Breathing friend
ANTI-STRESS DEVICE

COOPERATION BETWEEN DEPARTMENT OF INDUSTRIAL DESIGN AND DEPARTMENT OF COMPUTER GRAPHICS AND INTERACTION

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1. CONTEMPORARY PROBLEM

LOT OF WORK
TIME PRESSURE
CHILDREN AND FAMILY
BUSY

STRESS
1. CONTEMPORARY PROBLEM

RESEARCH BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION 2013

- LIVING WITH EXTREME STRESS: 33%
- STRESS INCREASED THE LAST FIVE YEARS: 48%
- LAYING AWAKE AT NIGHT DUE TO STRESS: 48%
- STRESS CAUSED BY MONEY AND WORK: 76%
2. OUR BODY AND STRESS

SHALLOW IRREGULAR BREATHING ➔ LESS OXYGEN IN BRAIN ➔ SYMPTOMS OF STRESS

SWEATING
HIGH PRESSURE
FASTER BREATH
3. IDEA

CORECT BREATHING

1:2 INHALATION/EXHALATION
CALM BREATH 12/MIN
RELAXATION BREATHING 6/MIN
3. METHOD

ADAPTATION

CTU in Prague | ANTI-STRESS device  Breathing friend
4. FIVE SENSES

HAPTIC
5. TARGET GROUP

- WOMEN WHO WORK FULL-TIME
- WITH CHILDREN UNDER THE AGE OF 13
- NEARLY ONE IN FOUR THOSE MOTHERS FEEL STRESS ALMOST EVERY DAY
6. DESIGN PROCESS

SHAPE MADE OF CLAY, PLASTER, SILICONE
6. DESIGN PROCESS

3D SCAN, PC
6. DESIGN PROCESS

BREATH MOVEMENT
7. PROTOTYPE
8. FIRST TESTING

SURVEY WITH FIVE PARTICIPANTS

WOMAN
AGE ~30-50
FULL TIME JOB
WITH CHILDREN

- NO FURRY SURFACE
- DIFFERENT COLOUR
- SMALLER
- DISTRUST
9. DIARY TEST

TWO WEEKS WITH Bf AT HOME

WOMAN
AGE ~30-50
FULL TIME JOB
WITH CHILDREN

- DIFFERENT BREATHING FREQUENCY
- LITTLE USE IN WORK
- IT IS GOOD BEFORE SLEEP
- LESS DISTRUST
- LITTLE TIME FOR USE
10. FUTURE WORK

- TESTING WITH PSYCHOTHERAPISTS
- FOCUS ON PANIC ATTACKS
- SIMPLIFY MACHNICAL PART
- DIFFERENT TARGET GROUP
THANK YOU FOR YOUR ATTENTION

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