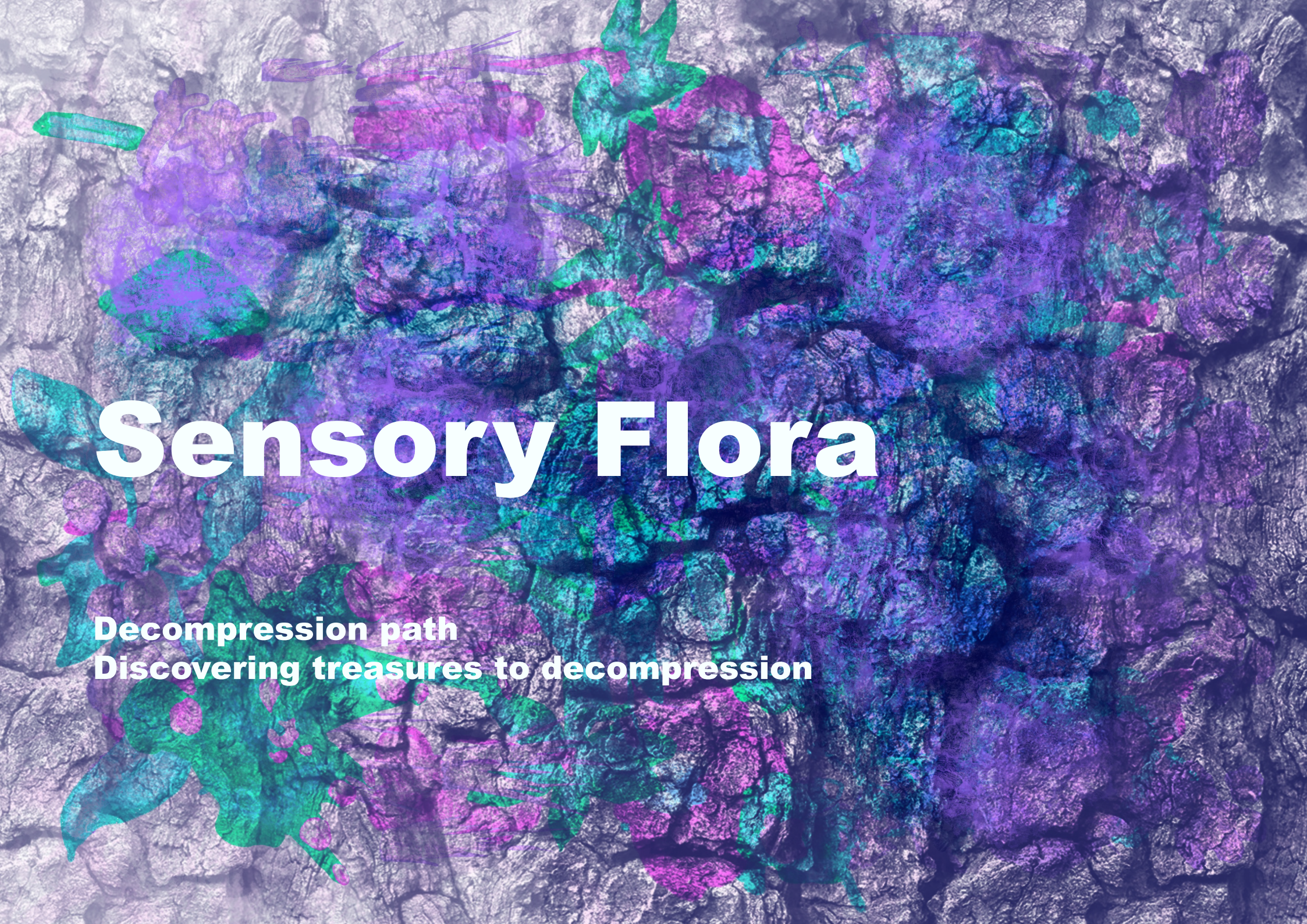
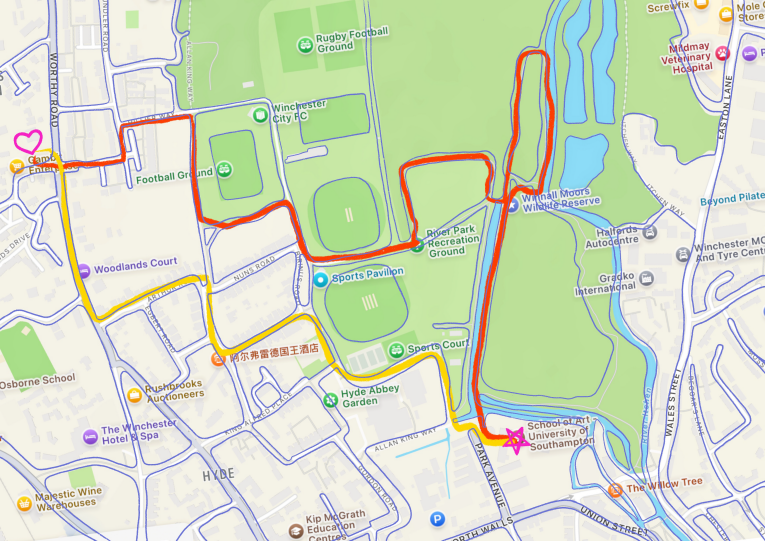

Sensory Flora
Decompression path
Discovering treasures to decompression

Every day I go to the studio from my dormitory, I pass through this park, and experience the subtle effects of its natural breath on my mental state. Find vegetation at different angles. I feel differently when seeing different plants: I go to the studio every day from my dormitory and experience the subtle effects of its natural breath on my mental state

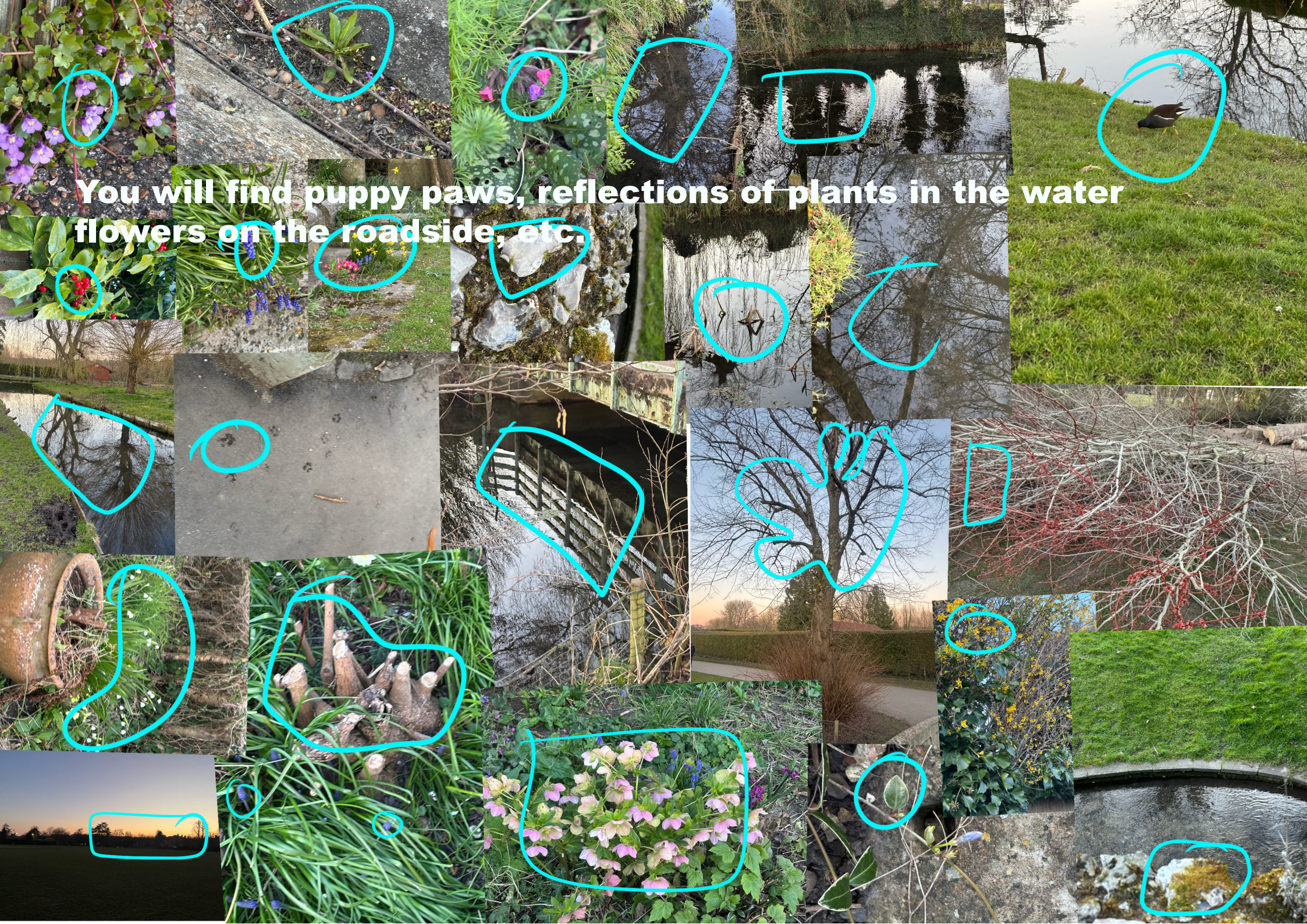
Research motivation:
Explore the interaction between plants, natural spaces and my emotions, and find the healing powers that are ignored in daily life. Method: Sensory collection (visual) + emotional record + multiple visits. Map concept: Use plants as nodes and emotions as clues to build a psychological geographical "map" based on feelings.



After a little time of observation, having these points on this road attracted my attention, mainly exploring the interaction between plants, natural space and my emotions, and carefully observing to find something interesting. For example, playing with dog paw prints left by puppies wet with water on the shore, rocks covering moss, reflections in the water, etc. There are two roads from the apartment to the school, yellow and red. Yellow is the shortest time-consuming and closest, but the beautiful scenery of red is a relaxing road through the park. Looking up and looking down, you will see different scenery.

After a little time of observation, having these points on this road attracted my attention, mainly exploring the interaction between plants, natural space and my emotions, and carefully observing to find something interesting and for example, playing with dog paw prints left by puppies wet with water on the shore, rocks covering moss, reflections in the water, etc.




You will find puppy paws, reflections of plants in the water
flowers on the roadside, etc.

Guess the painting game







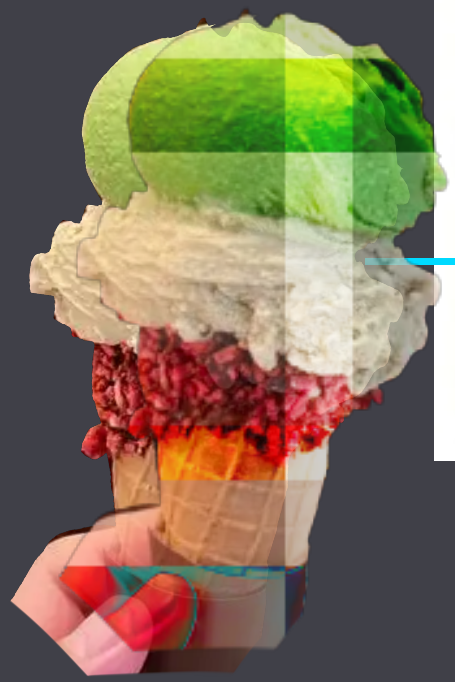
柠檬

戒指

橘子

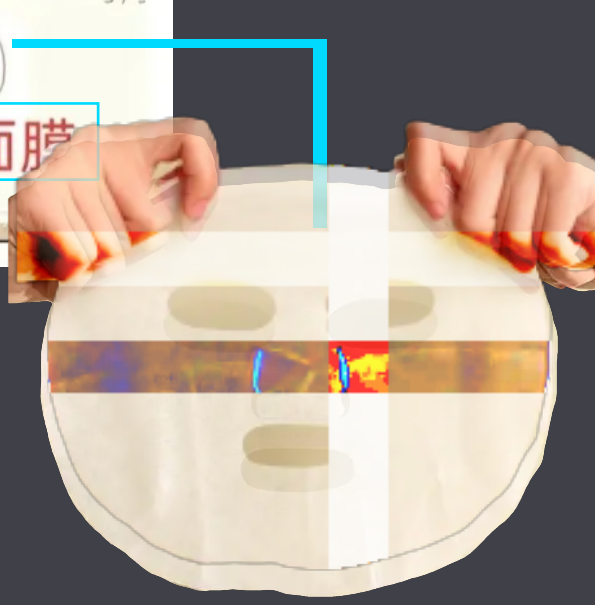


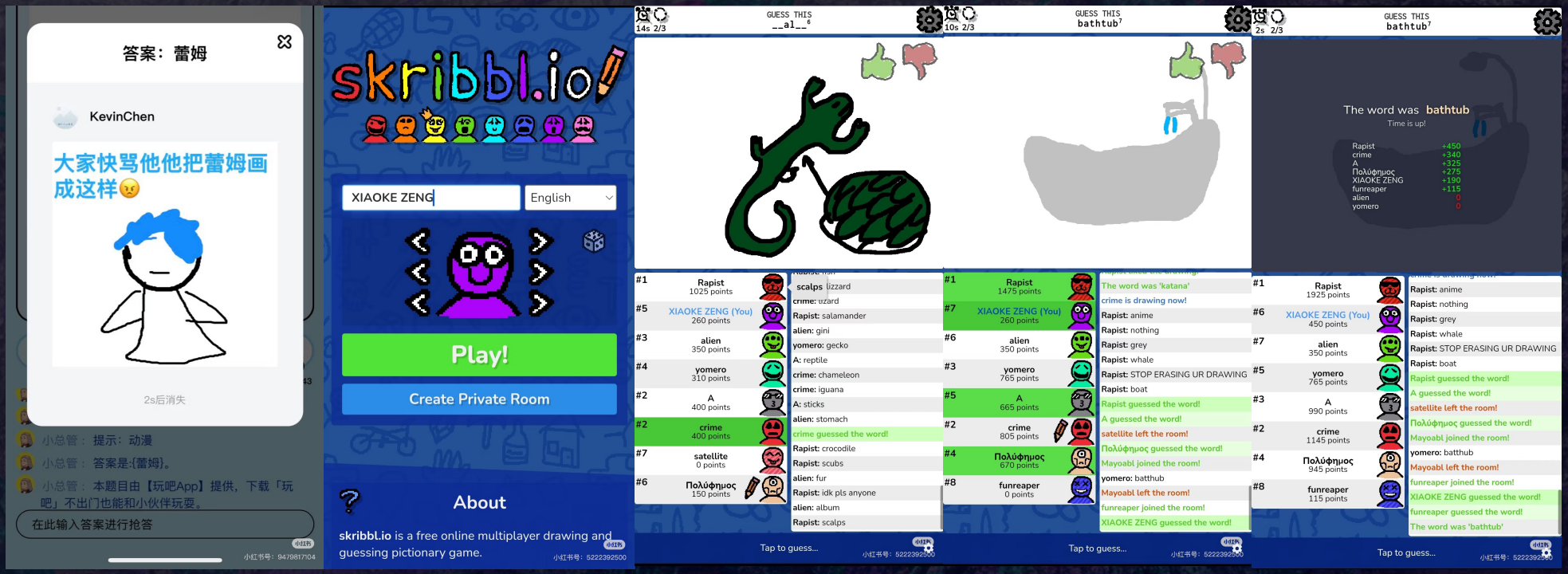




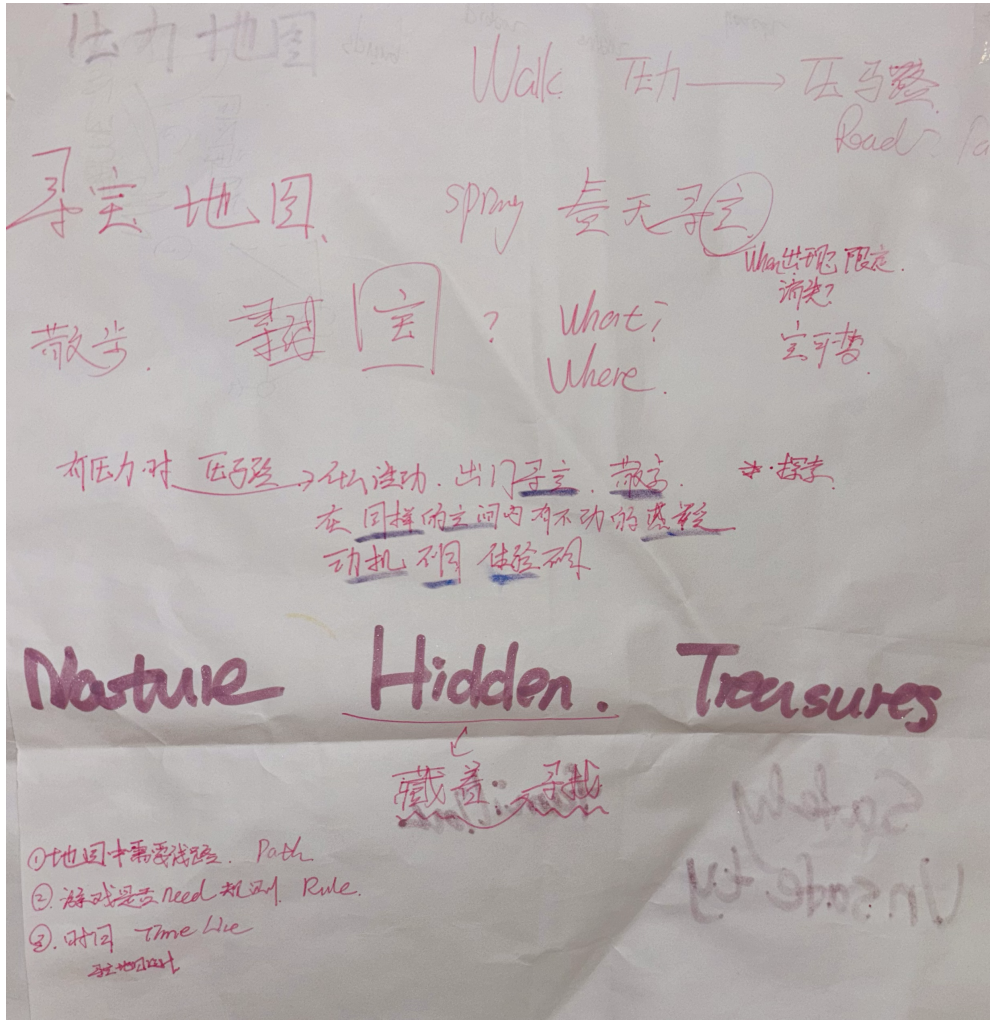


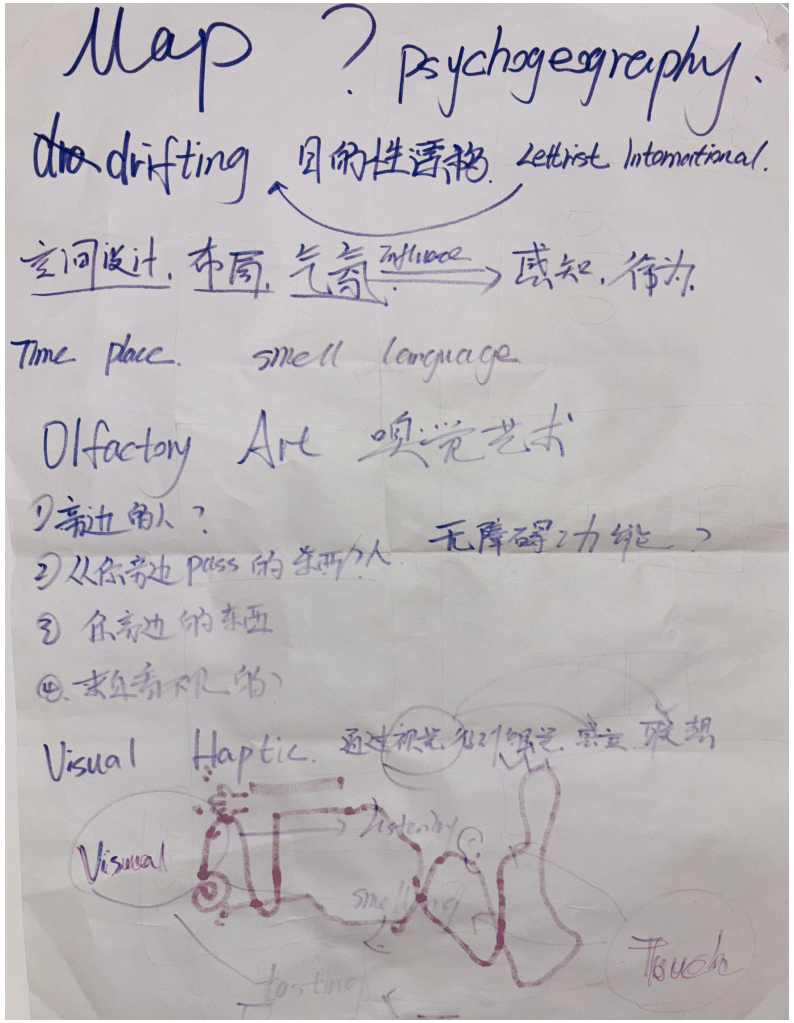






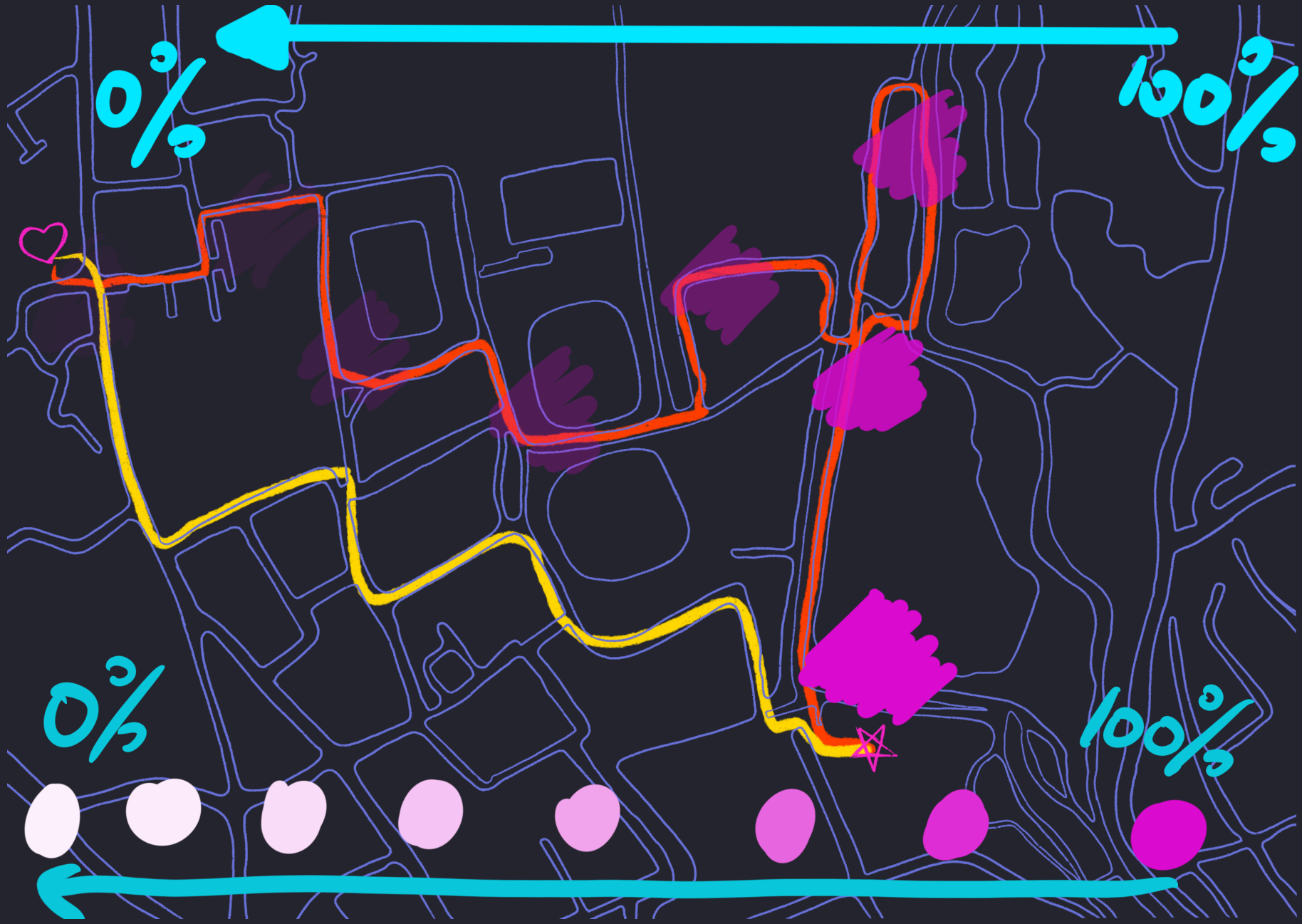
Painting activities have a stress-relieving effect: art expression and pressure reduction. Clinical experiments by Kaimal et al. (2016) show that random painting can significantly reduce cortisol levels. Related to your drawing and my guess: Even if you don't paint professionally, the creative process can activate the reward loop. The relaxing effect of graffiti Andrade (2010) Discovering graffiti to improve working memory performance (indirectly alleviates cognitive fatigue) Physiological effects of Shared Laughter Manninen et al. (2017) Proves the release of endorphins triggered by social sex gaming Social Bonding reduces loneliness Meta-analysis by Cole et al.





Positive mood enhancement mechanism: a) Dopamine reward system activation. O'Keefe & Burgess (1996). The discovery of spatial exploration triggers the hippocampus-nucleus accumbens dopamine pathway. Key conclusion: The new environment explores the "reward prediction error" mechanism that activates the brain, similar to the pleasure of treasure hunting. b) Cognitive assessment theory supports

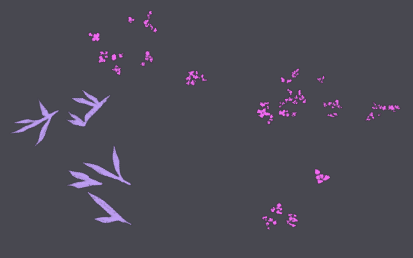
Kaplan (1995)'s Theory of Attention Recovery (ART) states: Application: Open-world games (such as The Legend of Zelda) reduce psychological fatigue through environmental diversity. 2. Stress and anxiety regulation a) Spatial control sense relieves anxiety. Schneider et al. (2020) fMRI study shows: Discovery: Active exploration (vs. passive observation) enhances the inhibition of the amygdala by the prefrontal lobe and reduces anxiety. b) Equivalent effect of virtual exploration

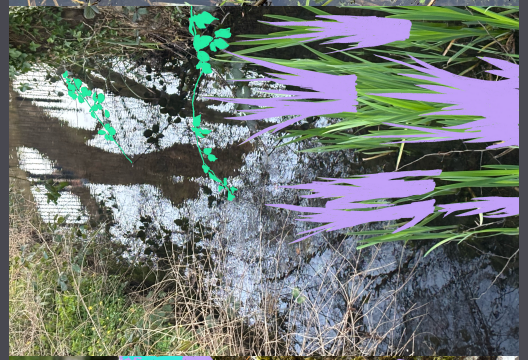
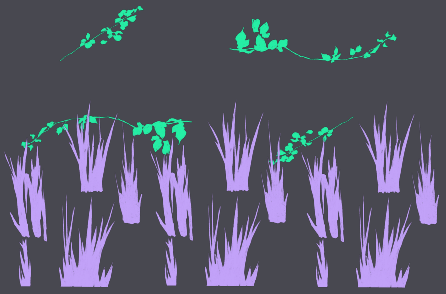


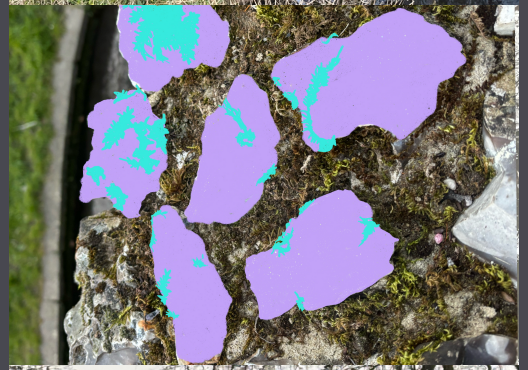
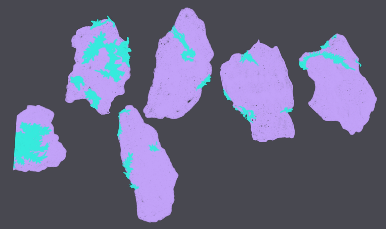
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Element extraction

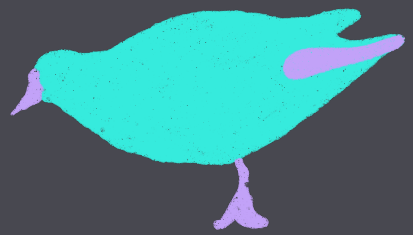


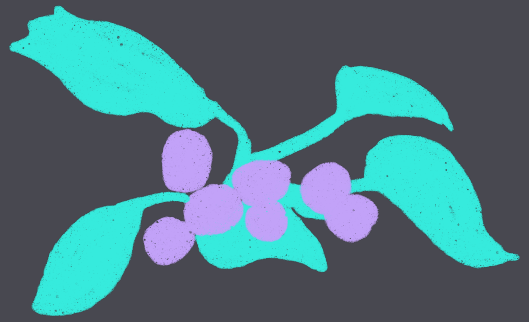




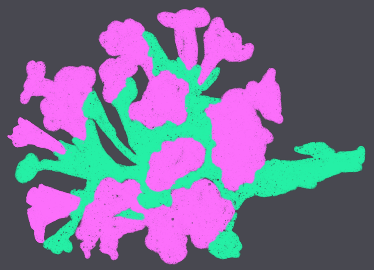




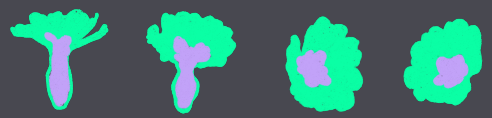




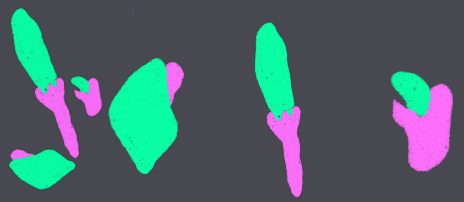
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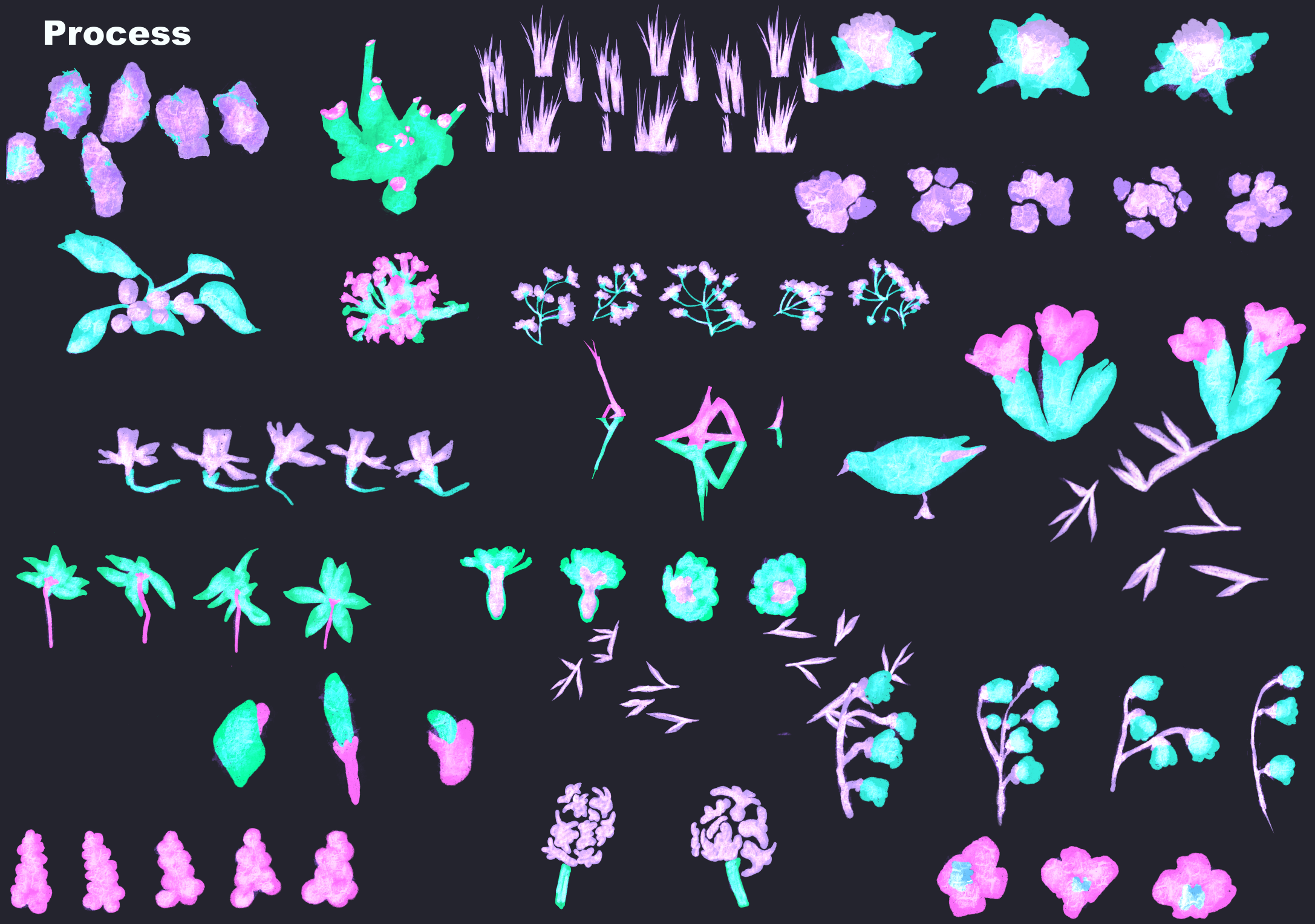




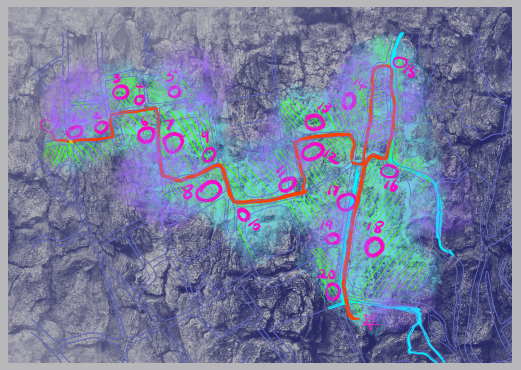
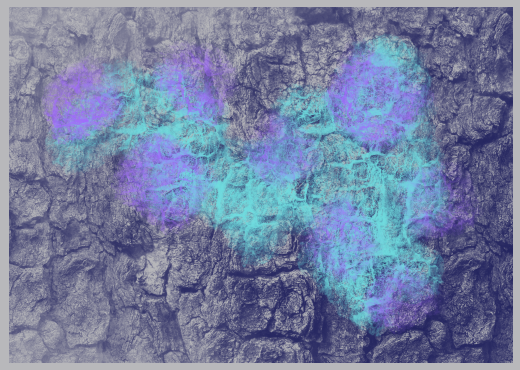
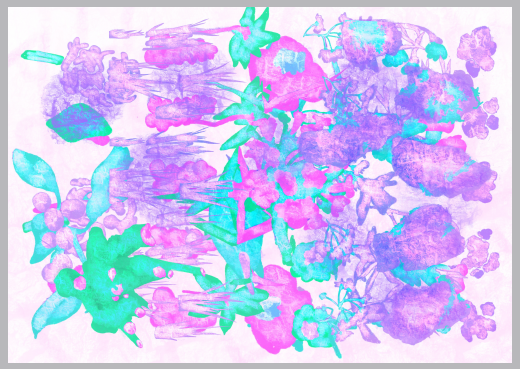
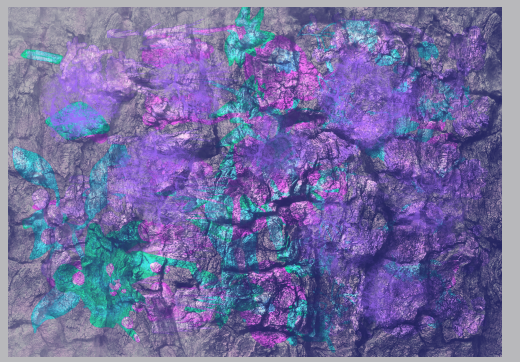
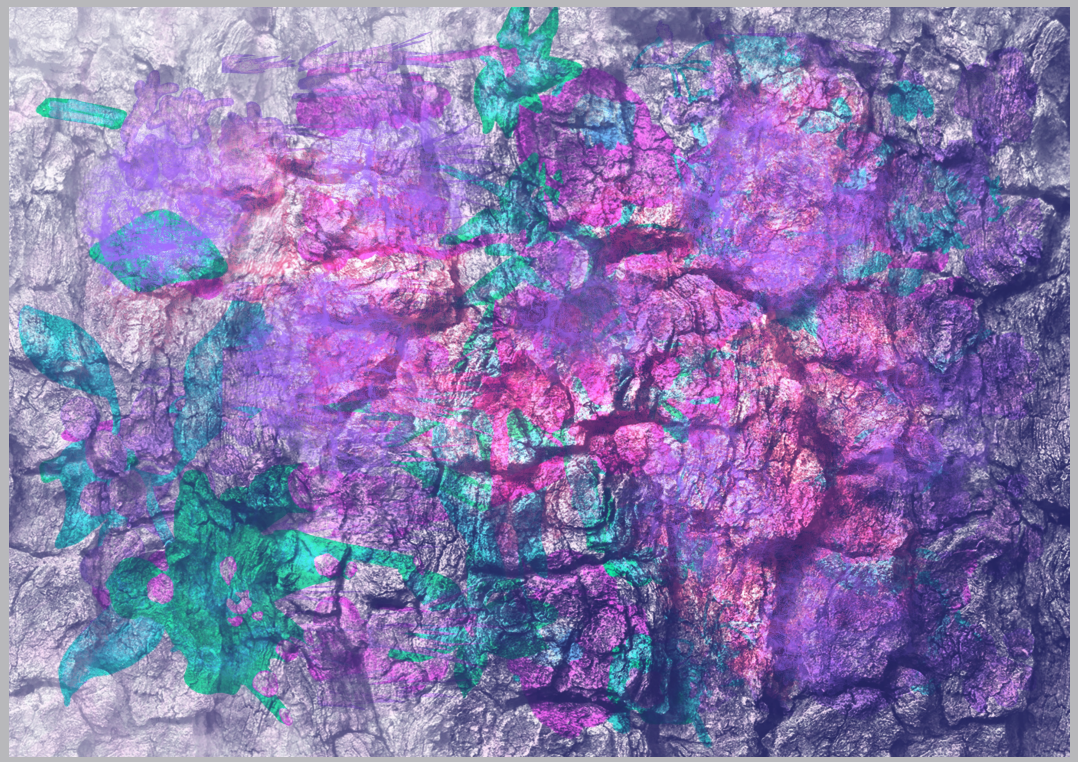
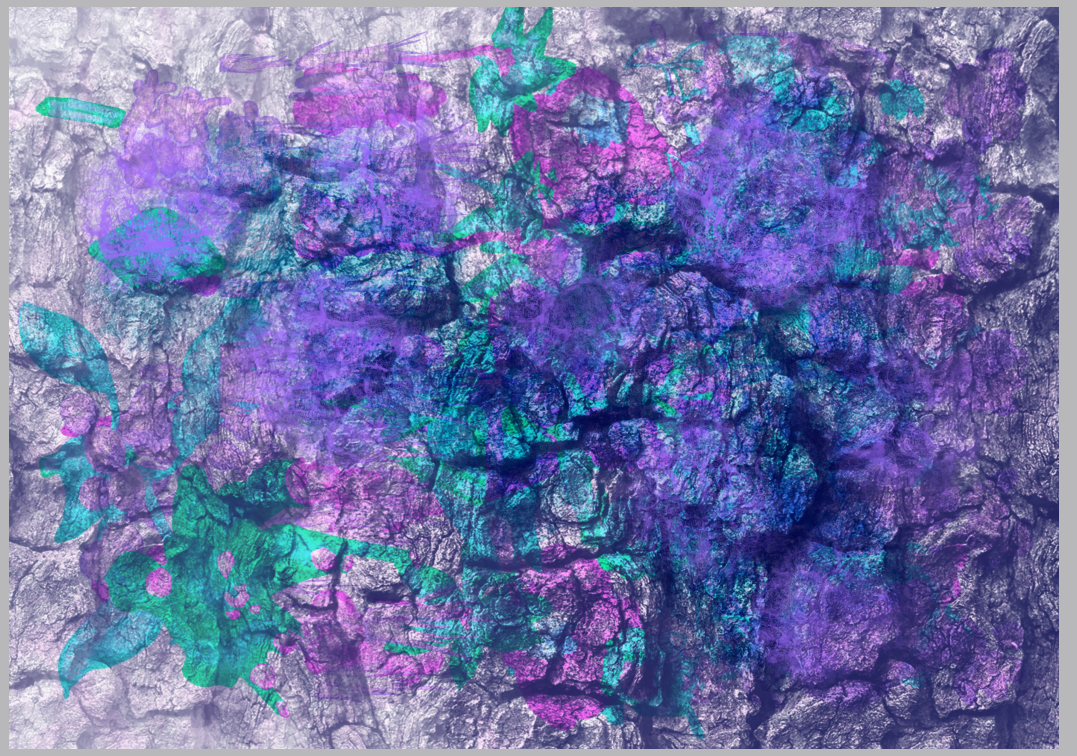




Process



Process


SENSORY FLORA

REFERENCE

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