

ISEA2017
23rd INTERNATIONAL SYMPOSIUM ON ELECTRONIC ART
XVI INTERNATIONAL IMAGE FESTIVAL
LEARNING CALL

1. Title

Visualizing Anxiety

2. Duration (only workshops and tutorials)

Half day ____ Full day ____

3. Organizers and presenters' names and affiliations

Sophie Maquiling, University of California, Davis

4. Abstract (ready for diffusion). 200 words maximum.

Though anxiety originates in the mind, it is often the physical symptoms of anxiety that interfere with daily life. Common techniques that those experiencing anxiety are counseled to use include controlled breathing and meditation, breathing exercises that involve changing fast-paced, shallow breathing to deeper, slower breaths that help reduce heart rate and other physical symptoms. In "Visualizing Anxiety," a visualization of breathing patterns collected through a microphone aim to empower the user to take control of the physical symptoms of their anxiety in a way similar to controlled breathing and meditation. The objective of "Visualizing Anxiety" is to allow users to first notice and realize the physical symptoms of their anxiety through visualization, then encouraging them to positively change these symptoms through an interactive component.

5. Rationale, instructional methods, and description

Controlled breathing, meditation, and other exercises are physical experiences that allows people to take control of their mental experiences. My project is made up of two parts: a visualization, with the goal of having users *recognize* symptoms of anxiety, and an interactive component, with the goal of having users *take action* to relieve symptoms of anxiety.

I chose to respond to the theme of "Bio-Creation and Data" by creating an experience that allows users to

interact with their own biological data: in this case, the physical symptoms of anxiety (fast heartbeat, shallow breathing, etc.). By collecting personal data such as breathing patterns through computer, smartphone, and headset microphones and portraying them in a tactile and manageable way, I aim to make the user feel empowered and in control of their anxiety.

6. Plan to solicit participation (only workshops and tutorials)

7. URL of website (only workshops and tutorials)

sopmaq.github.io/des157/project/final

8. Technical Rider. Please provide the requirements (technological equipment, materials and characteristics of space) (only workshops and tutorials)

9. Biographies of the Author(s).

Sophie Maquiling is a third year studying Design and Computer Science at the University of California, Davis.

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Abstract: Though anxiety originates in the mind, it is often the physical symptoms of anxiety that interfere with daily life. Common techniques that those experiencing anxiety are counseled to use include controlled breathing and meditation, breathing exercises that involve changing fast-paced, shallow breathing to deeper, slower breaths that help reduce heart rate and other physical symptoms. In “Visualizing Anxiety,” a visualization of breathing patterns collected through a microphone aim to empower the user to take control of the physical symptoms of their anxiety in a way similar to controlled breathing and meditation. The objective of “Visualizing Anxiety” is to allow users to first notice and realize the physical symptoms of their anxiety through visualization, then encouraging them to positively change these symptoms through an interactive component.

Keywords: visualization, anxiety, breathing, respiratory rate, microphone

Sub-themes: Please select one or more sub-themes

Bio creation & data

Critical perspectives on the use of technology for peace

Media art, landscape and heritage

Interdisciplinary platforms for coexistence

The cultural dimensions of bio-creation and peace

Design, Art, Science, and Technology