that amplifies sounds made from the wearer's heartbeat, blood, and muscles in real time and transforms them into music, a visual display, or light (Donnarumma, 2011). Donnarumma made this in 2010 and has used it in every single performance since, whether that be art installation or dance theatre productions or more. The XTH Sense's basic premise is to treat the human body as a full instrument in and of itself, rather than "interfacing" it with an interactive system. The XTH Sense goes beyond the paradigm of the user interface by capturing sound matter and control data directly from the performer's body. There is no apparent mediation between body movements and the resulting music because the raw sonic material originates within the fibres of the body, and the sound manipulations are driven by the vibrations of the performer's muscle tissue. Xth sense is a perfect way to augment natural sounds that the body makes to produce new media.



Our device will also be worn around the wrist to take in the wearer's heart rate. This will then give a guided breathing exercise based on the stress levels calculated from the heart rate.

Cable Wristers

Danielle Holke produced a set of LED cable-knit wristers as a fun experiment between technology and knitting (Holke, 2014). After making the knitted wristers, she realised she wanted to add something to them and finally settled on LED lights after coming across a pack of fairy lights on Amazon. The added light in the wristers was not only for decorative motives but also for functionality; because of the fairy pack being connected to a small battery pack, they also act as a sort of torch at the same time. The integration of technology into an everyday object makes this device very pervasive. From this project, we appreciated the combination of knitting and LEDs and wanted this within our wearable as well, but perhaps with embroidery rather than knitting, as we had more experience with it.



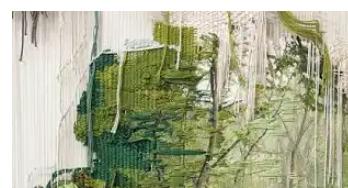
MiMU Gloves

MiMU gloves are gloves that capture the movements of your hand and use their custom software to map combinations of your postures and gestures to control musical messages (MIDI or OSC), which can then be routed to music software (Freire, 2024). The gloves have flex sensors to detect hand motions and then use LEDs as visual feedback, and the MiMU software converts the hand movements into musical signals; this means that during musical performance, the music playing is adjusted to the performers' actions. The gloves were designed by a team led by singer-songwriter Imogen Heap and used by lots of popular artists like Drake and Ariana Grande. The use of MiMU gloves gives the musician an extra layer of engagement and simulates playing a real instrument. This can be helpful for users with accessibility needs. We want our device to have LEDs as a visual display, like how they have done here.



Circuit Playground

ZSK are an e-textile company that makes embroidery machines that can be used to embroider around sensors. They created this musical circuit playground using conductive thread, touch sensors and a mini circuit board. The silver rectangles at the bottom represent different piano keys and allow the user to "play the piano" by pressing on them, with sound coming from the speaker in the circuit and a light indicating the sensor is working (Torrone, 2019). The digital recreation of a real instrument makes this a good



example of pervasive media. The combination of sensors and embroidery is what we want for our project.

Ana Teresa Barboza

Ana Teresa Barboza is a Peruvian textile artist, with most of her work consisting of handcrafted techniques like embroidery, knitting and patchwork (C& América Latina, 2023). She recreates landscapes and other natural elements and pushes the physical boundaries of the frame, creating pieces that fall somewhere between tapestry and sculpture. Certain pieces of hers combine photographic digital print and embroidery of wool fabric and alpaca fur to create a mixed-media landscape. She's known to often use organic matter, like botanical matter, in her work. Her stitches are short and thick, creating a woven basket- or rug-like texture. We liked how she creates landscapes with her embroidery and contemplated using this within our own embroidery. We also like how she uses short stitches to create a woven effect and also wanted to do something similar.

Mood Board

