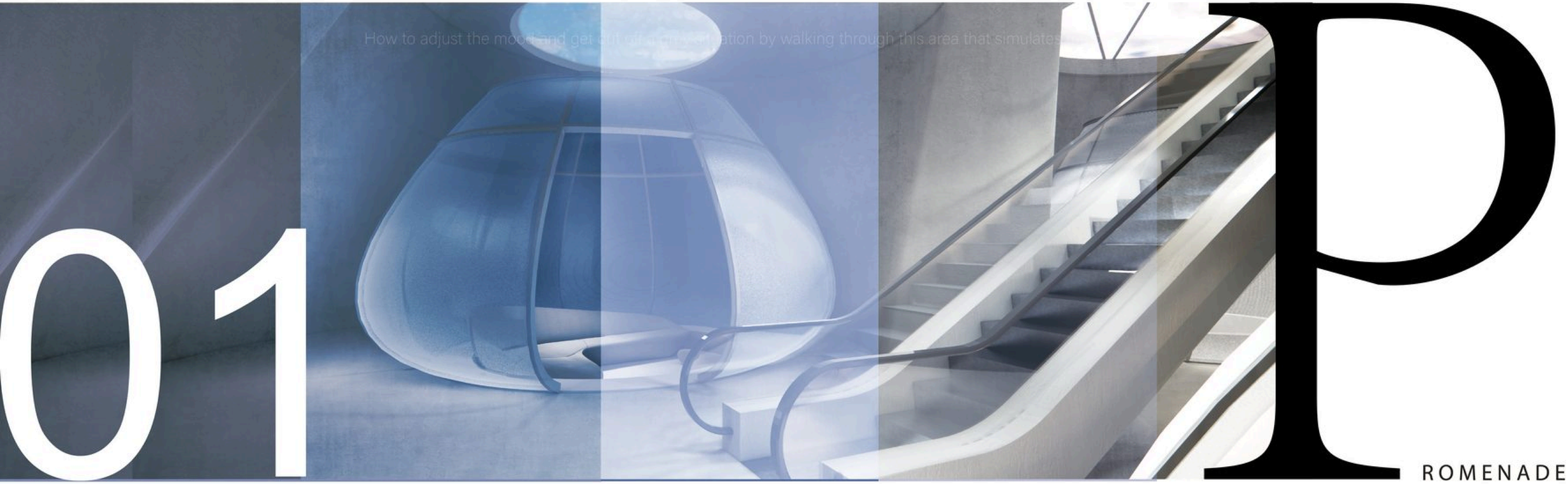
01 Emotional Therapy Promenade:

How to adjust the mood and get out off a grey situation by walking through this area that simulates the patient's mind

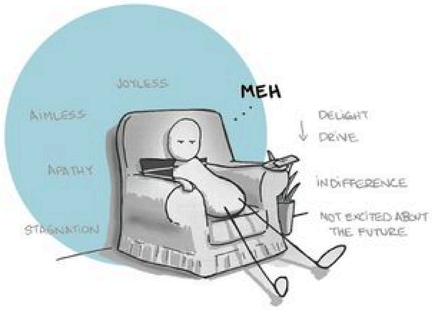


01 INSPIRATION

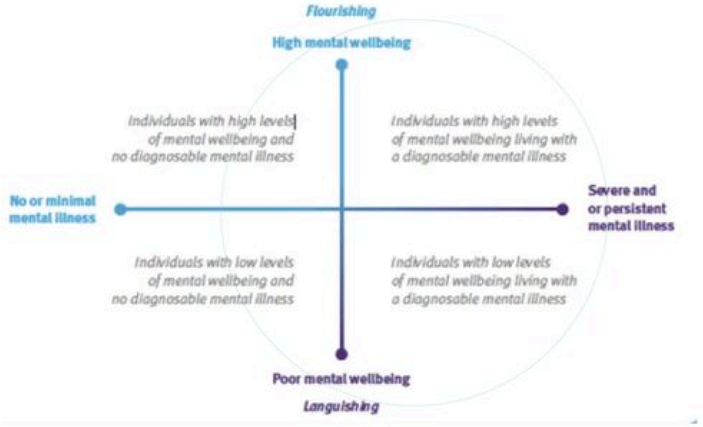
HOW TO ADJUST THE MOOD AND GET OUT OF THE GREY SITUATION?

In the context of the pandemic, most people are in a state of non-depressed but tired and anxious. This state of affairs continues to circulate for a long time, making it difficult for people to get out, which has seriously affected the quality of life and economic development of contemporary people.

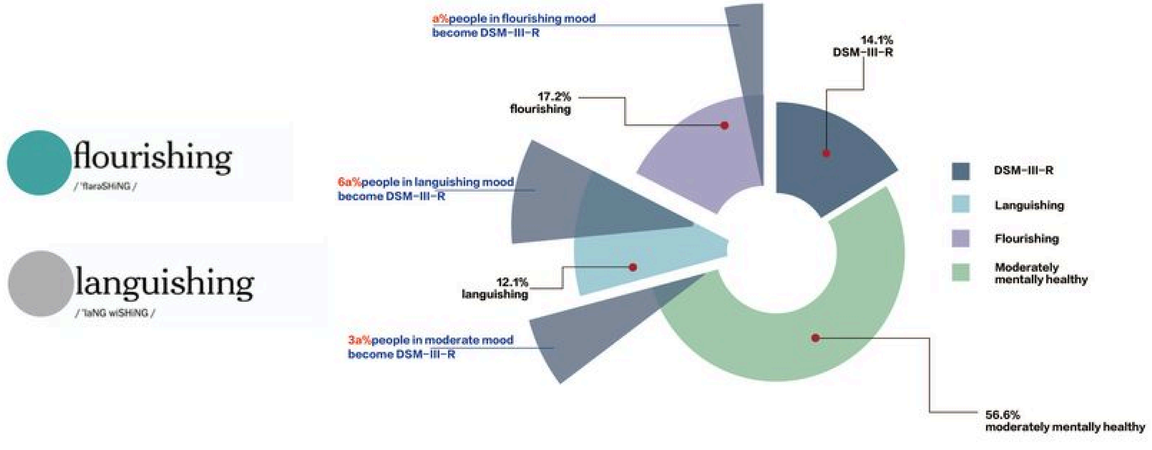
INSPIRATION



Definition



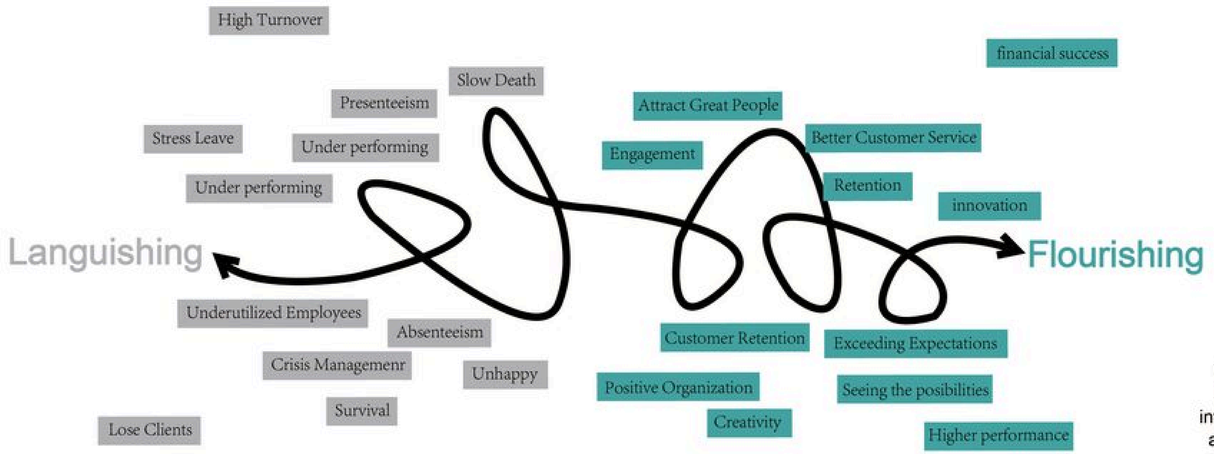
DATA ANALYST



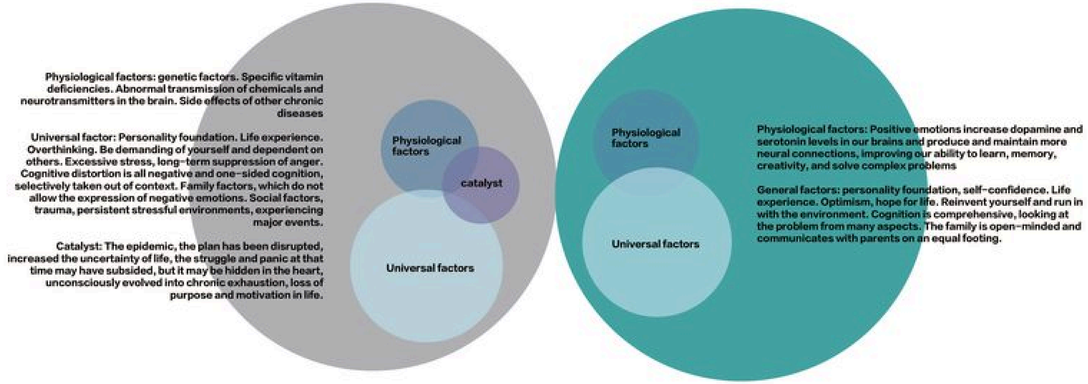
Global distribution of the number of depressions

01 RESEARCH

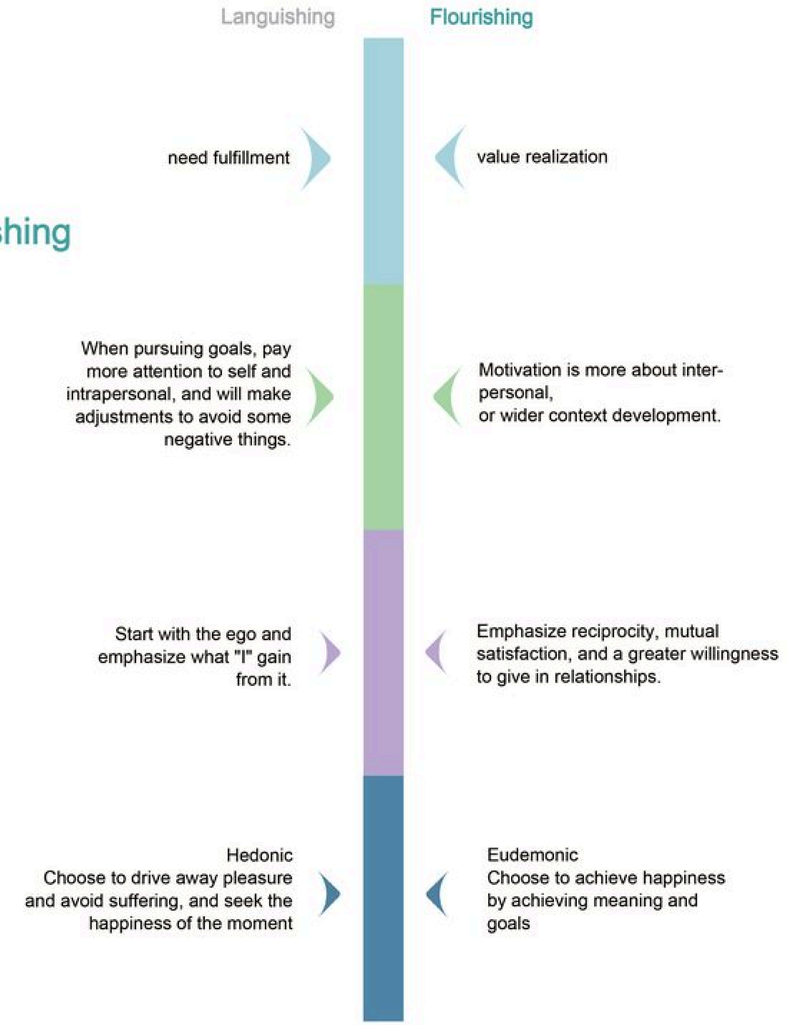
The contrast between languishing and flourishing people and the difference in the environment in which they live, and the reasons for this difference.



Environment

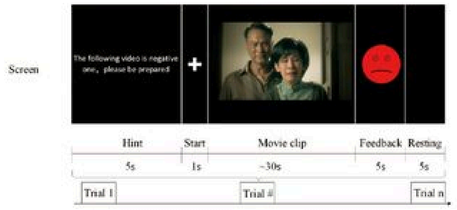


Motivation



Quotation

Researchers can identify human emotions based on electroencephalogram (EEG) signals.
The researchers presented two types of video clips representing positive and negative emotions to participants, while collecting and processing EEG data.
Ten healthy subjects participated in the experiment, and the average accuracy rate online reached 91.5% ± 6.34%. The experimental results show that the system has sufficiently induced the subjects' emotions and effectively identified them.



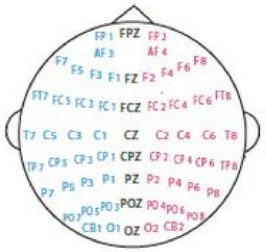


Fig. 1. The EEG cap layout for 62 channels

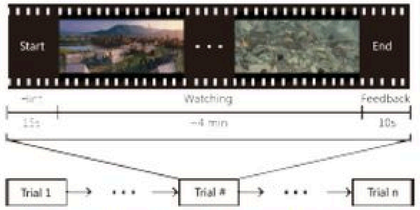


Fig. 2. The protocol used in our emotion experiment

01 RESEARCH

The system was tested on 10 healthy subjects and the results proved the effectiveness of the system. Later, 8 DOC patients were tested, and it was found that the emotions of the patients could be induced and detected. The experimental results showed that neural signals and stable EEG patterns associated with positive, neutral, and negative emotions did exist.

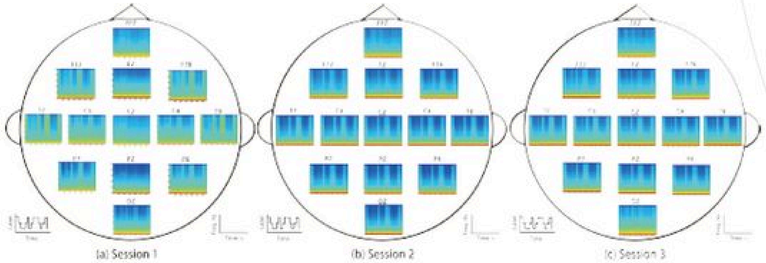
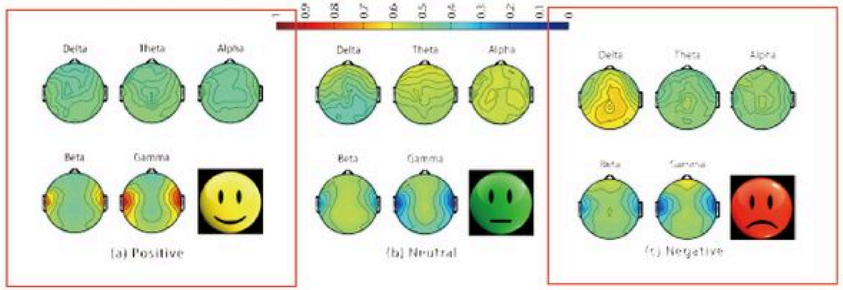
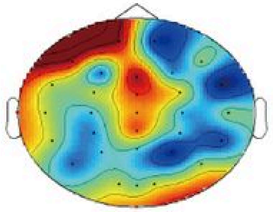
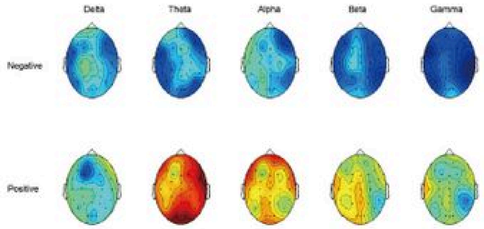


Fig. 6. The average spectrogram over subjects for each session at some electrodes, which shows the stable neural patterns over time in temporal lobes and high frequency bands. (Red color indicates high amplitude.)

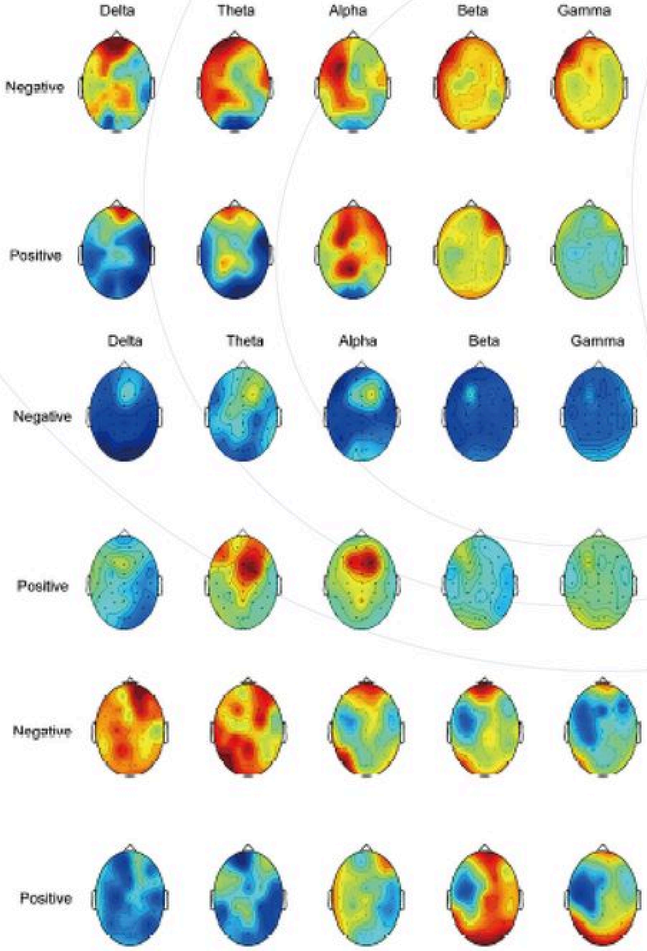




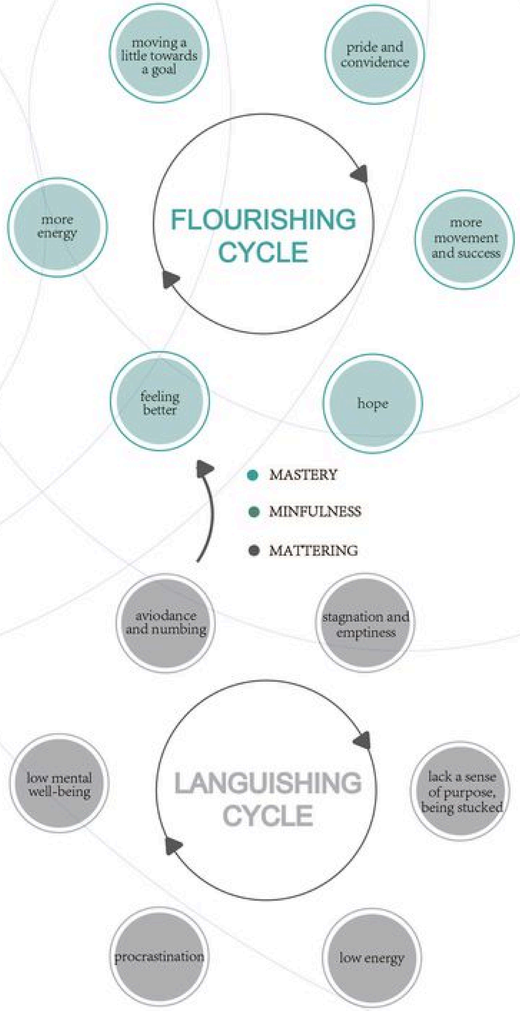
(a) Weight map



(b) Topographical maps of the averaged DE features



HOW TO CHANGE INTO A BETTER CYCLE

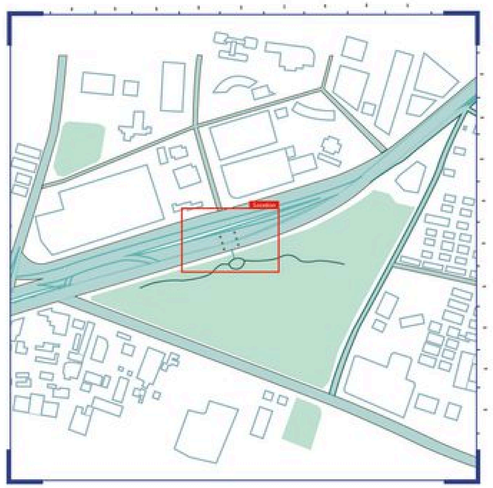


01 SITE ANALYSIS

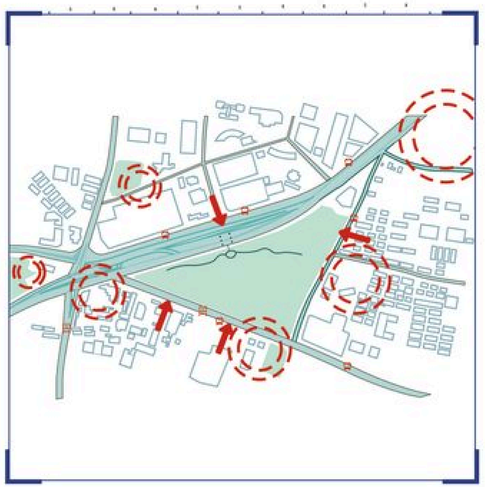
XINHONGQIAO CENTRE PARK, SHANGHAI, CHINA

XINHONGQIAO CENTRE PARK

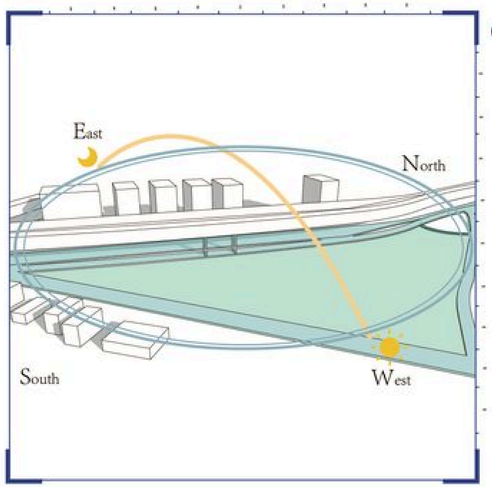
New Hongqiao Central Park is located in Changning District, Shanghai, close to Hongqiao Airport. Convenient transportation, moderate flow of people, located near residential areas. I plan to design such an emotional experience space at the entrance of this park, under the viaduct. Under the viaduct is a gray area like languishing, designed to allow people to get out of the gray mood through this space.



Chosen site



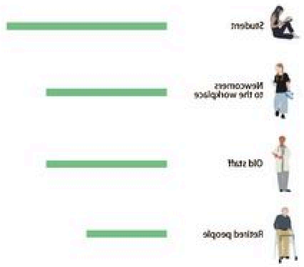
Urban density
Accessibility



Orientation

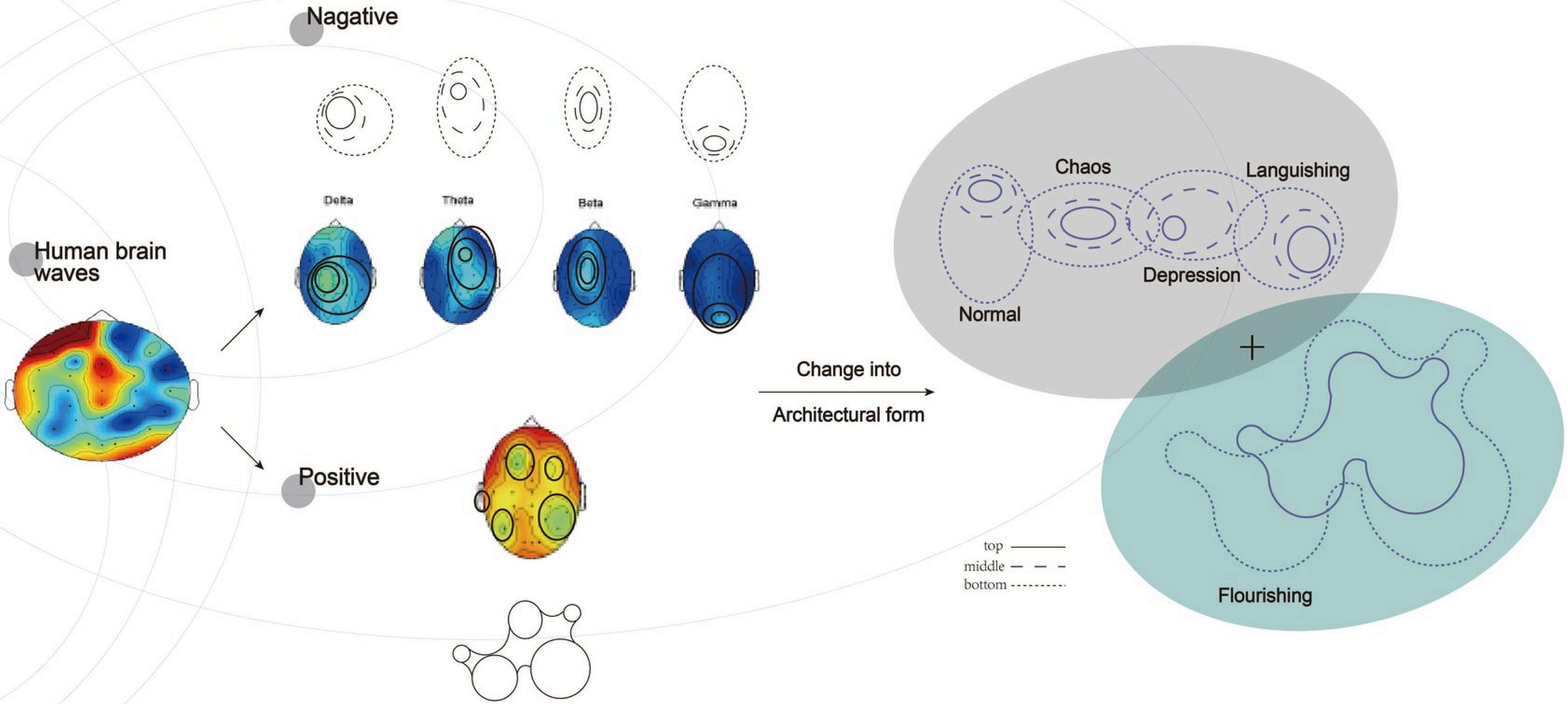
Landscape
Surrounding view

TARGET CLIENTS



01 CONCEPT

Through languishing and flourishing crowds of different brainwaves, I crystallize them into a graphic language that serves as the basis for my design

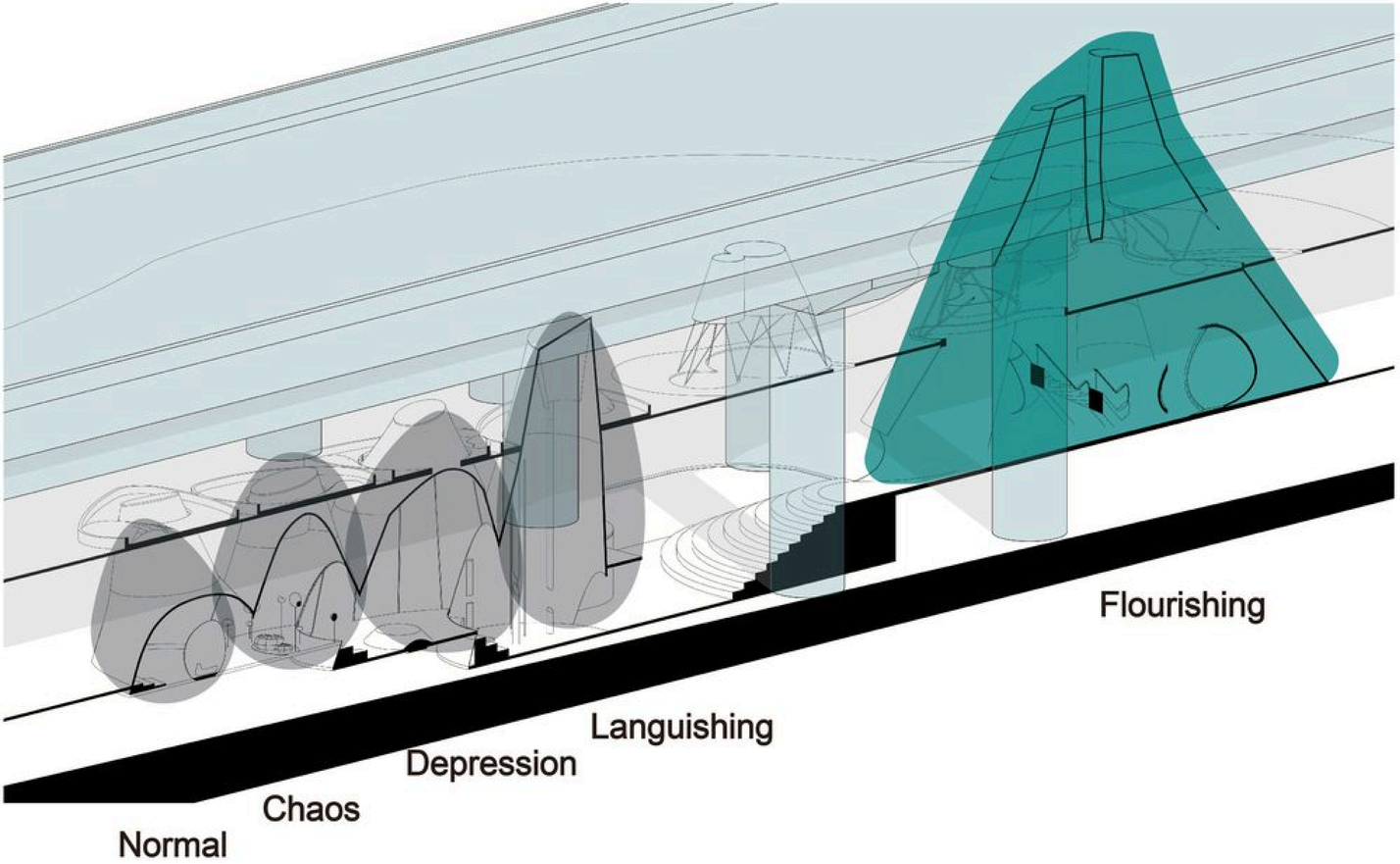


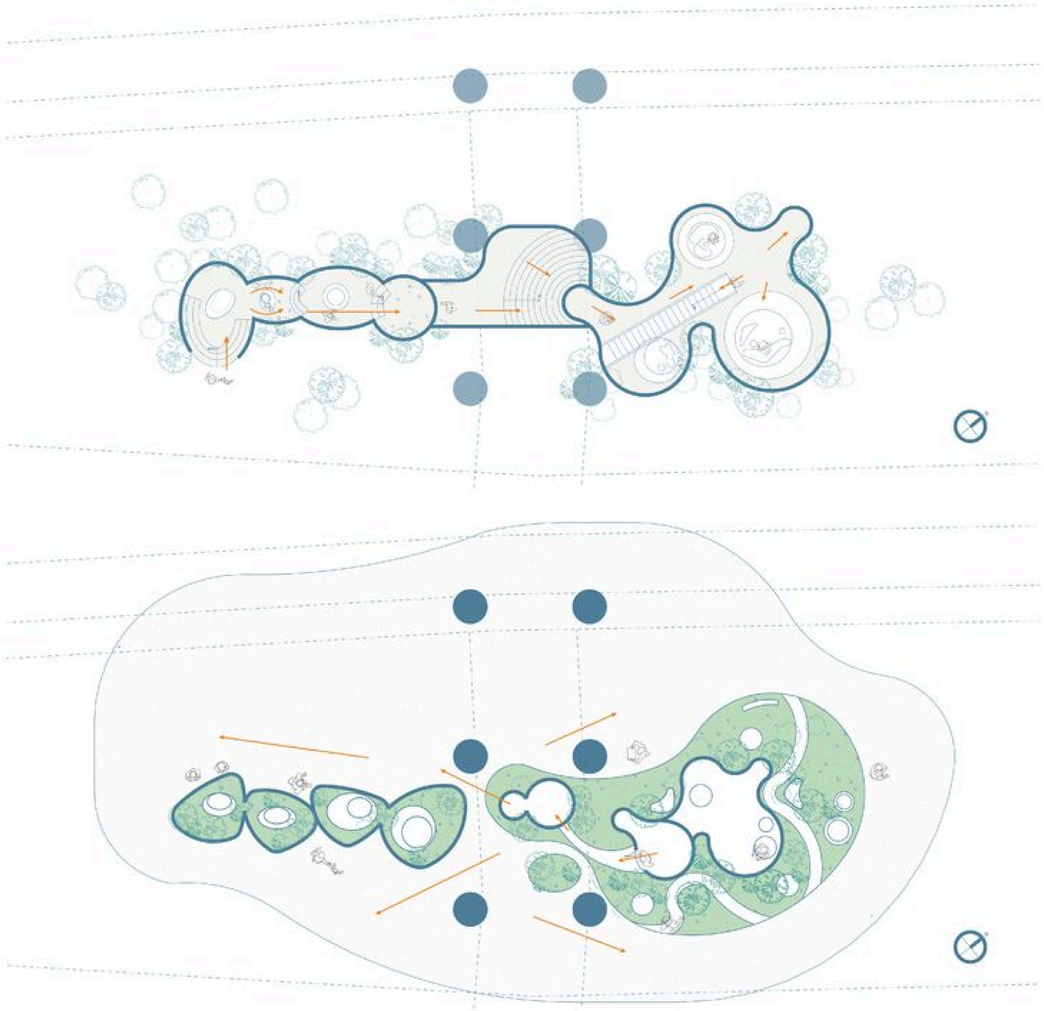
01 FLOOR PLAN

The whole space has four parts, up, down, left and right, corresponding to different moods and functions

This is a space that circulates

On the left is the state they experienced before the languishing state. Their state is getting worse and worse from normal, and the space is also sinking. With the improvement of their mental state, they came to a relatively open flourishing space. This space has various light-transmitting materials, which makes the whole space look brighter. Every bubble on the first floor is a psychological mediation room. People who are languishing Get psychological counseling from here, and then walk up to the second-floor platform to rest and heal.

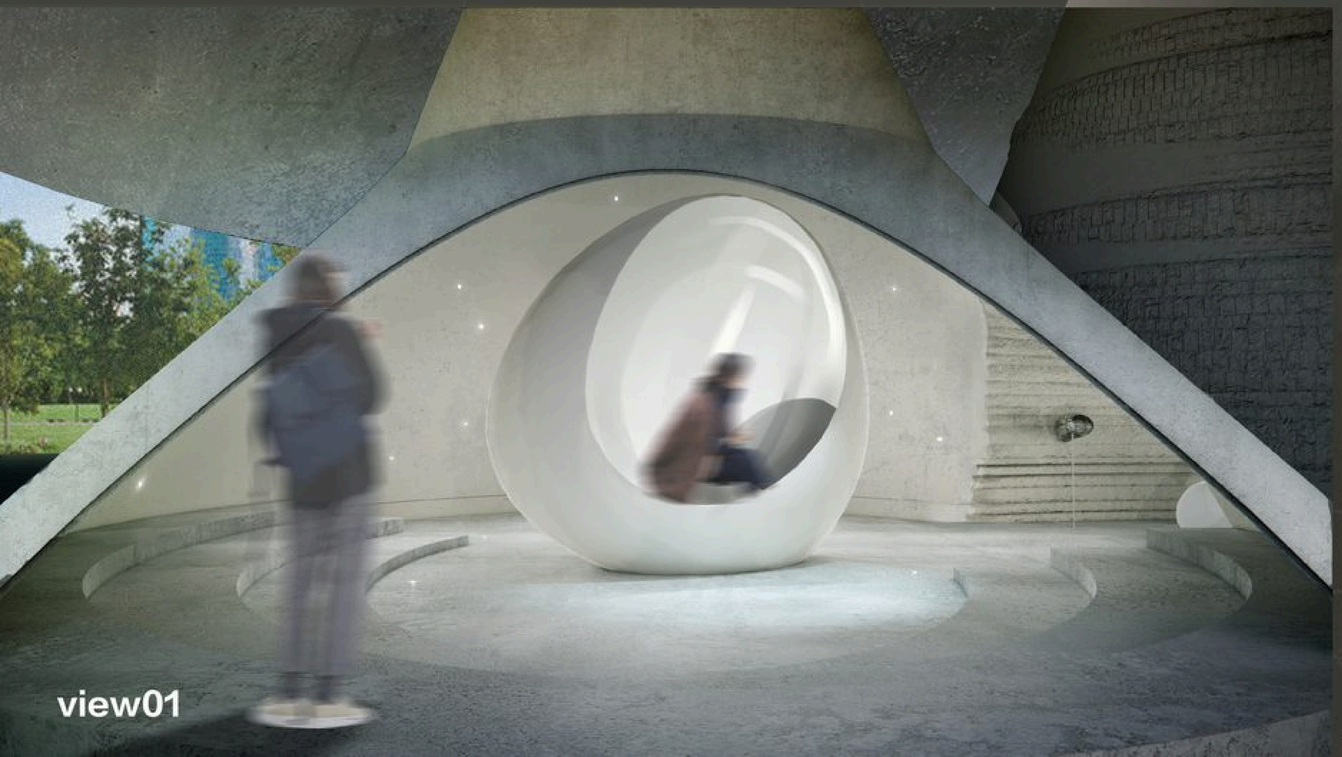




01 FLOOR PLAN

Normal and chaos space

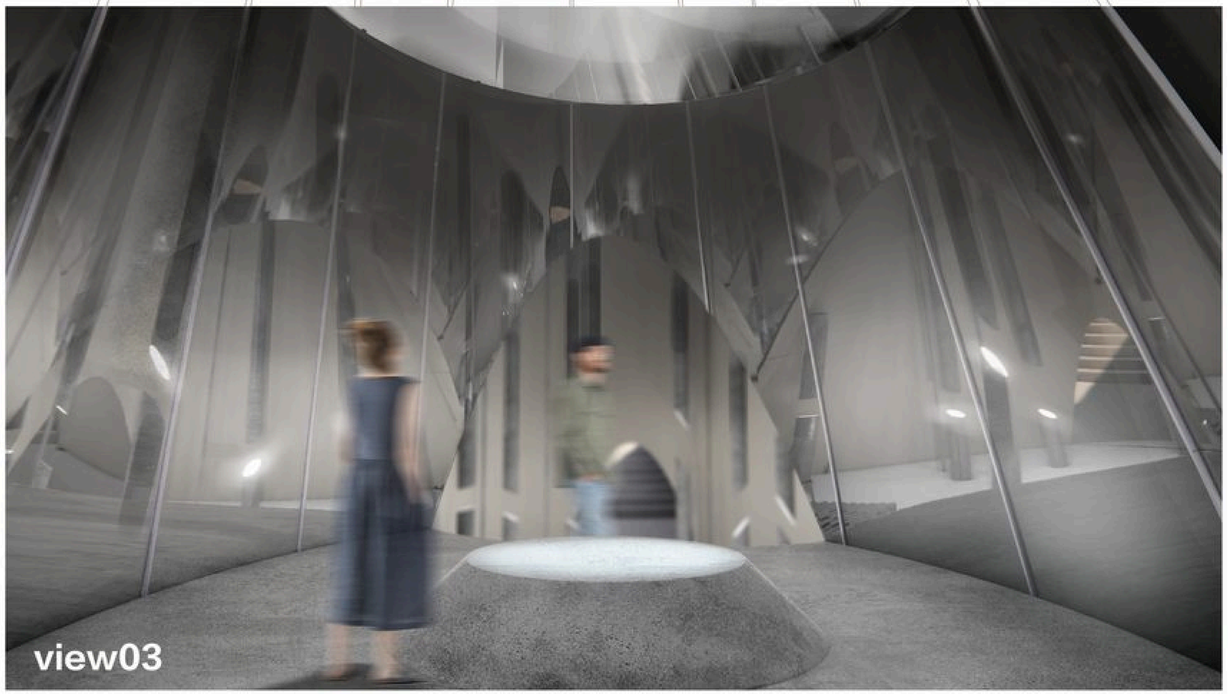
The first space represents the heart of a person in a good state of mind. The egg-shaped space in the middle is like an oxygen chamber, where people can adjust their hearts and achieve psychological stability when encountering difficulties.



When emergencies such as the epidemic occur, people cannot handle all the messy things, so their oxygen chambers begin to collapse, reflected in the space as broken mirror balls in mid-air, playing a chaotic song The reason is that visitors sit quietly in the wreckage of the middle oxygen chamber and feel the impact of the chaotic space.

01 FLOOR PLAN

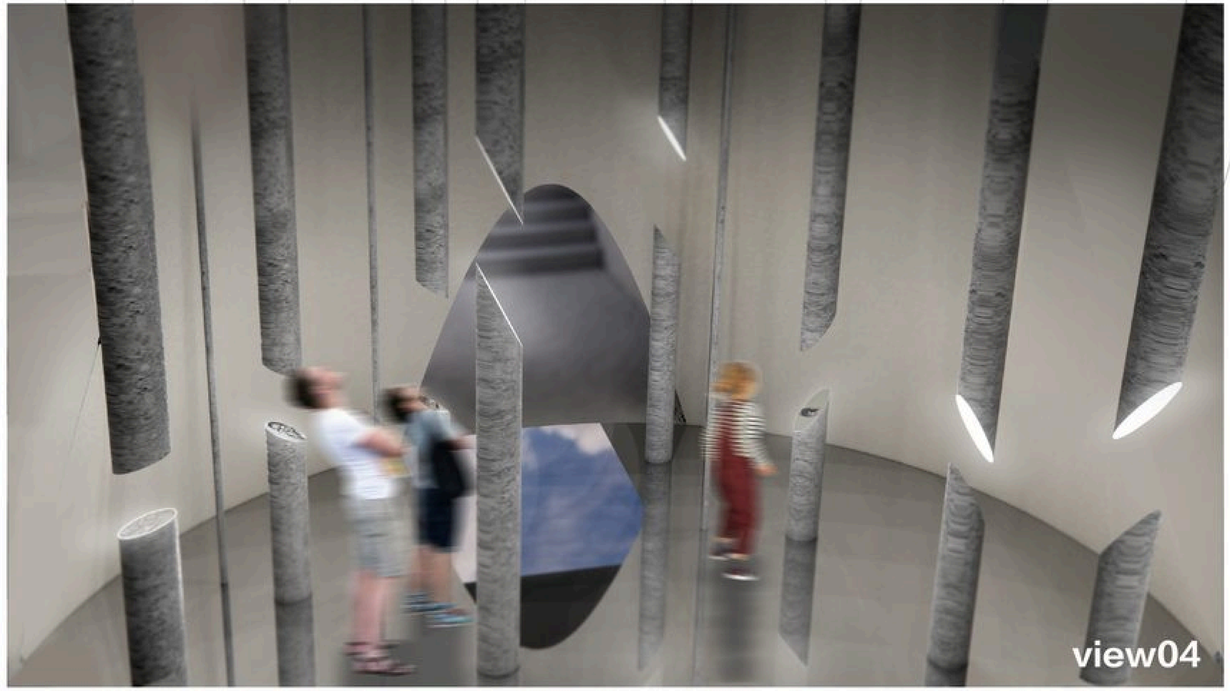
Depression and languishing space



In the past three years, the outside world has brought a lot of pressure and chaos, and everyone has experienced the time when the plan was disrupted more or less. The feeling of struggle and panic at that time may have subsided, but it may also be hidden in the bottom of my heart and unknowingly evolve into a state of chronic fatigue. If you have experienced great sadness or been hit continuously, you will become less optimistic about the future, and even more so. A state that has the potential to become languishing.

At this time, the oxygen chamber in the space no longer has a specific shape, but has become pillars leading to the top. There are many, but chaotic, and people cannot reconnect with the outside world through these pillars.

The led screens on the section of the pillar play the things that people associate with when they feel languishing. It feels like you're drifting through the day, watching your life through a foggy windshield.



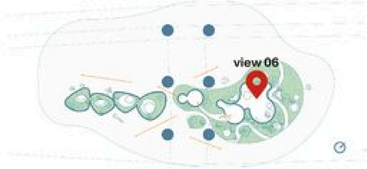
When people are depressed, they experience sadness, restlessness, and emptiness. They may feel so out of fun or interest in the activity that they are standing in a mirrored space, seeing only themselves and refusing to respond positively to the outside world.

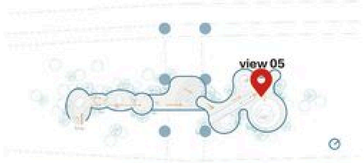
At this time, the oxygen chamber turned into a trumpet and hangs upside down at a very high place in the upper part of the space, making it difficult to breathe.

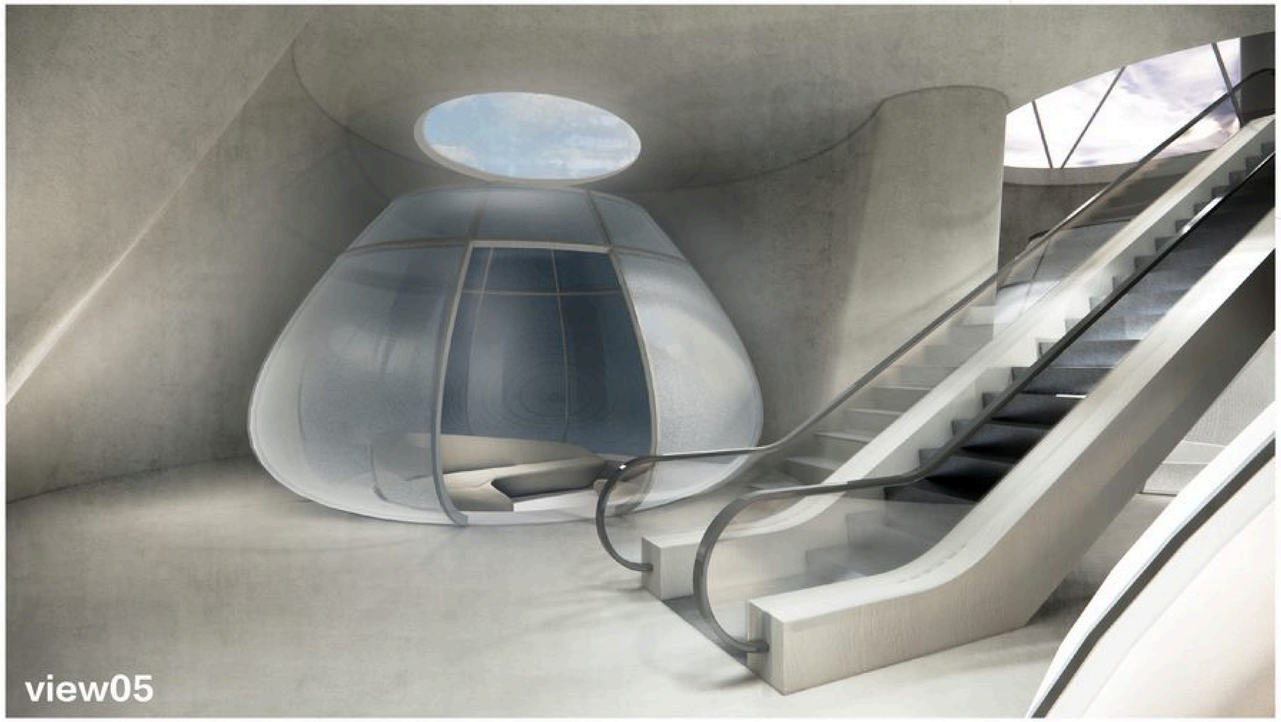
01 FLOOR PLAN

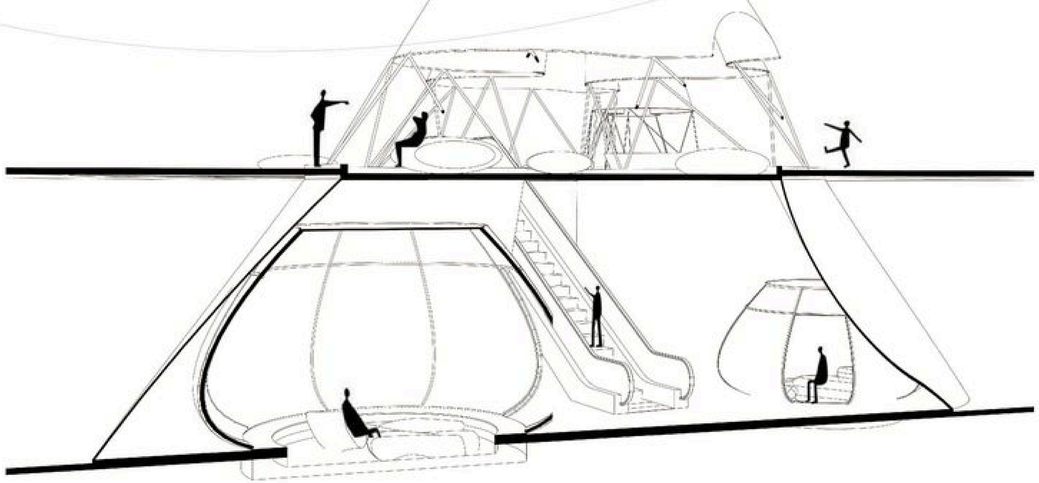
Healing space and second floor

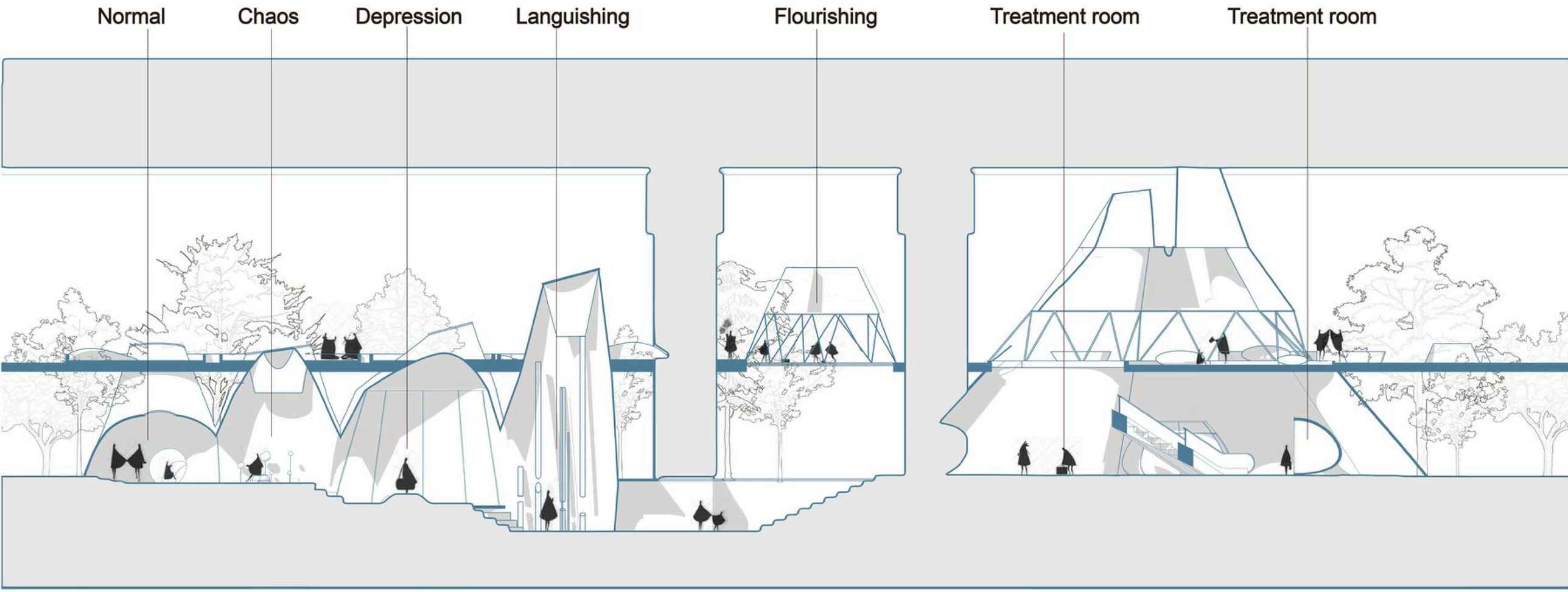
In the blooming space, everything seems to have light.
There are three bubble-like psychological mediation rooms on the first floor. People who experience languishing enter here, find a comfortable position to sit down, and receive counseling, which is a kind of physical and psychological comfort.
The second floor is an outdoor space full of greenery and hope, where people rest, breathe oxygen, and gain a pleasant experience.









01 OVERVIEW

It shows the relationship and function of the whole corridor.
The higher the height of the building, the higher and smaller the hole on the roof of the building, people go down, the breathing chamber shrinks up, expressing that people's psychological state is becoming more and more depressed, and finally reaching the state of languishing. After passing through a section of underground promenade, one walks up the grand staircase into the flourishing building, which has many bubble-shaped treatment rooms, and one can choose to enter a bubble for psychotherapy, or head to the second-floor garden for a breath of fresh air and an open state of mind.