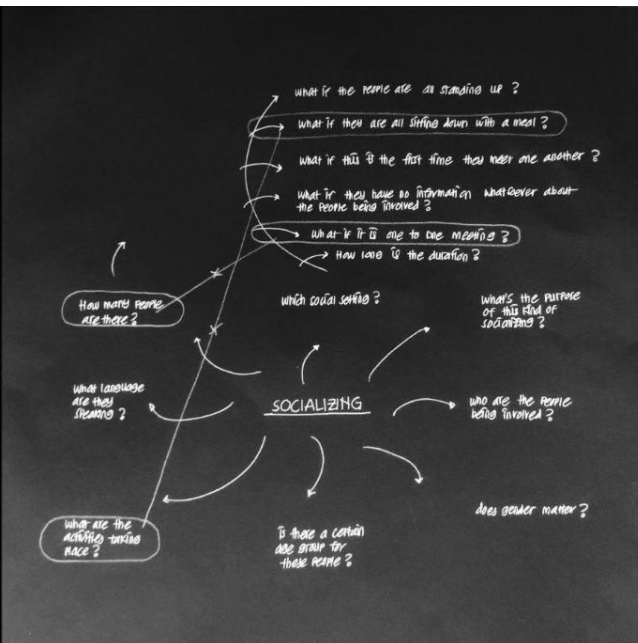


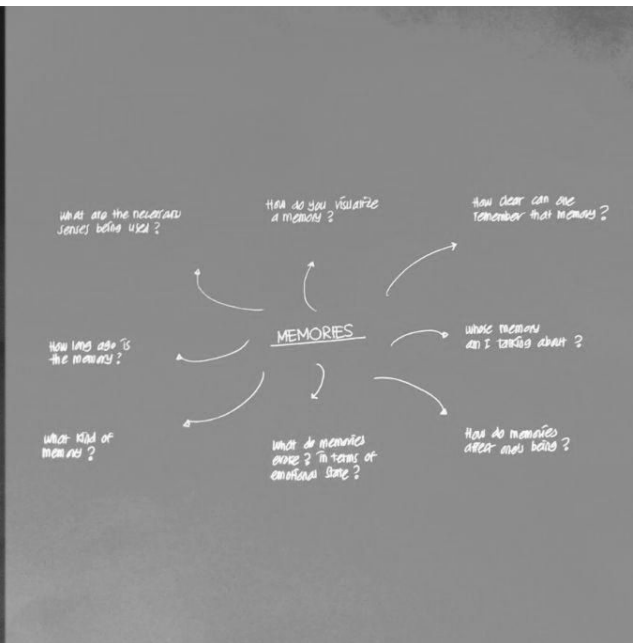
# PRE-THESIS

STELLA WIDJAYA

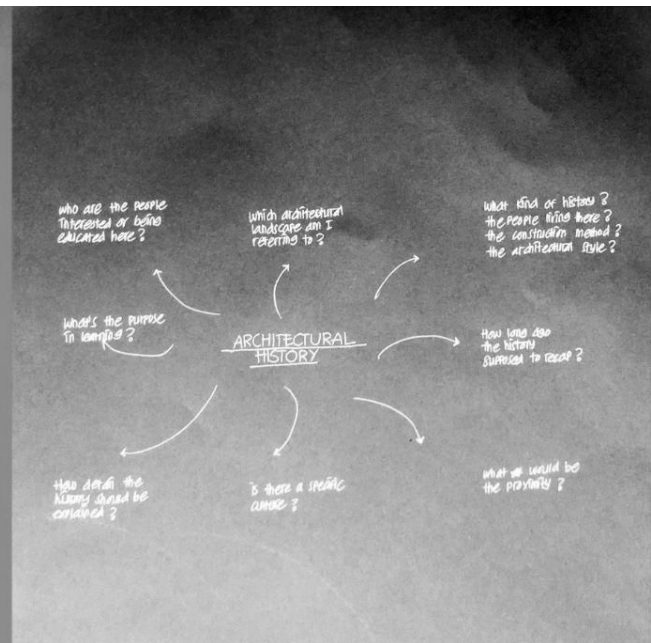
# Lotus Exercise



“Socializing”

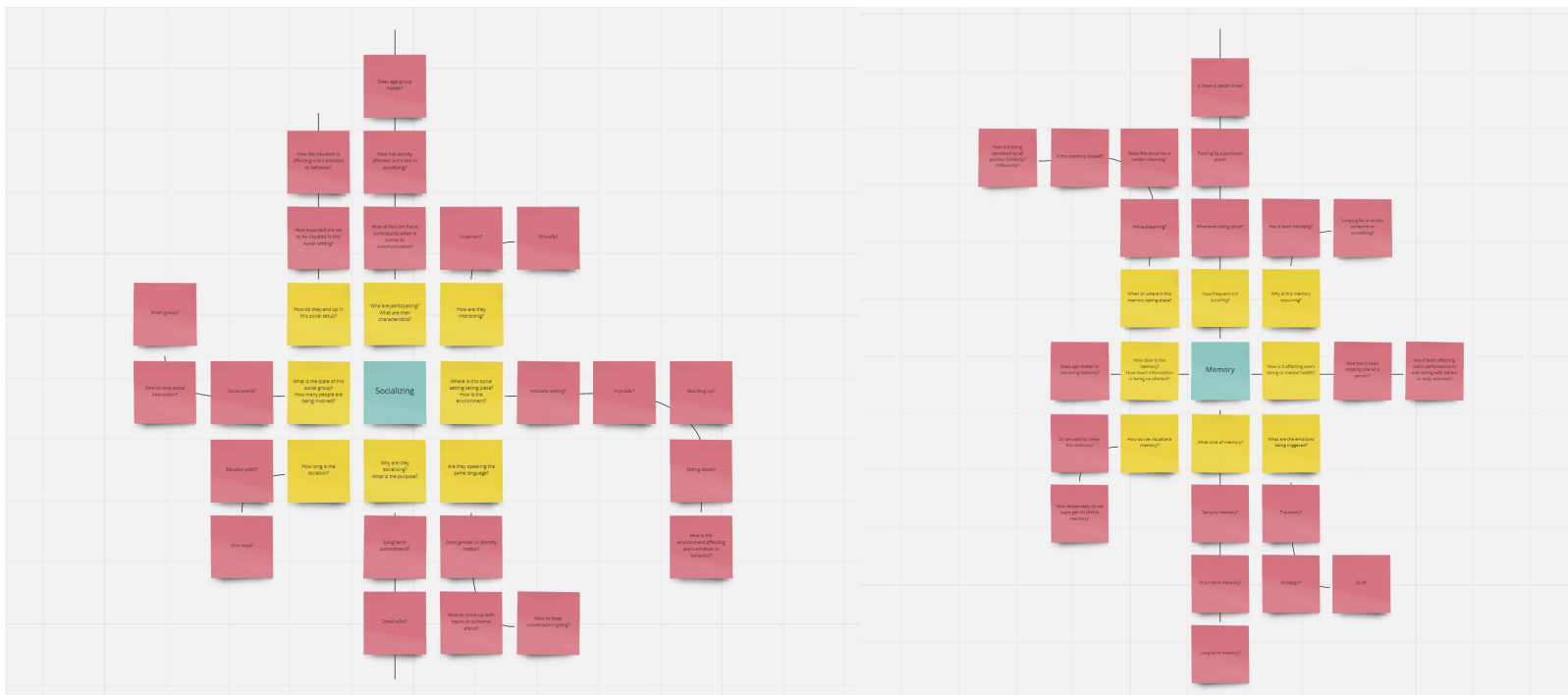


“Memories”



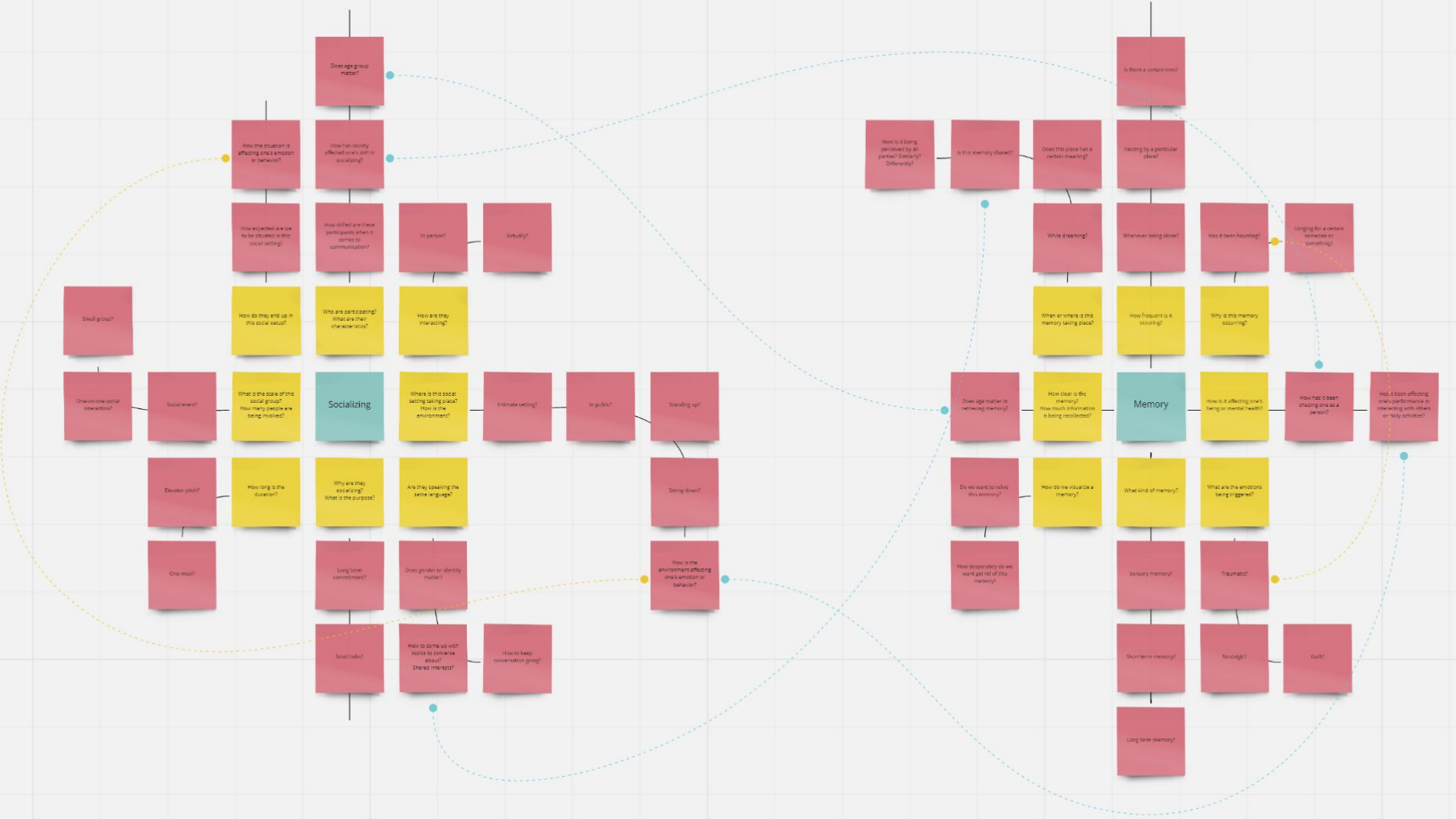
“Architectural History”

# Lotus Exercise



"Socializing"

"Memories"



## Similarities between “Socializing” and “Memories”

1. **Character shaping:** Past memories might have an effect in shaping one’s personality, depending on how traumatic or pleasant one’s childhood memories are.
2. **Emotional state:** One’s emotional state is affected by numerous elements of the built environment, this then informs one’s actions in terms of how well one can perform within a social setting.
3. **Sharing:** We tend to feel more secure and vulnerable with others once we learn of a shared experience, or even past memories.

## User Group

A group of people who are sharing similar issues:

**Post-traumatic stress disorder (PTSD) within Southeast Asian community**

01

I'm interested in exploring the psychology behind traumatic memories and how they affect one as a person within a social setting.



02

I'm interested in designing an “experience” where users can feel secure in being vulnerable to openly share about their feelings through a curated set of social interactions.



03

I'm interested in learning more about the silent mental health crisis relating to PTSD within the Southeast Asian communities and exploring ways to tackle the issues.

# SO WHAT?

- This experience will be the starting point where users, especially those who grew up within the Southeast Asian community, openly converse about their emotional state, with the expectation of slowly letting go of their traumatic memories and start embracing it for a healthier individual or society.
- It can also act as a campaign to normalize talking about mental health issues or at least start a conversation on how we are feeling about particular things in general.
- This curated experience will be a push towards breaking the stigma, a design to connect with and care about one another.

# RESEARCH PLAN

- Deepen understanding on post-traumatic stress disorder and how it affects one's behavior
- Compile different interviews and articles on views about the silent mental health crisis in Southeast Asian community
- Experience psychotherapy myself and evaluate the process in order to apply towards building the "experience"
- Visualize the possible "experiences" and start the elimination process
- Understanding the various elements of the built environment and how they can help transform one's emotional being through senses