

## A GLASS OF WATER - HCI ASSIGNMENT-3

ONCE UPON A TIME, A PSYCHOLOGIST WAS  
TEACHING STRESS MANAGEMENT TO AN  
AUDIENCE

SHOT-1

SHE RAISED A CUP OF WATER  
AND ASKED EVERYONE

SHOT-2

HOW HEAVY DO YOU THINK THIS  
GLASS OF WATER IS ?

SHOT-3

EXPECTING ANOTHER HALF-FULL/ HALF  
EMPTY QUESTION,  
THE CROWD GAVE VARIOUS ANSWERS  
FROM 50GM TO 400GM

SHOT-4

BUT SHE SAID THE ABSOLUTE WEIGHT  
OF THE GLASS DOESN'T MATTER

SHOT-5

IT ACTUALLY DEPENDS ON HOW  
LONG I HOLD IT

SHOT-6

A MINUTE WON'T BE A PROBLEM  
AFTER AN HOUR, I MIGHT FEEL  
A DULL ACHE  
IF I HOLD IT A DAY, MY ARM WOULD  
FEEL PARALYZED

**SHOT-7**

BUT....

**SHOT-8**

THE WEIGHT OF THE WATER NEVER  
CHANGED  
THE LONGER I HOLD,  
THE HEAVIER IT FELT

**SHOT-9**

THEN SHE SAID, THE STRESSES AND  
WORRIES OF OUR LIFE ARE JUST  
LIKE THE CUP OF WATER.

**SHOT-10**

THINK ABOUT THEM FOR AWHILE  
NOTHING HAPPENS  
THINK ABOUT THEM LONGER,  
IT STARTS TO HURT

**SHOT-11**

THINK ABOUT THEM ALL DAY  
AND YOU'LL FEEL PARALYZED  
AND HELPLESS

**SHOT-12**

IT'S IMPORTANT TO REMEMBER TO LET  
GO OF YOUR STRESSES. DON'T CARRY  
THEM FOR HOURS AND DAYS  
AND MONTHS.

**SHOT-13**

REMEMBER TO PUT DOWN  
THE GLASS!

**SHOT-14**

**THANK YOU**