

# MOLLIFY FLUFFY

# Interactive device for emotional soothing

People are always plagued by negative emotions, and how to deal with them properly has become an important issue. The device detects negative emotions and reminds users in time through emotion detection, and uses plush decorations and mechanical structures to interact with users to achieve the effect of soothing emotions.

https://youtube.com/shorts/I9TDmPIjg-4?si=3vU8GVIXXbYKcf1E

Emotional soothing

Interactive devices

Mood monitoring

#### **BACKGROUND**

#### My experience



I am a person who is often self-depleting, and I will turn some negative emotions into pressure to force myself, resulting in emotional breakdowns and hurting relatives and friends, so I began to think about how to properly channel negative emotions when people are facing the invasion of negative emotions.

#### The global rise of negative emotions

At the end of 2021, people everywhere felt less optimistic and happy about the future, the world as a whole declares less individual happiness.

Negative Experience index Global



Gallup.(2022).Global Emotions

#### Take mental health issues seriously

Emotional problems have been the most worrying health problem for Chinese for several years.



Chinese Health Report (2022)

#### Negative emotions affect health





unhappy people.

of patients are emotionally related.

The Control of Control

Negative emotions

In terms of mental health and social behavior, emotional inhibition has a negative effect.

#### Suppressing emotions predisposes to mood disorders

[1] Gross J. Emolton regulation: affective, cognitive, and social consequences. Psychophysiology, 2002, 39: 281–291 [2] Gross J. J. Emolton regulation in adulthood: Timing is everything. Current Directions in Psychological Science, 2001, 10: 214–219 [3] Gross J. Emolton and emolton del regulation. In: L. A Pervin, O. P. John ed. Handbook of personality: Theory and Research. New York, Gallbord, 1909, 525–552 [4] Gross J.J. Emolton regulation: Past, present, future. Cognition & Emolton, 199(3): 551–573

Emotion regulation works best when emotions are produced early on

Emotional

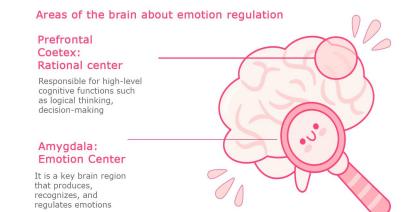
breakdowns

Improving emotional perception is beneficial for regulating emotions

[5] CHENG LI, YUAN Jia-Jin, HE Yuan-Yuan, Li Hong. (2009). Emotion Regulation Strategies: Cognitive Reapportact Is Marre Effective than Expressive Suppression. Advances in Psychological Science, 17(04), 730-735

[6] Hou Ruihe , Yu Guollang, Emotion Regulation Theory: A Mental Health Perspective

# Losing control of your emotions can lead to irrational behavior





Suppressing emotions affects

Causing more stress is more

likely to break down emotionally

the ability to regulate

Lowers mental health

When emotions get out of control, the center of sanity loses control, and the brain regions that control emotions and impulses take over.

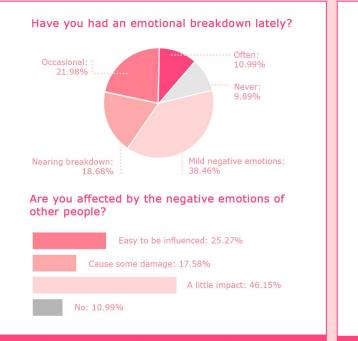
A handover of control is more likely to occur in stressful situations.



It is very important to self-channel your emotions,
When faced with negative emotions.

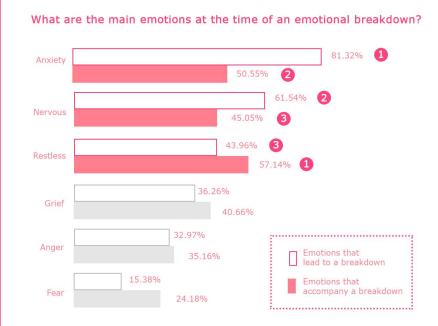
#### QUESTIONNAIRE

A number of questions were formulated based on emotional regulation, and 90 questionnaire results were received

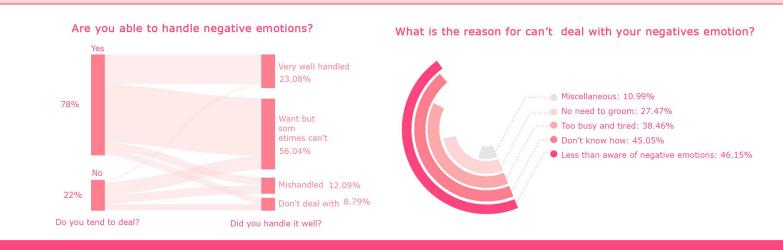


Most people suffer from emotional

problems and and affect others.



Main emotions are nervousness, anxiety, and restlessness.



Most people have the intention to deal with negative emotions, but they don't do it well.

#### **INTERVIEW**



Yang yimeng 22, Female, Student

When it comes to security, you feel?
Sleeping, bedding, comforting, touching small animals.
Do you realize you're angry when you're angry?
To a certain extent, I don't feel angry, and endure it.
What are the ways to relieve emotions?
Alone to play the game.



Xiao yu 19, Male, Studer

What is usually the cause of your emotional breakdown?
Anxiety, fear, insecurity, confusion about the future
Do you realize you're angry when you're angry?
To a certain extent, I don't feel angry, and endure it.
What are the ways to relieve emotions?
Alone to play the game.



Yu zichen 22, Female, Student

When it comes to security, you feel?
Sleeping, bedding, comforting, touching small animals.
Do you realize you're angry when you're angry?
To a certain extent, I don't feel angry, and endure it.
What are the ways to relieve emotions?
Alone to play the game.

Sometimes there is no one around to help.

Expect physical contact and comfort.

I don't want to hurt my relatives and friends.

#### **DESIGN CONCEPT**

By monitoring user emotions, timely reminders and soothing negative emotions.

**Emotion Detection** 

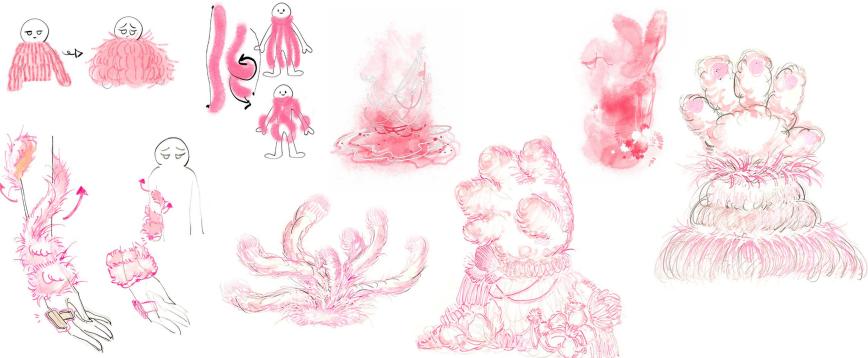
Warm and Security

Stress Relief

#### **INSPIRATION**

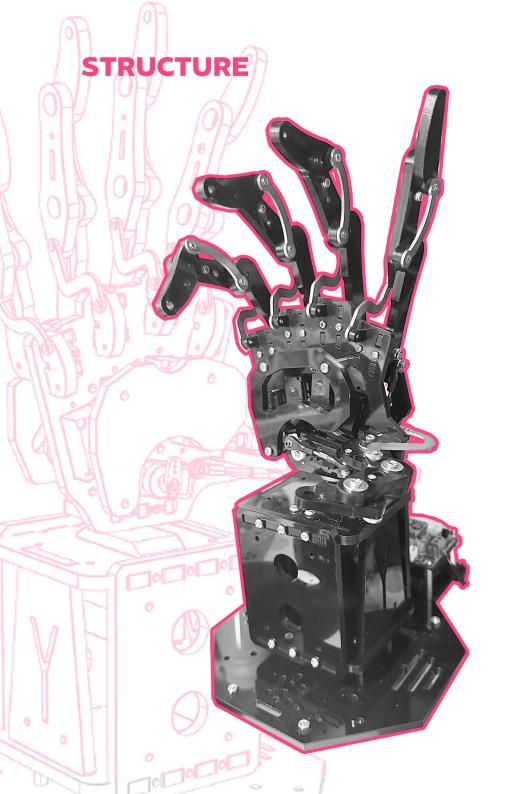


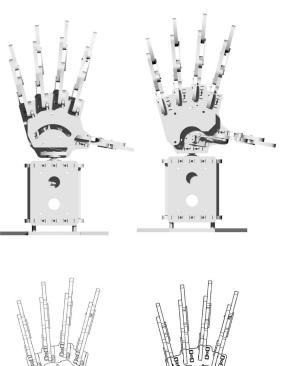
## **SKETCH**



#### STORY BOARD

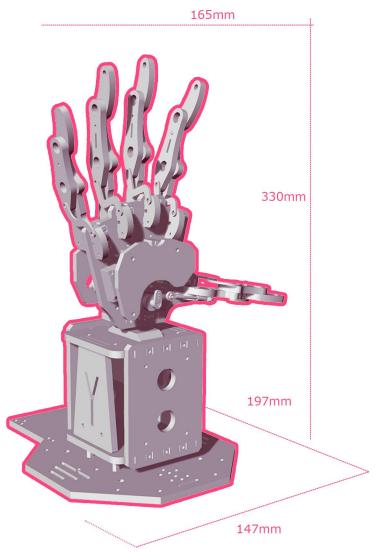




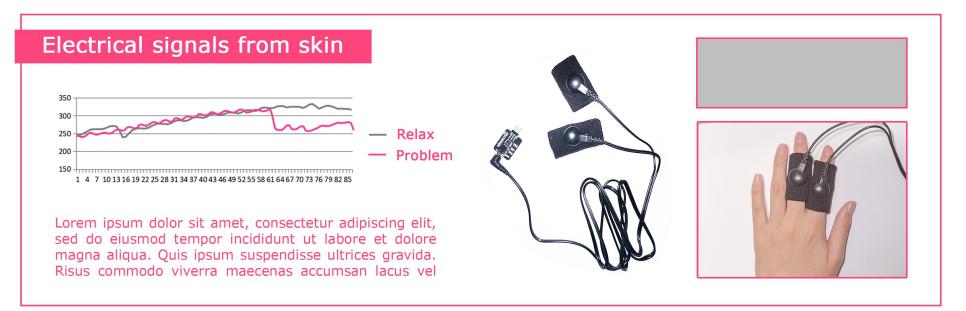


Size: 147\*197\*330 mm Material: metal, acrylic sheet

The device as a whole uses a manipulator as a power device to imitate human comforting actions, such as stroking, handshake, etc



## **MONITORING DEVICES**



## CODE

# **MATERIAL**

#### Sifting and experimenting with a variety of materials





#### Decorative materials



Choose from a variety of fabrics and threads with different material effects to achieve a soft and warm feeling.

#### Filler materialL

Melamine Foam It has excellent sound absorption, flame retardancy, and heat insulation.



# **PROCESS**











Start by covering areas that the user may touch with a filler material to achieve a soft touch.

Secoundly, a variety of fabrics and silk threads are then used to wrap and cover the mechanical joints. At the same time, the activity of the manipulator is ensured.

Finally, decorative installations.













# **MOLLIFY FLUFFY**

Type: Interactive installation Year of creation: 2023.11

Personal works

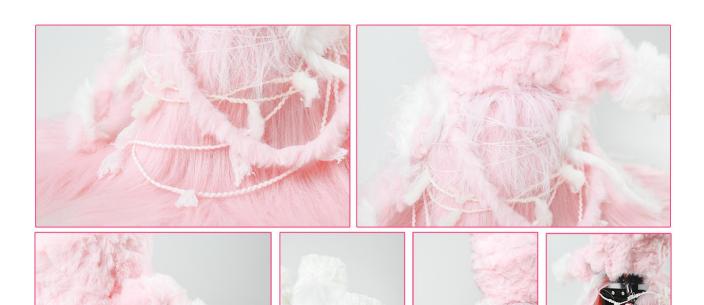
Size of the work: xx\*xx\*xx mm Video length: xx\*xx\*xx mm

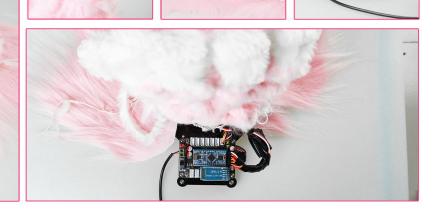
Materials: Melamine Foam, Polyester, Chemical

## Introduction:

This work simulates the soothing behavior of people to achieve the effect of emotional channeling. The device is composed of three parts: monitoring module, reminder module and reassurance module. Through the combination of mechanical structure and weaving design, from the user's point of view, the user's negative emotions are reasonably alleviated and channeled.

# **DETAILS**





# INTERACTION

Electrical signals are collected through the electrodermal detection device worn on the hand, and when it is judged that the user is in a negative mood, the LED light flashes and the manipulator dances, reminding and attracting the user. Users can interact with the manipulator in a variety of interactive ways.

https://youtube.com/shorts/I9TDmP Ijg-4?si=3vU8GVIXXbYKcf1E

