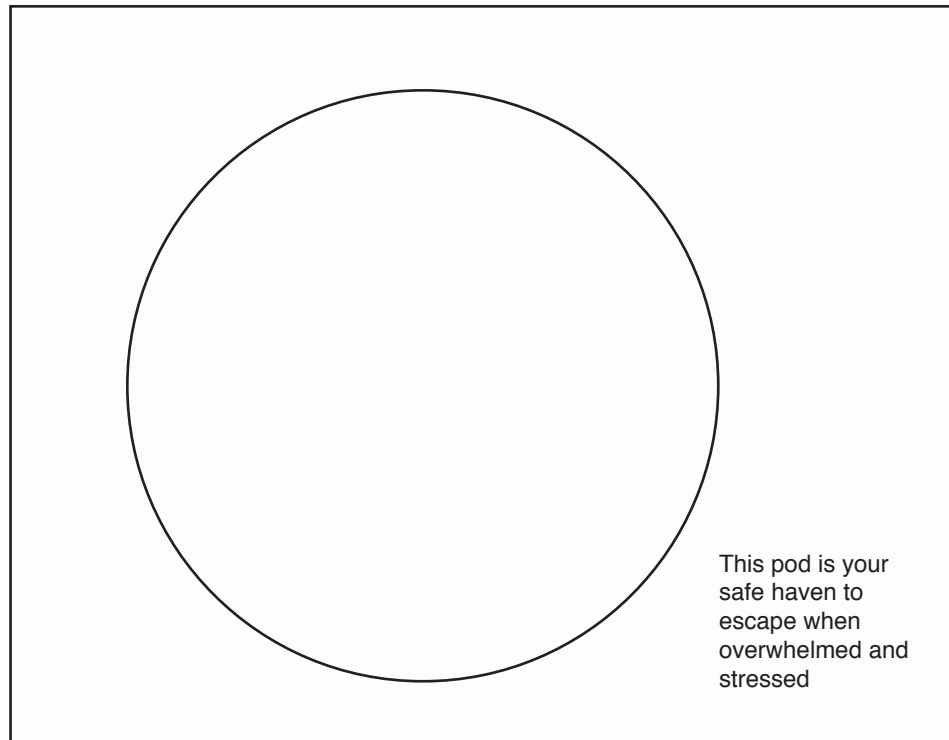


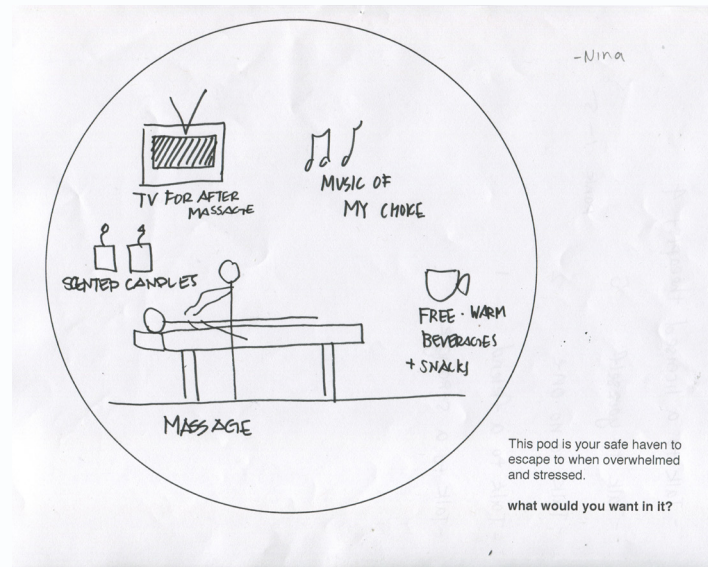
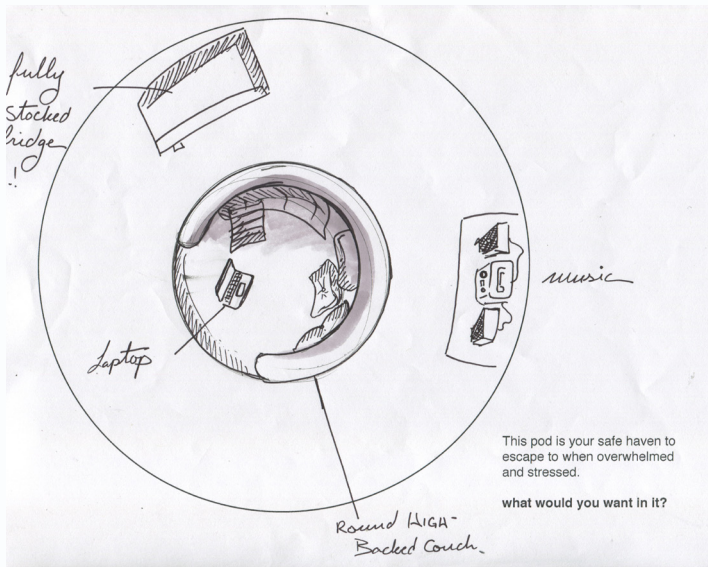
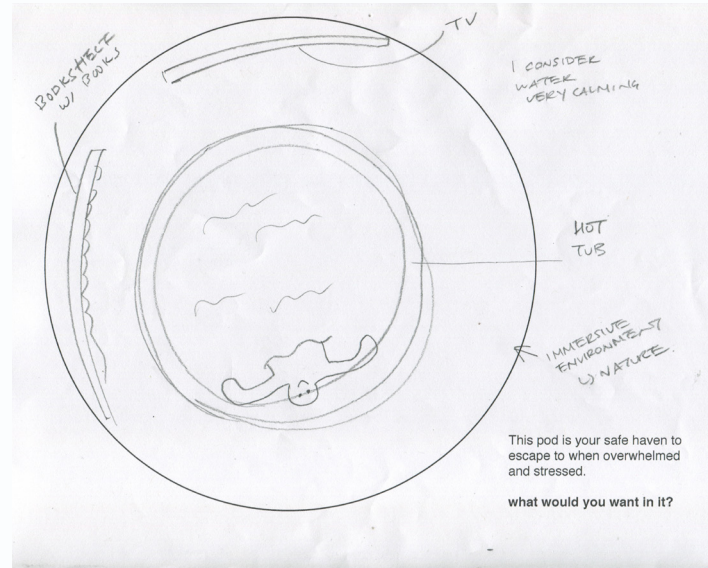
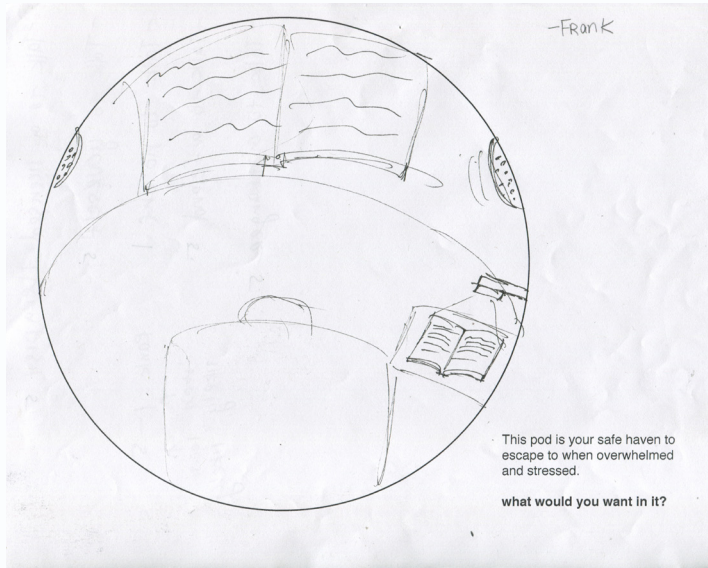
drawing make tool

“draw your peaceful space”

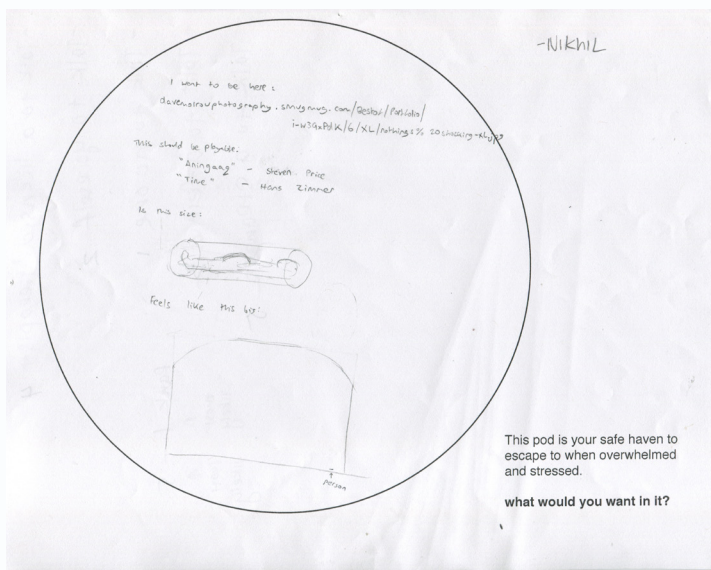
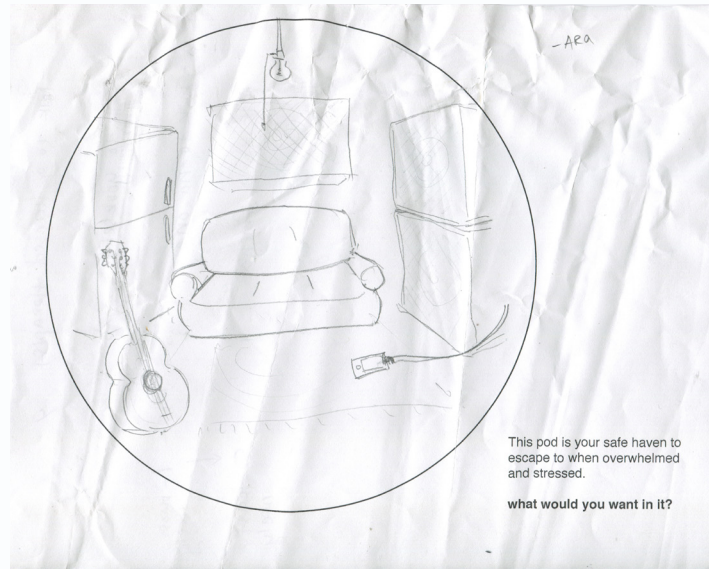
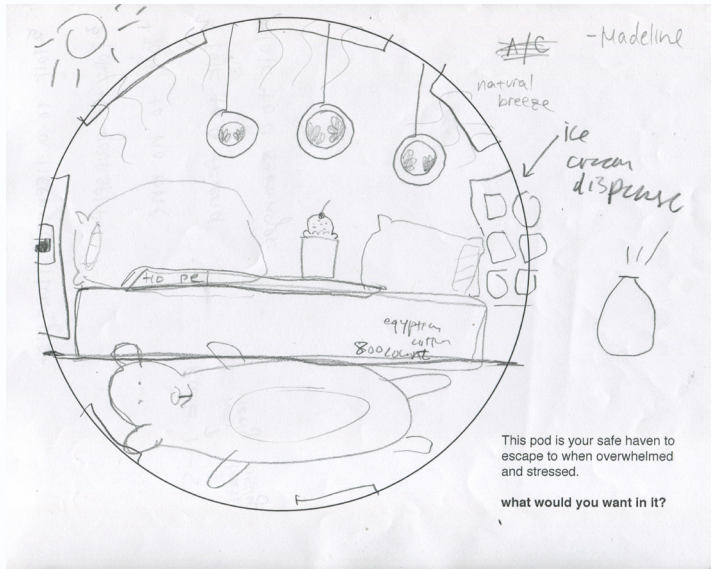
We handed people this template and asked them to draw a peaceful environment.



drawing results



drawing results



+ more!

analysis of drawings

sensory immersion

taste, sound, touch, see, smell.

highly personalized

People reported very personal things that made them feel peaceful:
i.e. certain websites, songs, people.

inactive

Remaining still seems to be the common theme - sitting on a couch, in a hot tub, etc.

ranking preferences

“what makes you most comfortable”

We told people they were stressed, and asked them to rank these situations from most to least stressful.

extremely
uncomfortable

extremely
comfortable

Talk to a stranger

Talk to an inanimate object

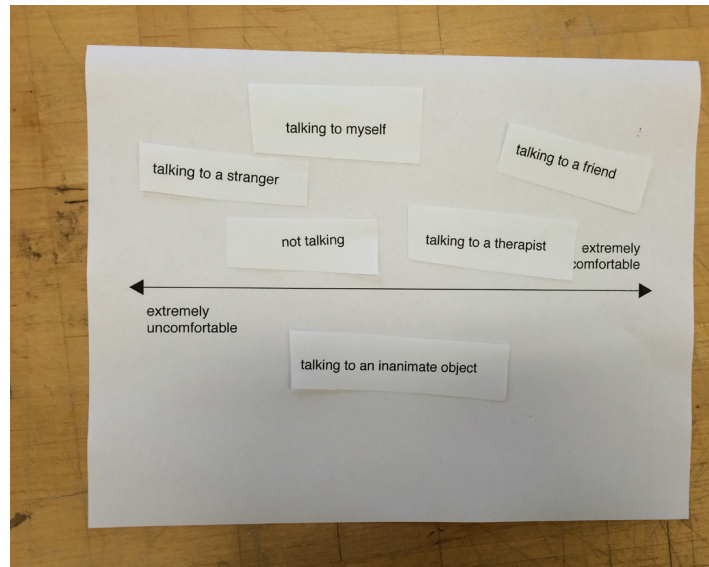
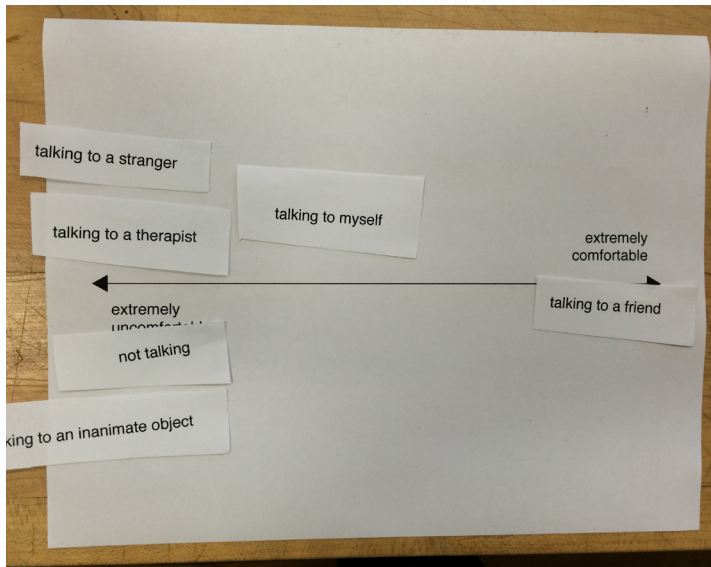
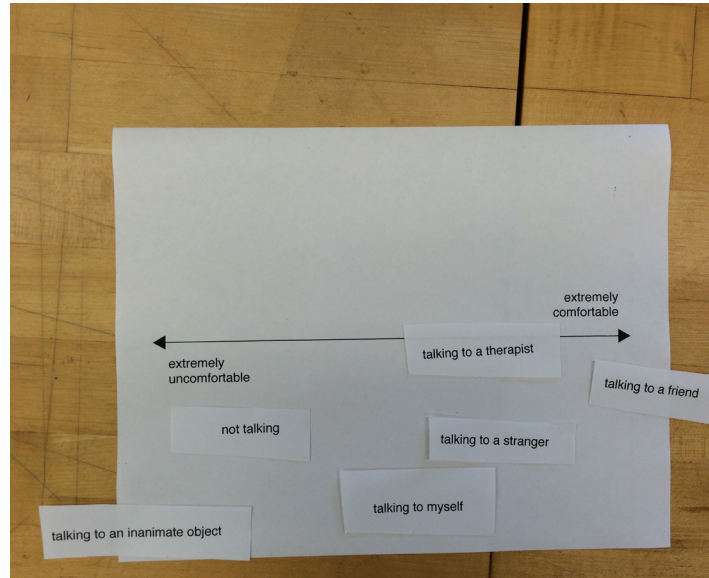
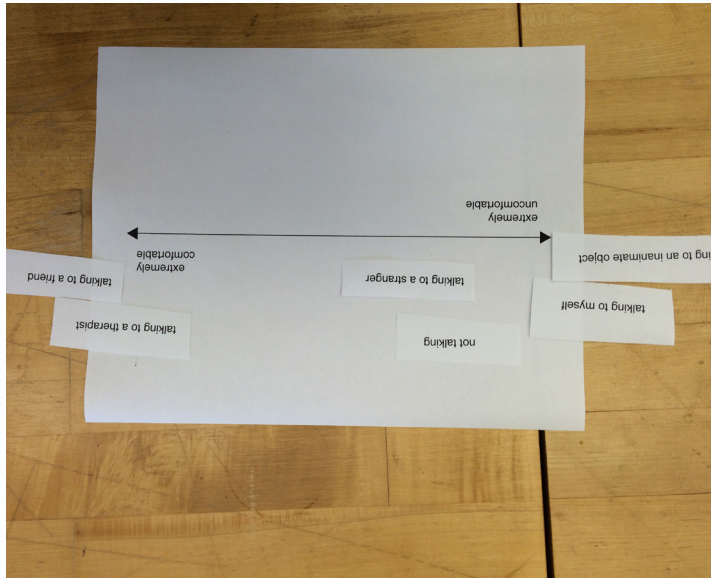
Don't talk

Talk to a friend

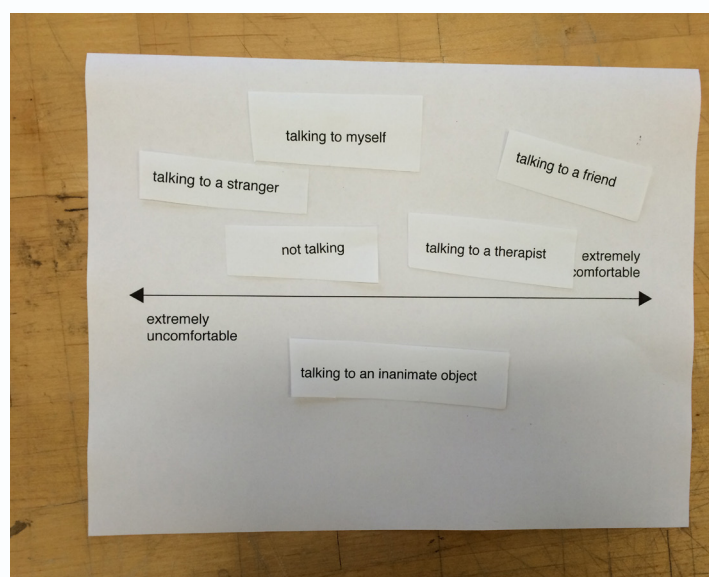
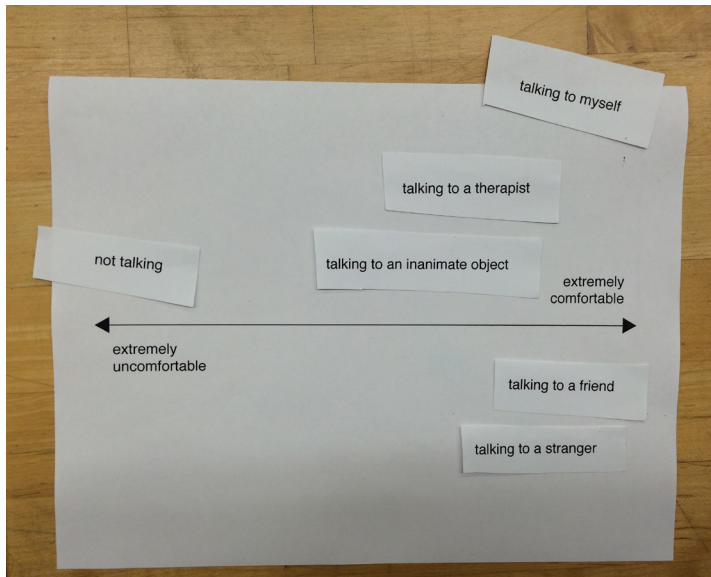
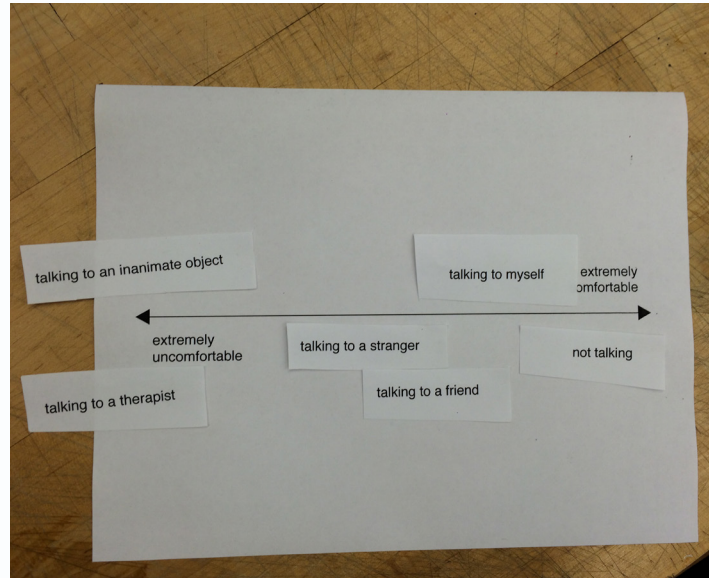
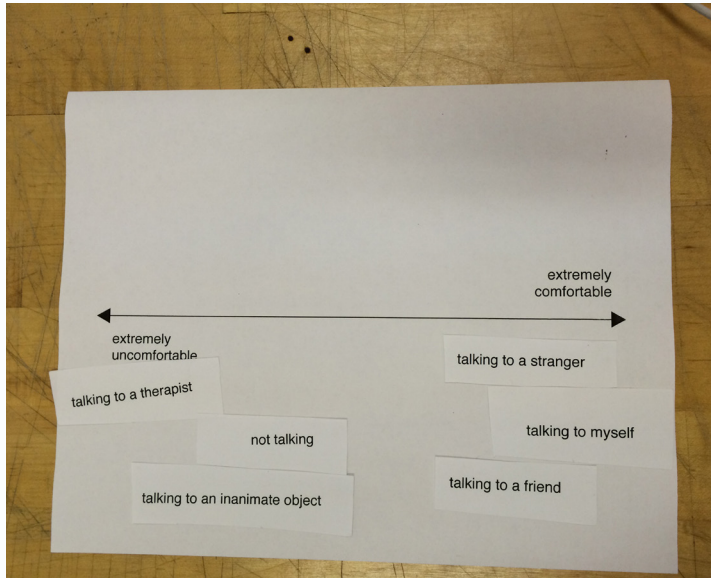
Talk to yourself

Talk to a therapist

ranking results



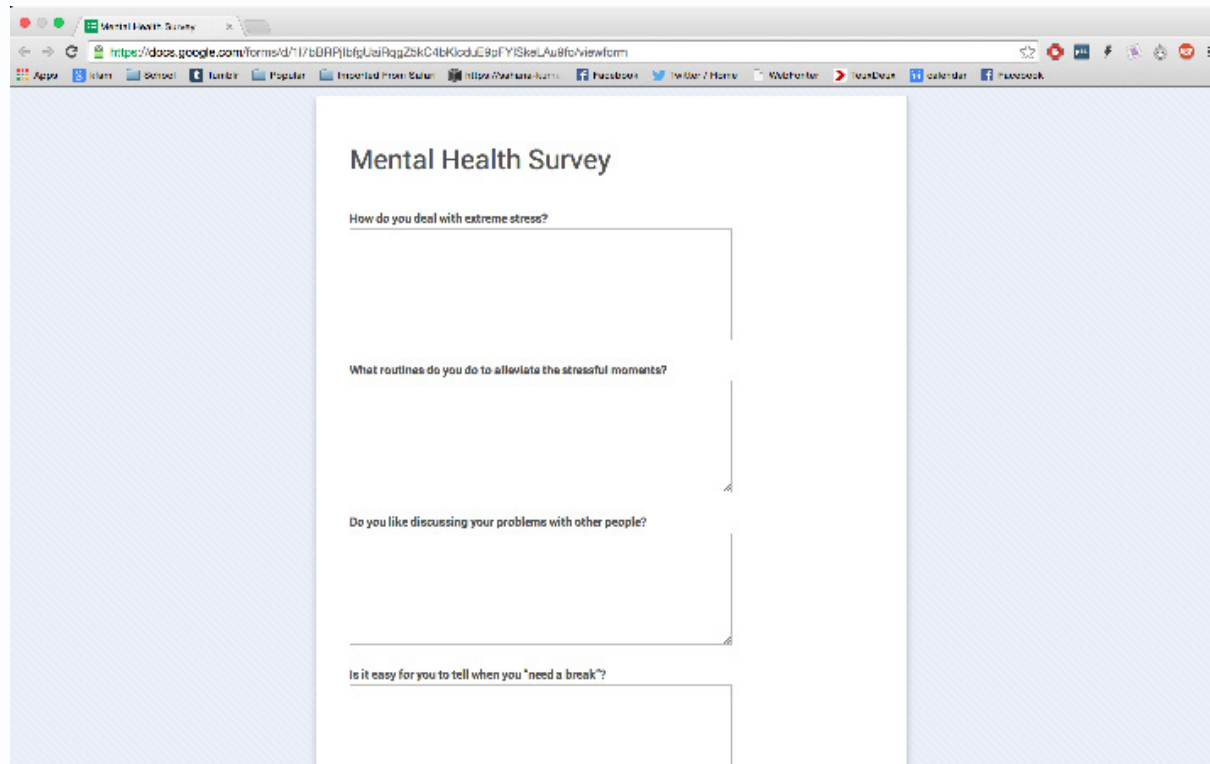
ranking results



survey

“tell us about YOU”

We sent out a detailed survey to our school, and to strangers on Reddit to learn about peoples' different stress habits.



The image shows a screenshot of a web browser displaying a Google Forms survey titled "Mental Health Survey". The browser's address bar shows the URL: <https://docs.google.com/forms/d/17bDRPj1bglLaiRqgZskC4bK0duJE9ofYiSkeLw9fo/viewform>. The survey content includes the following questions:

- How do you deal with extreme stress?
- What routines do you do to alleviate the stressful moments?
- Do you like discussing your problems with other people?
- Is it easy for you to tell when you "need a break"?

analysis of survey

people distract themselves

they talk to friends or do unrelated activities.

the want to escape

When there is too much to do, or if the things people are doing aren't going well

deep breathing

A common theme - calming the body and mind.

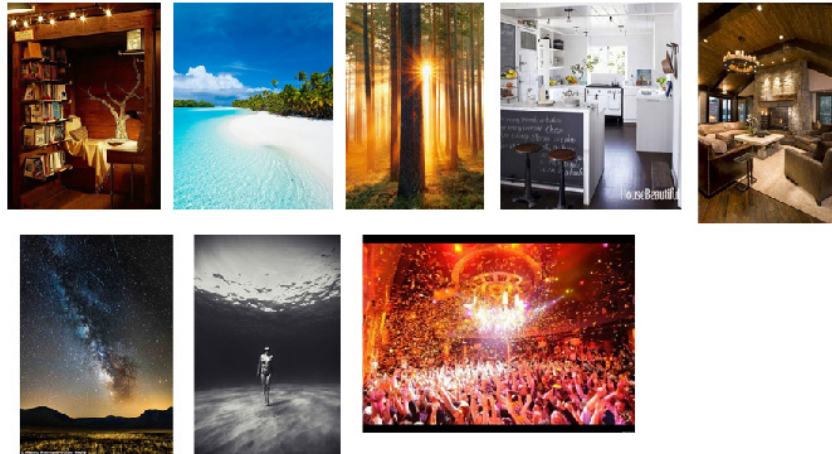
talking

Everyone wants to talk, but not necessarily to friends.

pinterest make tool

“where do you want to be?”

We gave subjects a bunch of environments cut up and asked them to rank them from most to least “want to be there”



results

The open night sky got ranked the highest most consistently, and party and underwater got ranked lowest. We believe there may have been a misunderstanding in the underwater photo, and the takeaway is that people want to be alone and connect to natural environments.