Healthy habit(at)s
From the festival terrain to themetaverse to the wardrobe, the growingawareness of wellness is impactingall aspects of real and virtual life. Inthis issue’s Mood Board, we explorecreative concepts from a range ofdisciplines that help establish healthierhabits and habitats. AH/FK
Design-led UK hotel brand Leven acquired a plot in Decentraland to set up Levenverse, an immersive environment that reimagines traditional hotel spaces and services in the virtual realm. One of its main objectives is to help make wellness and self-care part of everyday life, which is achieved, for instance, by offering virtual fitness classes and guided meditation sessions.
Aiming to offer an economical alternative to costly air purifiers, Jihee Moon conceived Air It Yourself, a do-it-yourself instructional manual that encourages the repurposing of household objects, accompanied by an open source platform that allows users to share their customized designs.

Featuring a photocatalytic coating, the ‘skin’ of the Daryan Knollbauch-designed Free Air pavilion, which acted as a gathering and events venue during Barcelona’s architecture festival Model, harvested and purified ambient air pollutants to the equivalent of taking 80 cars off the city’s streets during the timespan of the festival.
By embracing robotic cushion Fufuly, its user will begin to synchronize their breathing pattern with the movements of the pillow, both in terms of rhythm and depth, helping them to unwind, calm down, boost productivity or fall asleep.

OPPOSITE: EPFL Pavilions organized Lausanne exhibition Lighten Up! On Biology and Time to explore the effects of natural light exposure on wellbeing. On show was the virtual Circadian House by French-British architect Colin Fournier, which visualizes a home entirely lit by daylight with the help of strategically placed skylight nozzles that optimize circadian alignment.
OPPOSITE: Seeking to destigmatize the realm of mental health, the custom-knitted acupressure garments of The Healing Imprint collection stimulate acu-points on the body. By doing so, Laura Deschl’s designs help resurface deep-seated emotions and memories, and address trauma-based symptoms such as PTSD, anxiety and depression.

THIS PAGE: The Design Museum’s show Weird Sensation Feels Good: The World of ASMR traced how people around the globe are using ASMR to help cope with anxiety, stress, insomnia and loneliness. The show’s ASMR Arena invited visitors to sink into a continuous pillow and view a selection of audiovisual works.
The Playground, an installation designed by Architensions for the Coachella Valley Music and Arts Festival, offered a sanctuary for visitors to rediscover leisure untethered from commerce and digital distractions. Amid a world of mediated experiences, the structure presented a node for engaging festival-goers in collective interactions and performance, relaxation and play, as the design firm’s principal Nick Roseboro explains.

Described as a micro-disco for mental health, public art project Fandangoe Discoteca invited passers-by to dance off Covid-19-, Brexit- and climate crisis-induced anxiety and grief in a refurbished iconic K67 kiosk. With her modular unit, artist Annie Nicholson, aka the Fandangoe Kid, aimed to employ the transformative and revitalizing power of art and dance.
Dreamed up by artist Nimrod Weis, founder of Melbourne-based art and technology studio ENESS, Modern Guru and the Path to Artificial Happiness launched at France’s Centre d’art à Châteaugiron. The installation took visitors on an immersive journey through a landscape of inflatable ‘mountains’ in psychedelic patterns that chanted incantations, chimed and blinked at passers-by through digital eyes.
Conceived by Marine Renaudineau, Horizon gamifies – and by doing so, increases the accessibility of – mental healthcare. The digital experience adopts and reshapes the Voice Dialogue method used in psychotherapy and lets players interact with their different inner selves to gain greater emotional self-awareness.