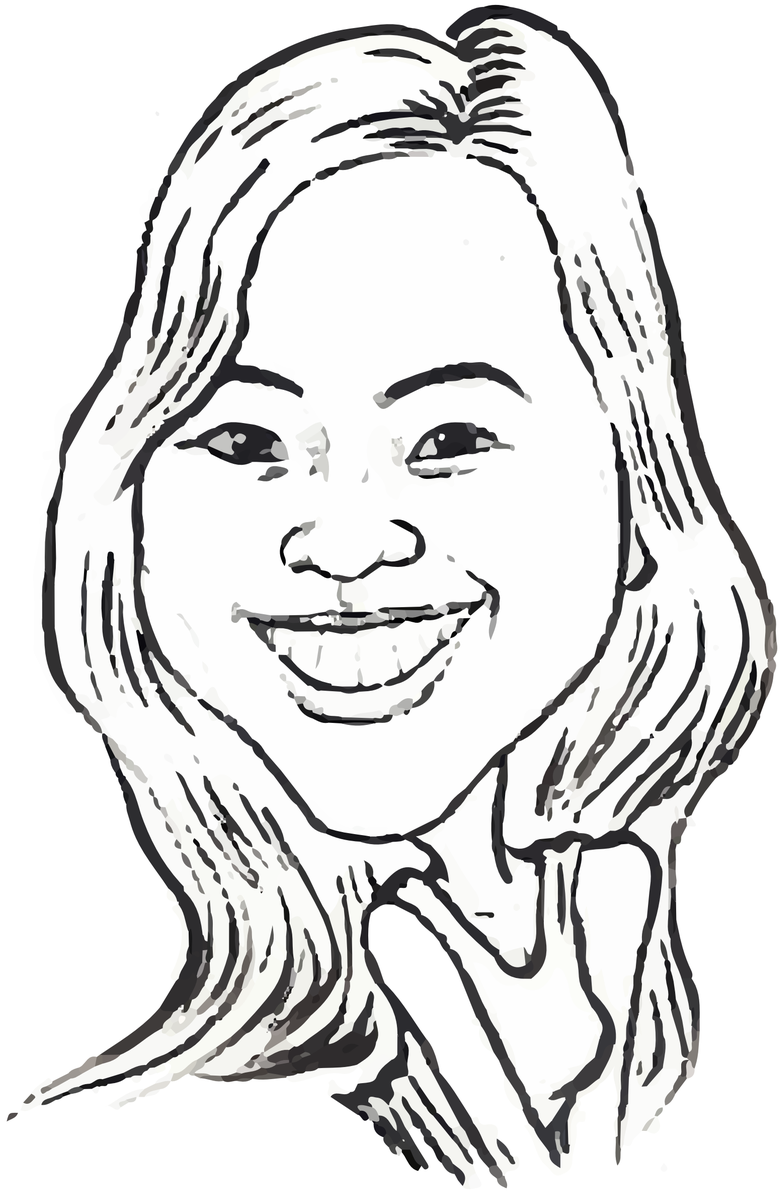
Kaia rae Alford
ALBA - UOB

Final year project

Etre Artificiel

Anxious Designer

Kaia rae Alford



Chteghle yalla

Chewing

mayy

sekhne?

yalla

Loud voices

fix

room

Yalla
Loud voices
sekhne?
Loud voices

Chteghle yalla

Kaia fix

Albanian

Helicopter!

Warche

Chewing

yourgroundrills

Yalla

Sound

Albanian

drills

Loud voices

sekhne

Ta22ineKdurala

Kaia fix

Warche

Warche

Yalla

Warche

Yalla

Yalla

Warche

Yalla

Chewing Helicopter

Loud voices

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Loud voices

Chteghle yalla

Yalla

Warche

Loud voices

Alba drills

Ta22it elKahraba

Fi mayy sekhne?

Chewing sound

Kaia fix your room

STRESS

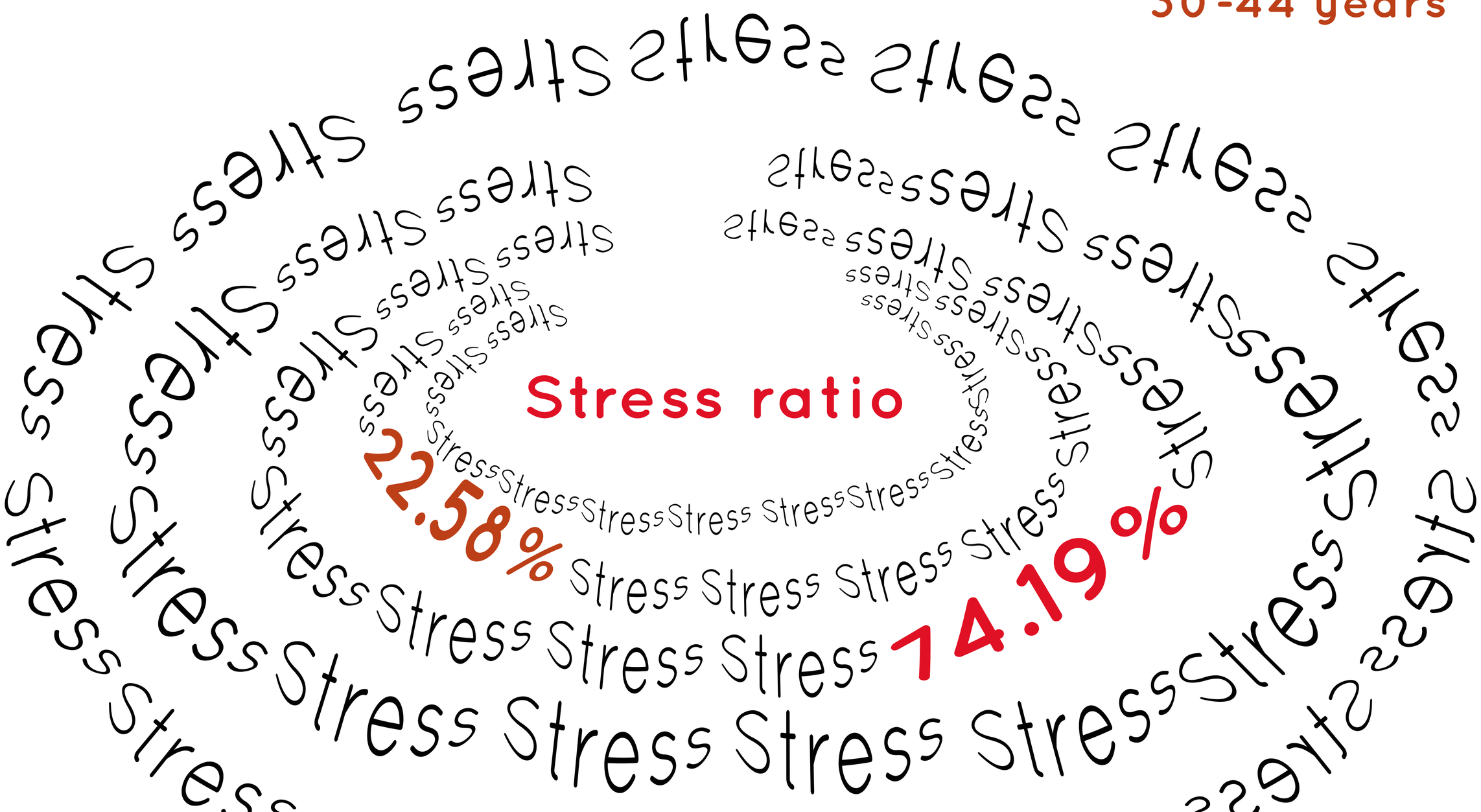
Chteghle yalla
Warche
Loud voices
Kaia fix
Chewing
sound
your room
Alba
drills
Yalla
Fi mayy
sekhne?
Ta22it elKahraba

Stress ratio

18-29 years

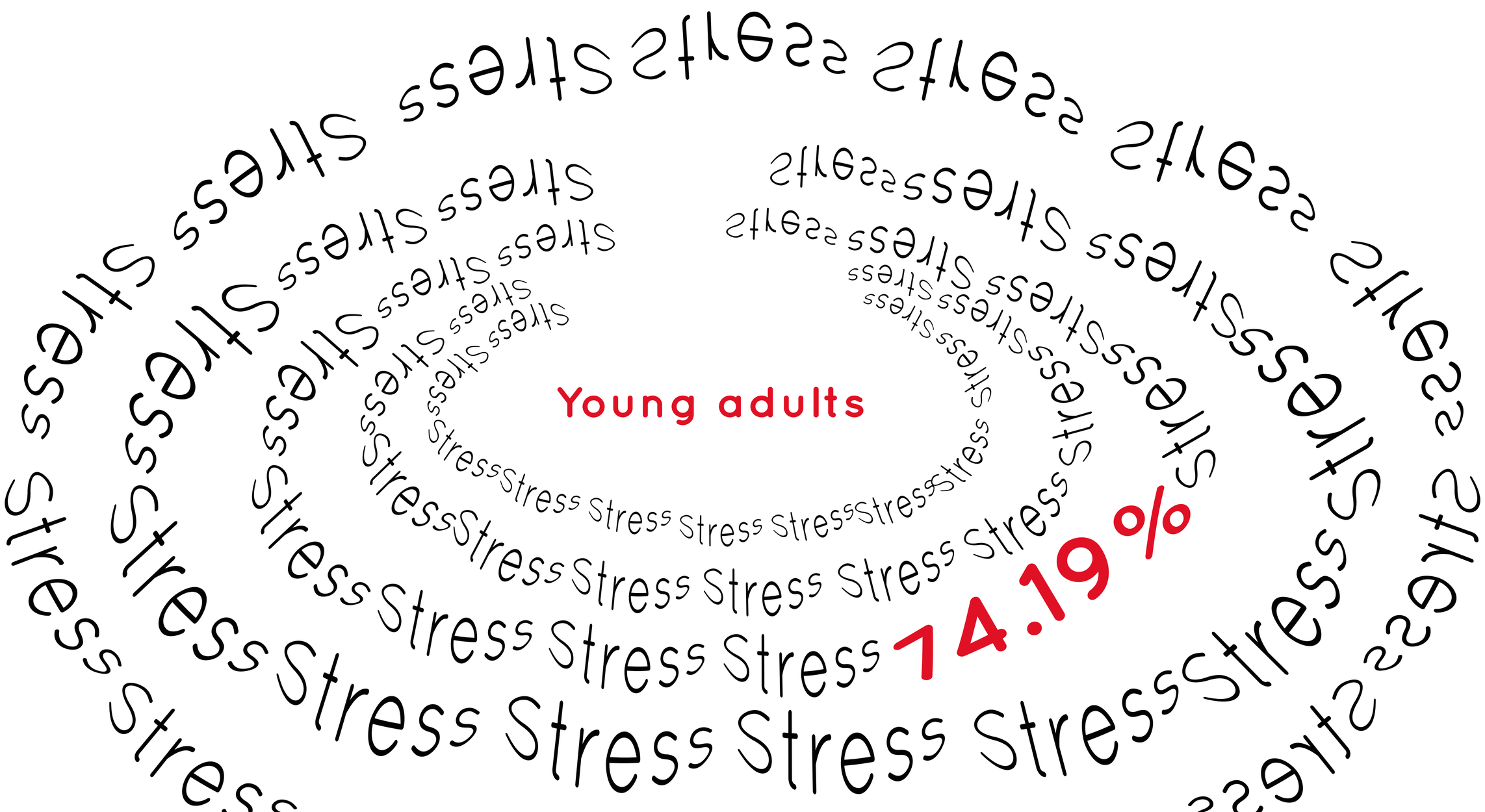
18-29 years

30-44 years



18-29 years
30-44 years
45 years & older

18-29 years



Describe your stress

Where?

University

Where?

University

Home

Where?

University

Home

Where?

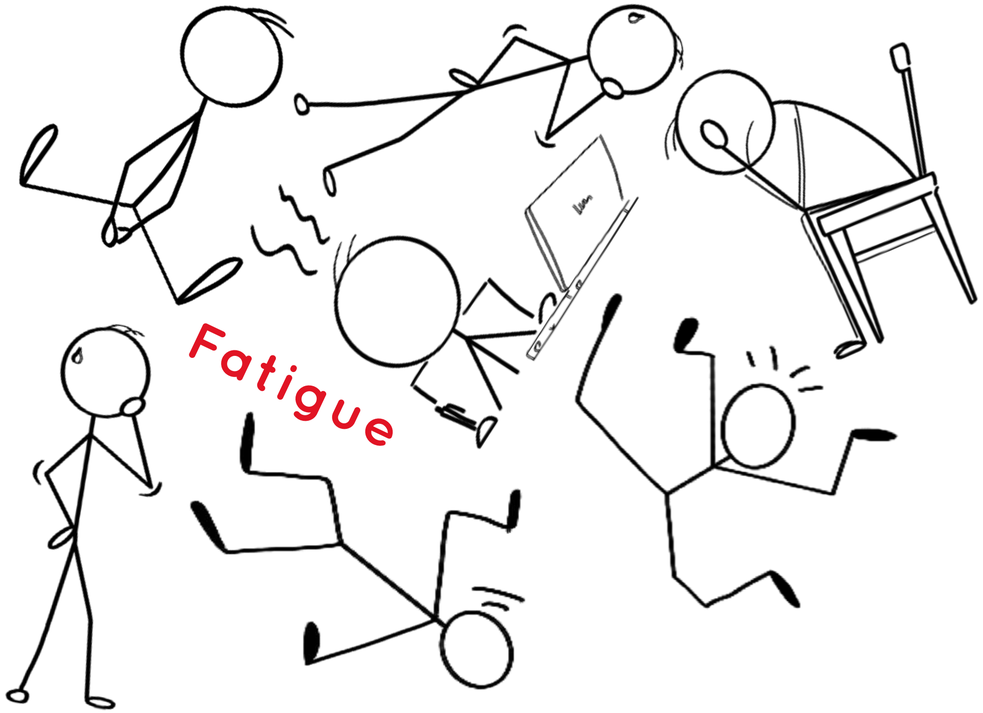
Public places

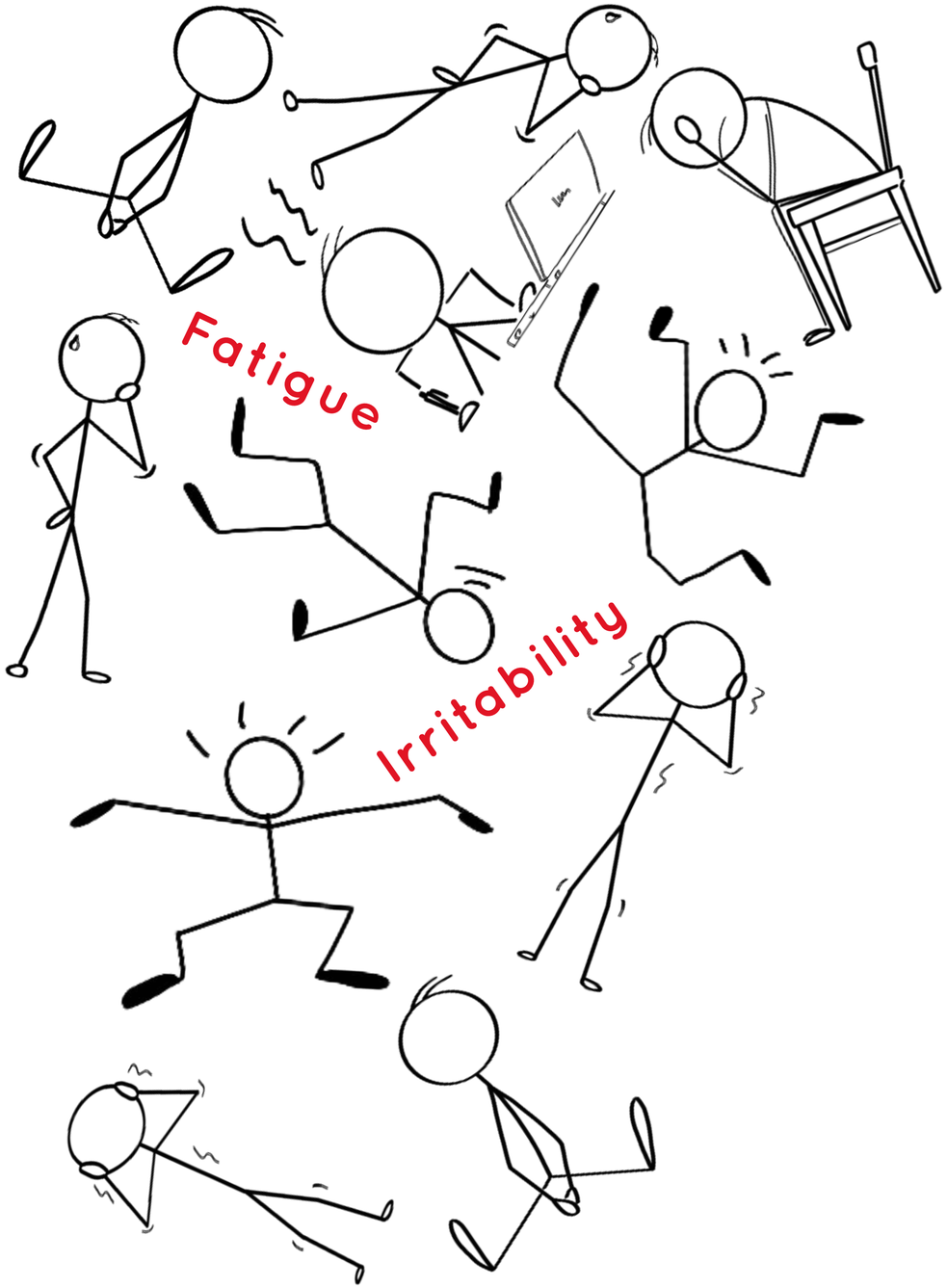
Basically...

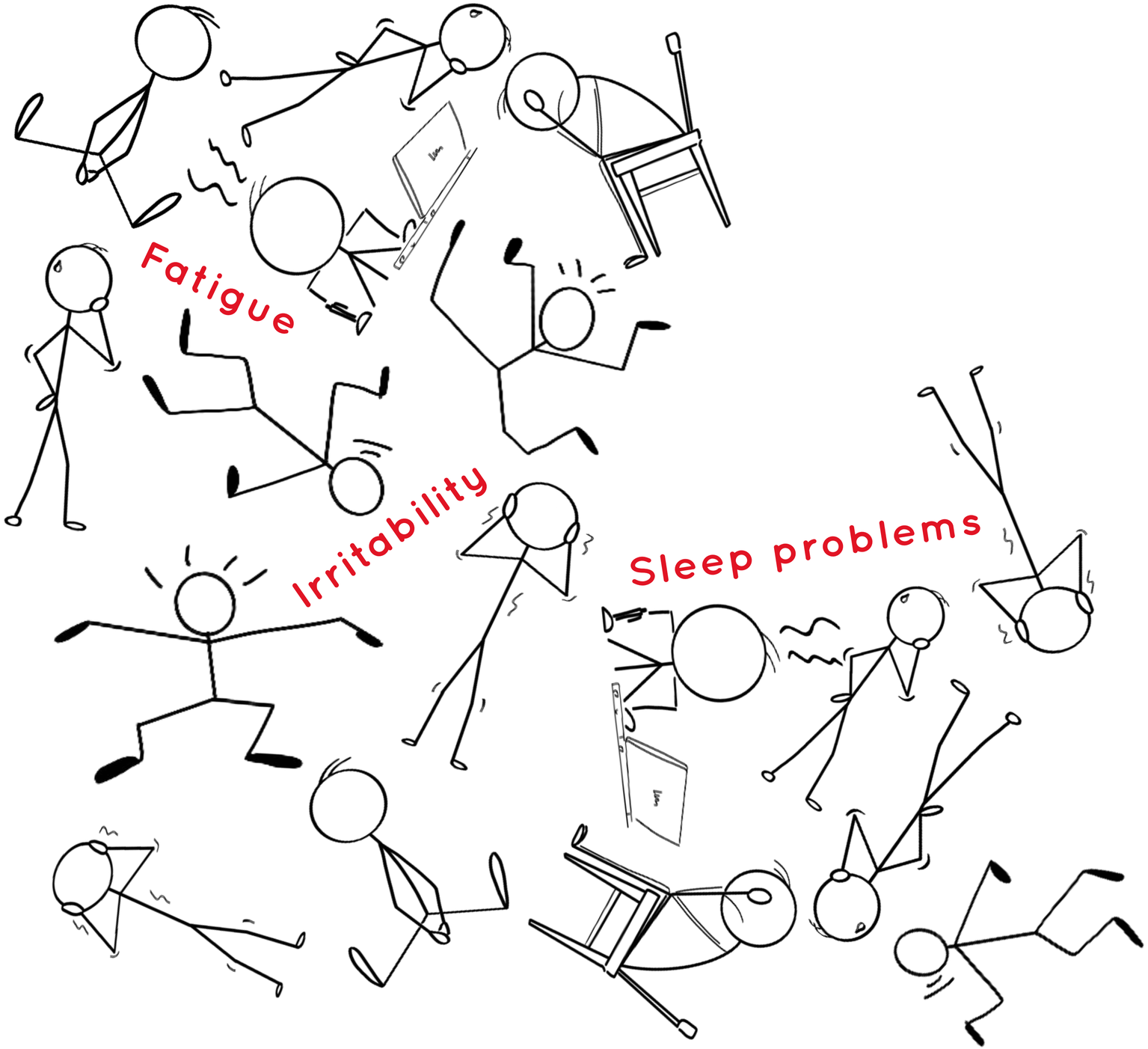
Basically...

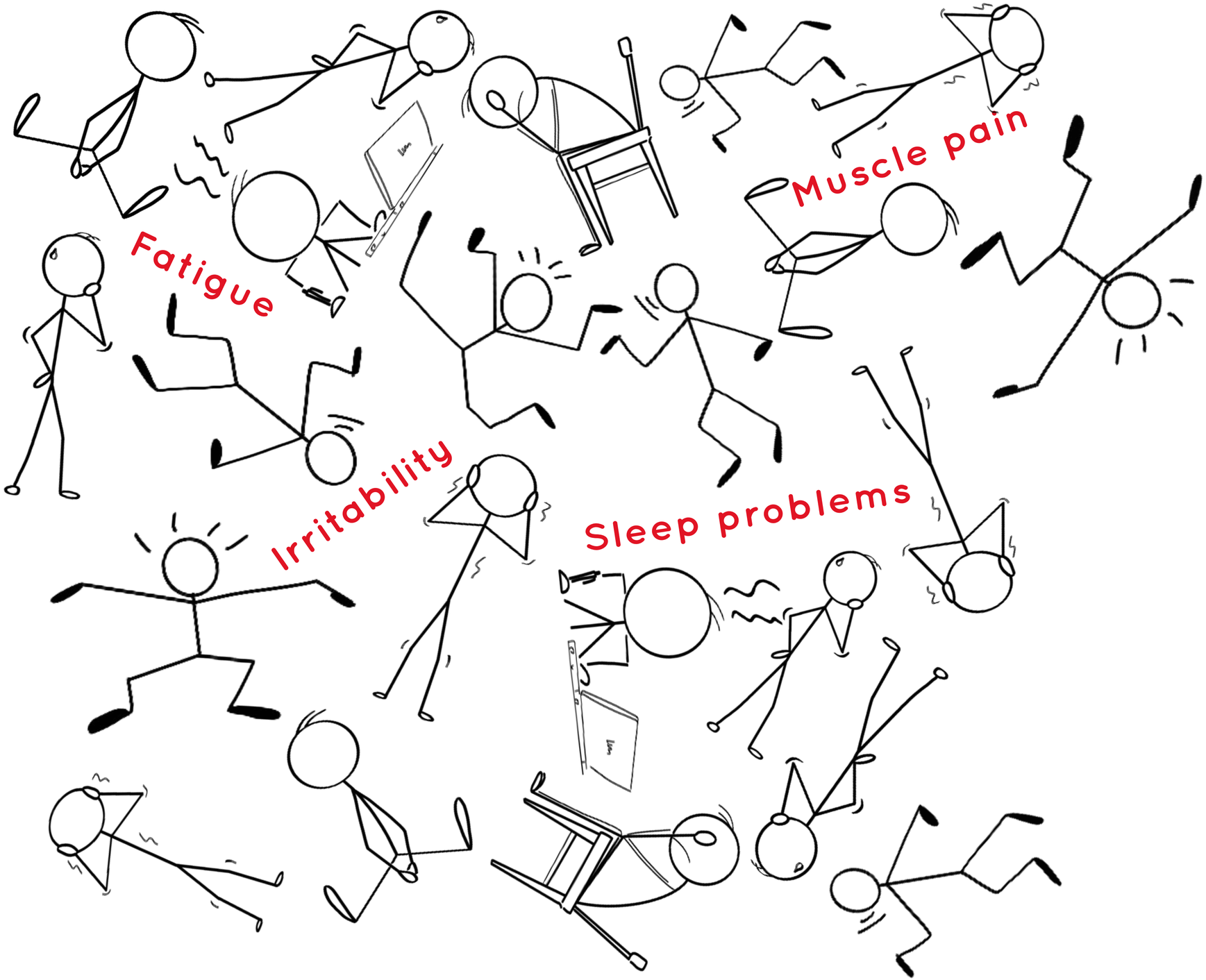
Everywhere

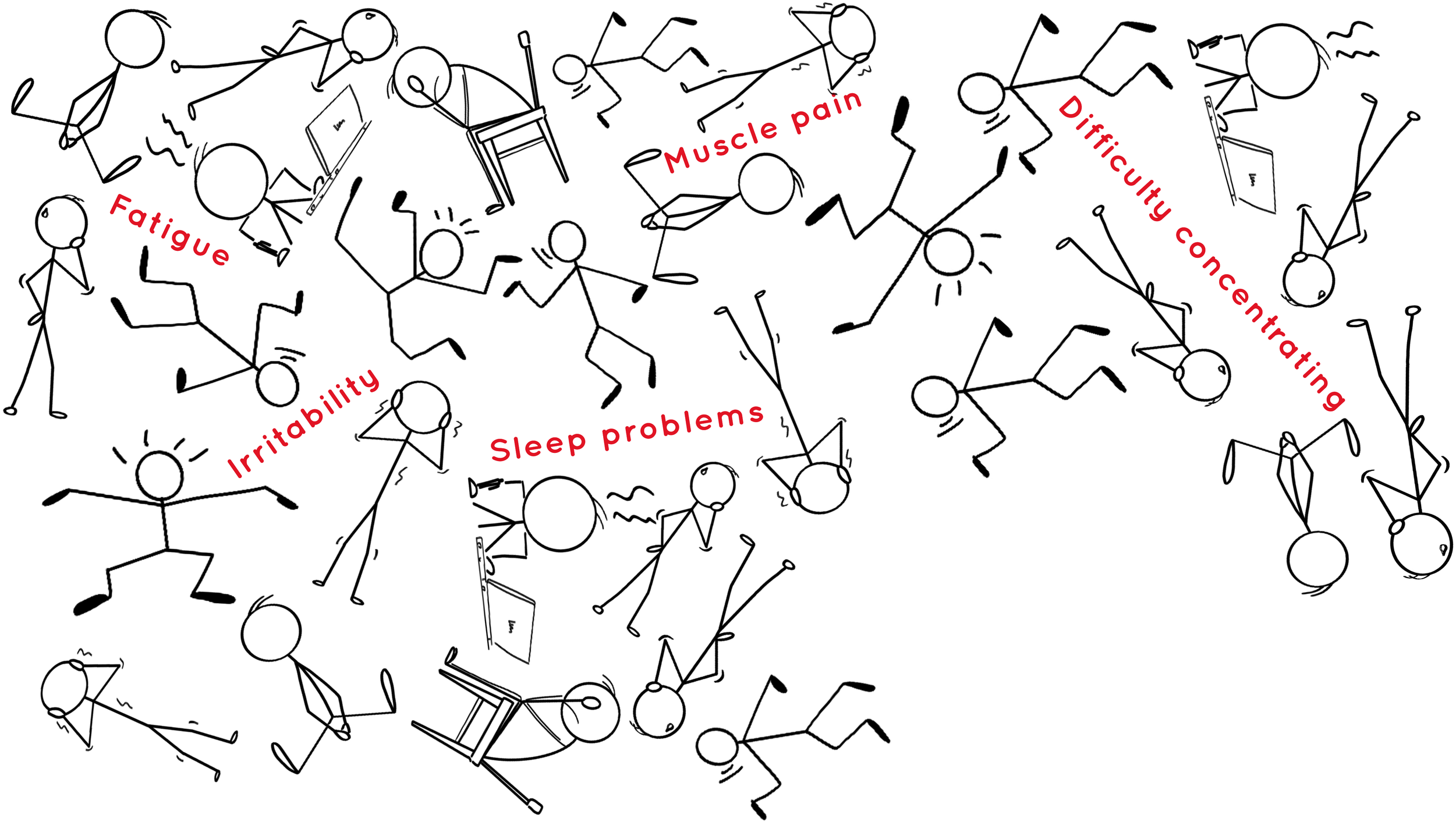
What do you feel?

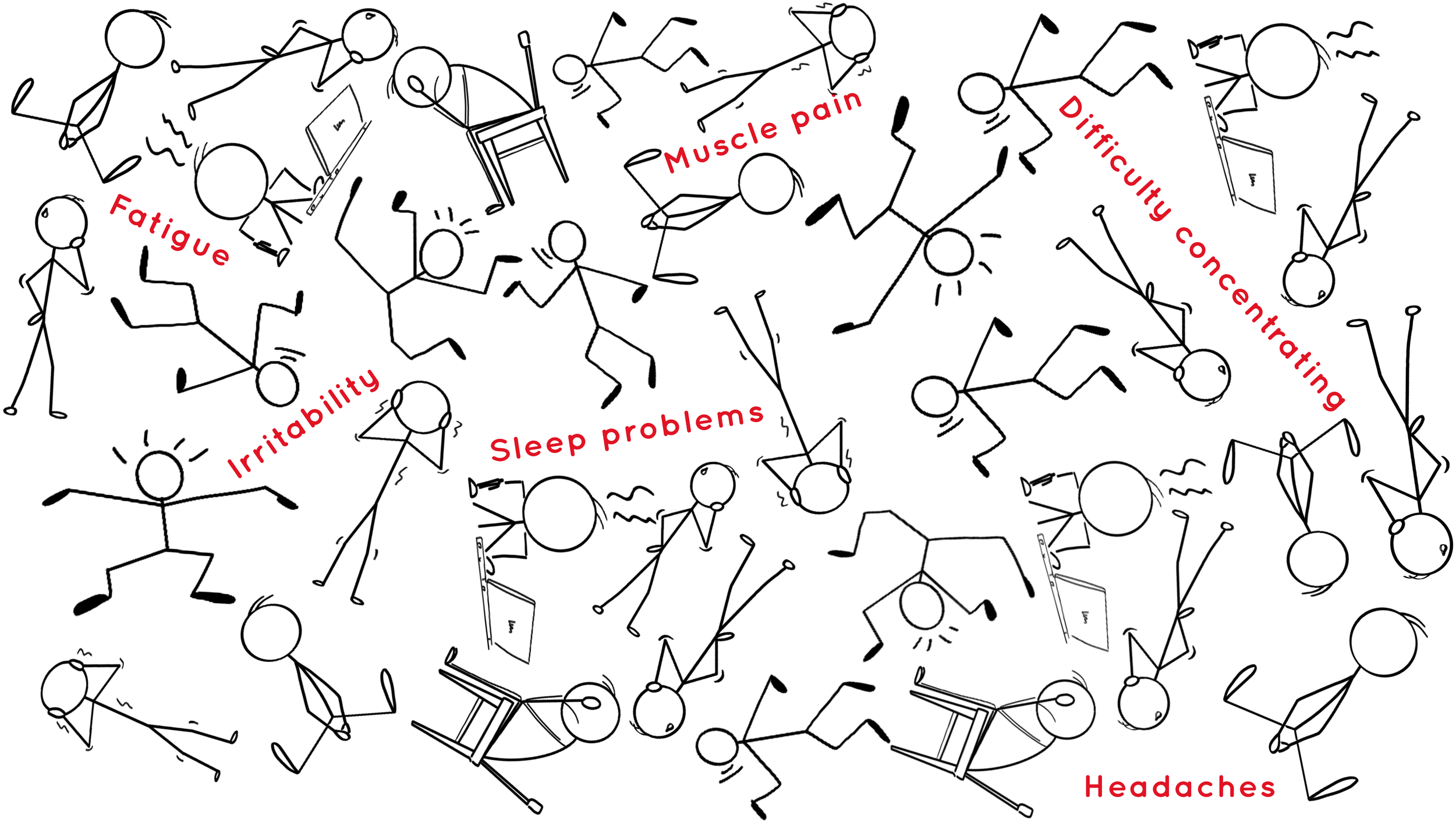

Fatigue


Fatigue
Irritability


Fatigue
Irritability
Sleep problems


Fatigue
Muscle pain
Irritability
Sleep problems


Fatigue
Muscle pain
Difficulty concentrating
Irritability
Sleep problems


Fatigue
Muscle pain
Difficulty concentrating
Irritability
Sleep problems
Headaches

Preventing

Touch

Touch

Drawing

Touch

Social support

Drawing

Journaling

Drawing

Touch

Social support

Journaling

Touch

Music

Drawing

Social support

Journaling

Breathing

Touch

Music

Drawing

Social support

Journaling

Aromatherapy

Touch

Music

Social support

Breathing

Drawing

Journaling

Aromatherapy

Touch

Music

Meditation

Social support

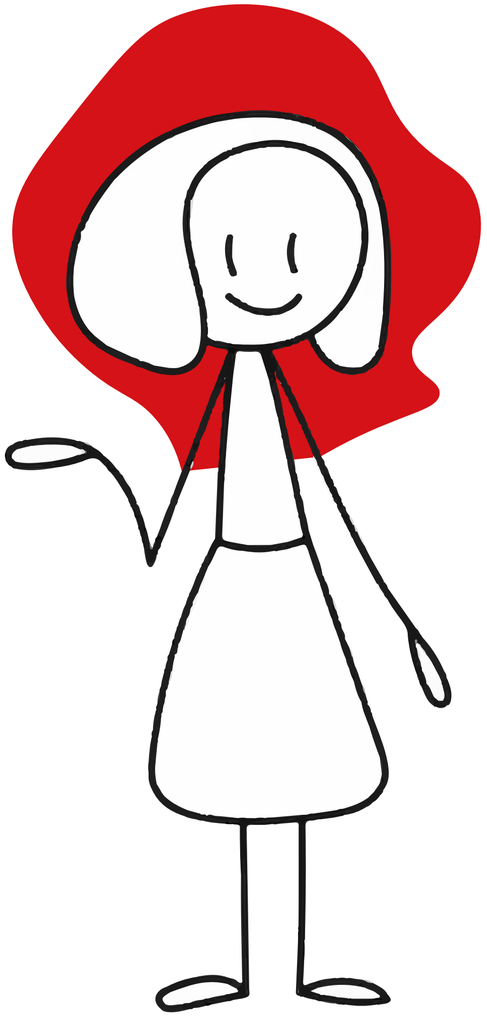
Breathing

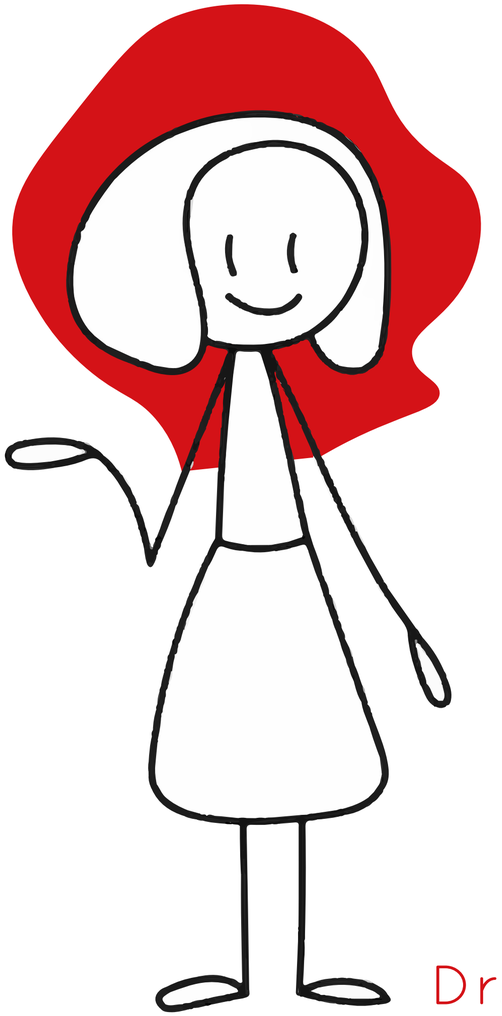
Drawing

Journaling

Touch

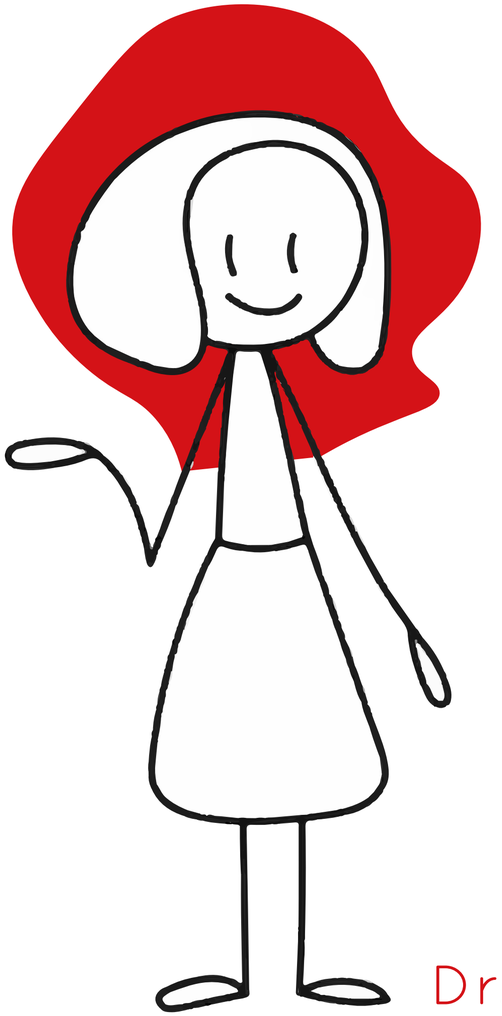
Drawing





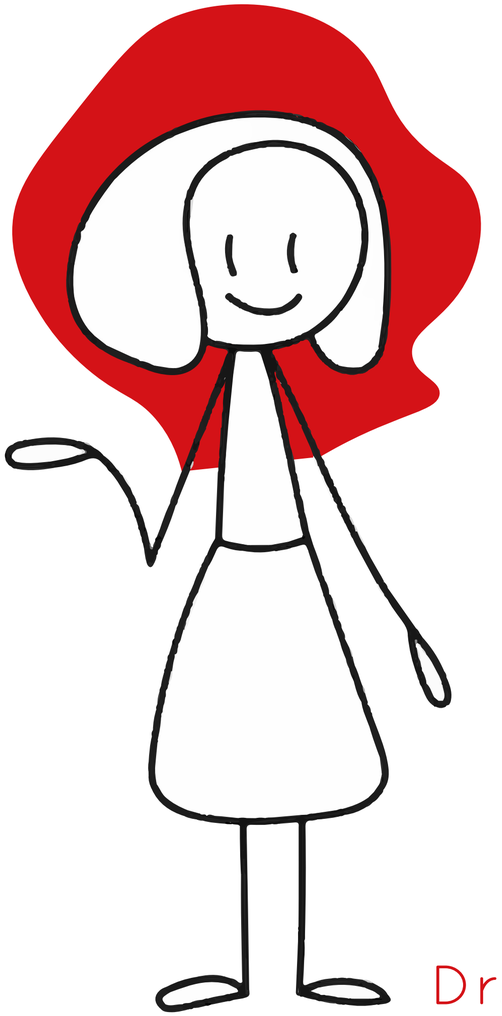
Dr. Lea Harb

Natural



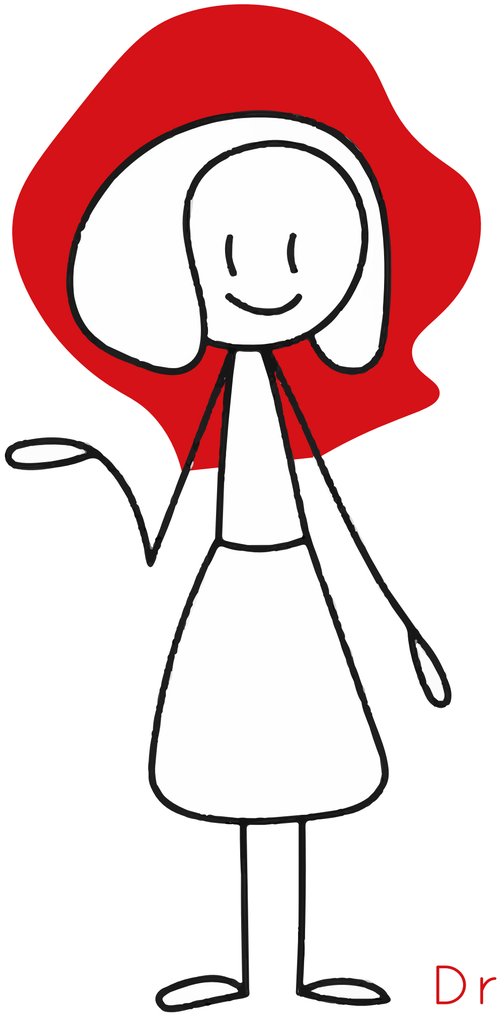
Dr. Lea Harb

Natural Analog

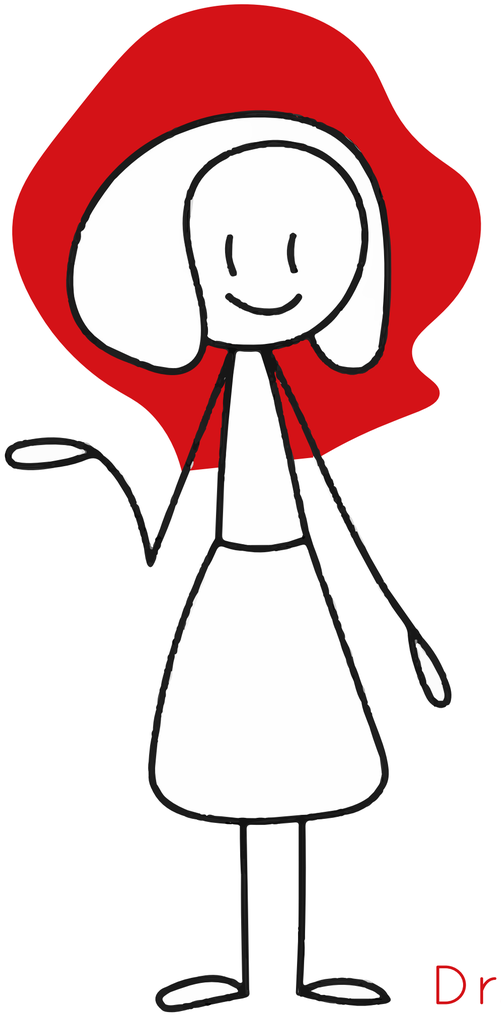


Dr. Lea Harb

Natural Analog Sensations



Dr. Lea Harb



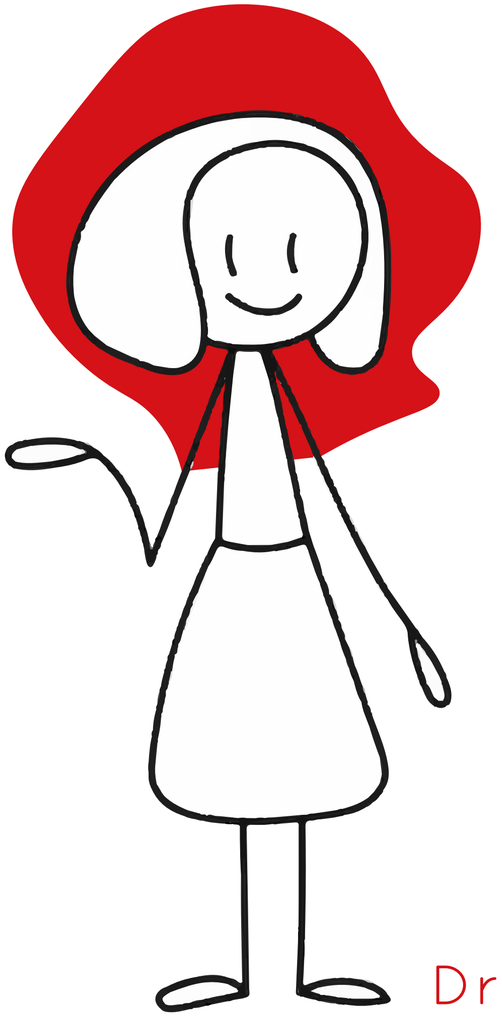
Natural

Analog

Sensations

Understand your emotions

Dr. Lea Harb



Natural

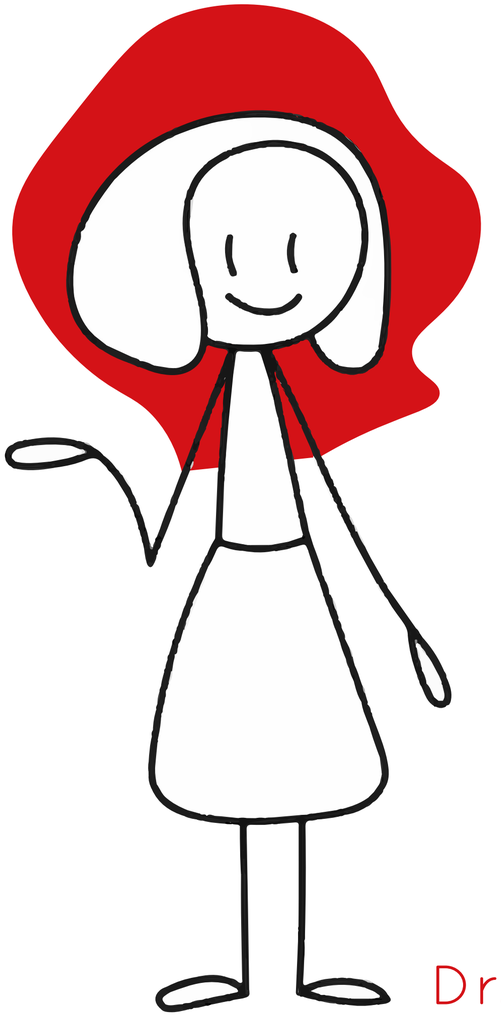
Analog

Sensations

Understand your emotions

Journaling

Dr. Lea Harb



Natural

Analog

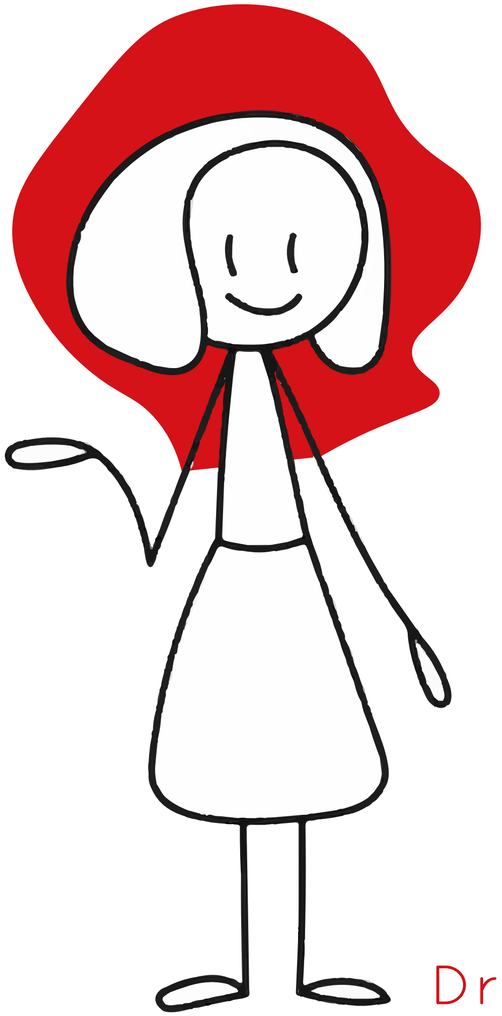
Sensations

Understand your emotions

Journaling

Self-reflection

Dr. Lea Harb



Natural

Analog

Sensations

Understand your emotions

Journaling

Self-reflection

Touch

Dr. Lea Harb

Sasha Naim

Master student

Personal insight

Sasha Naim

Master student

Personal insight

Prevent

Sasha Naim

Master student

Personal insight

Prevent

The here and now

Sasha Naim
Master student

Personal insight

Prevent

The here and now

Journaling

Sasha Naim
Master student

Personal insight

Prevent

The here and now

Journaling

sensation

Sasha Naim

Master student

Personal insight

Prevent

The here and now

Journaling

sensation

Physical world

Sasha Naim
Master student

Writing

Writing

Drawing

Writing

Drawing

Doodling

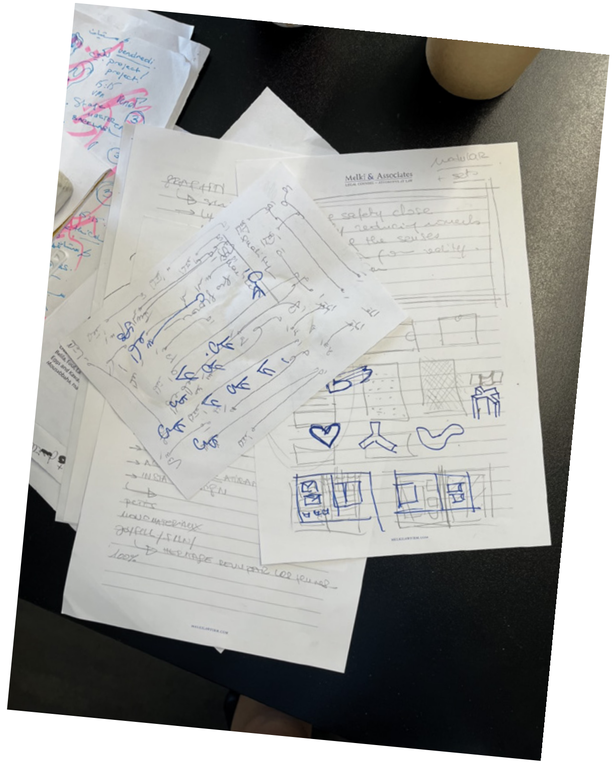
Writing

Drawing

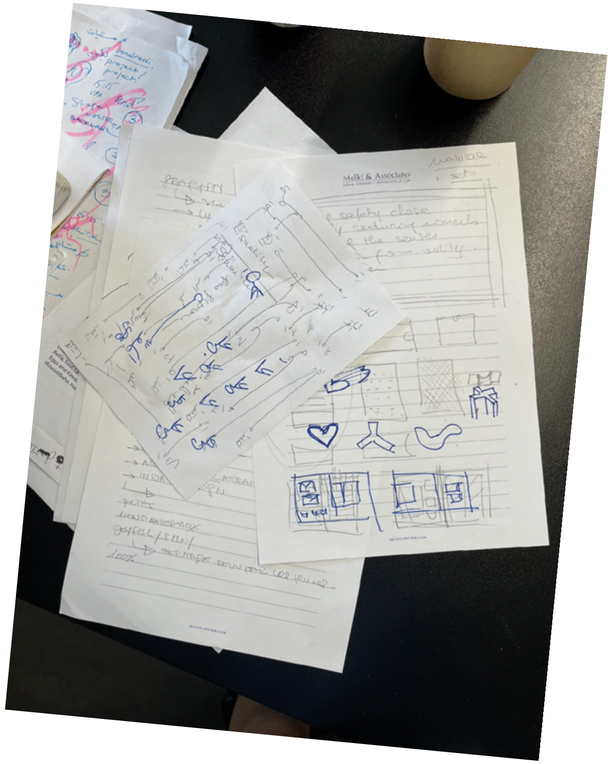
Doodling

HOME

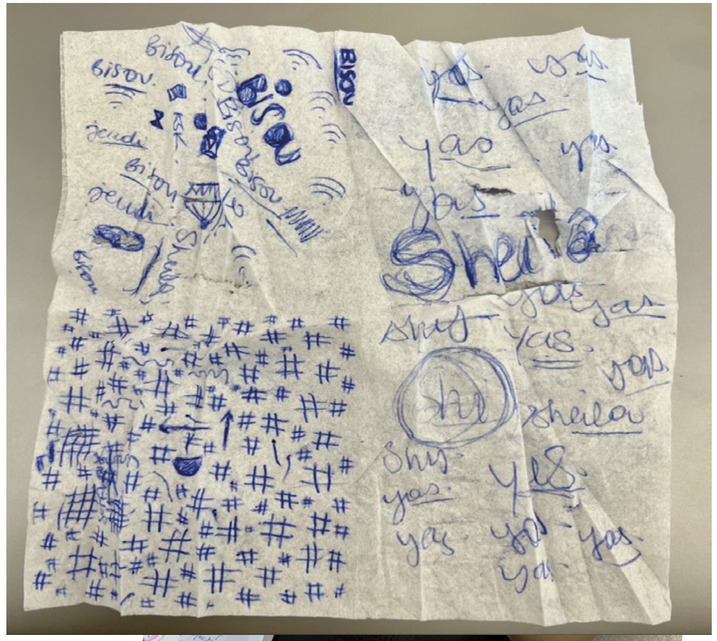
HOPE

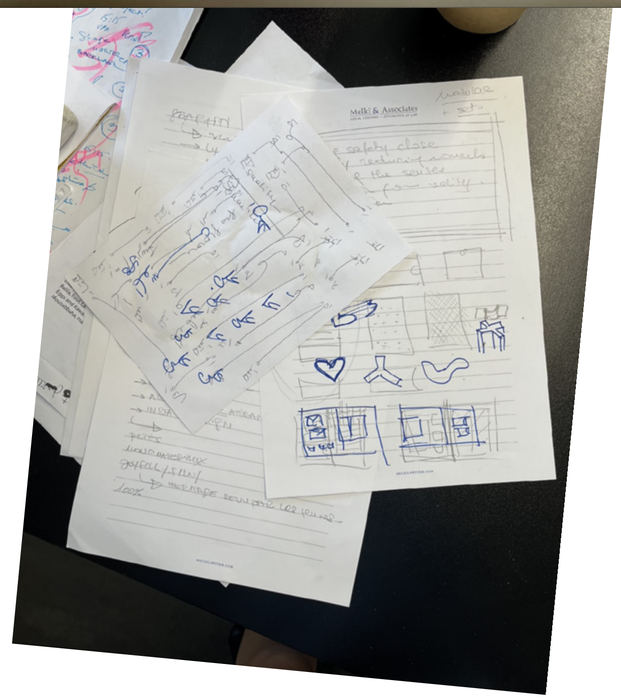

Melki & Associates

Everything
ELSE
ME
HOPE


Melki & Associates

Everything
ELSE
ME
HOME


BISON
yas
Sheila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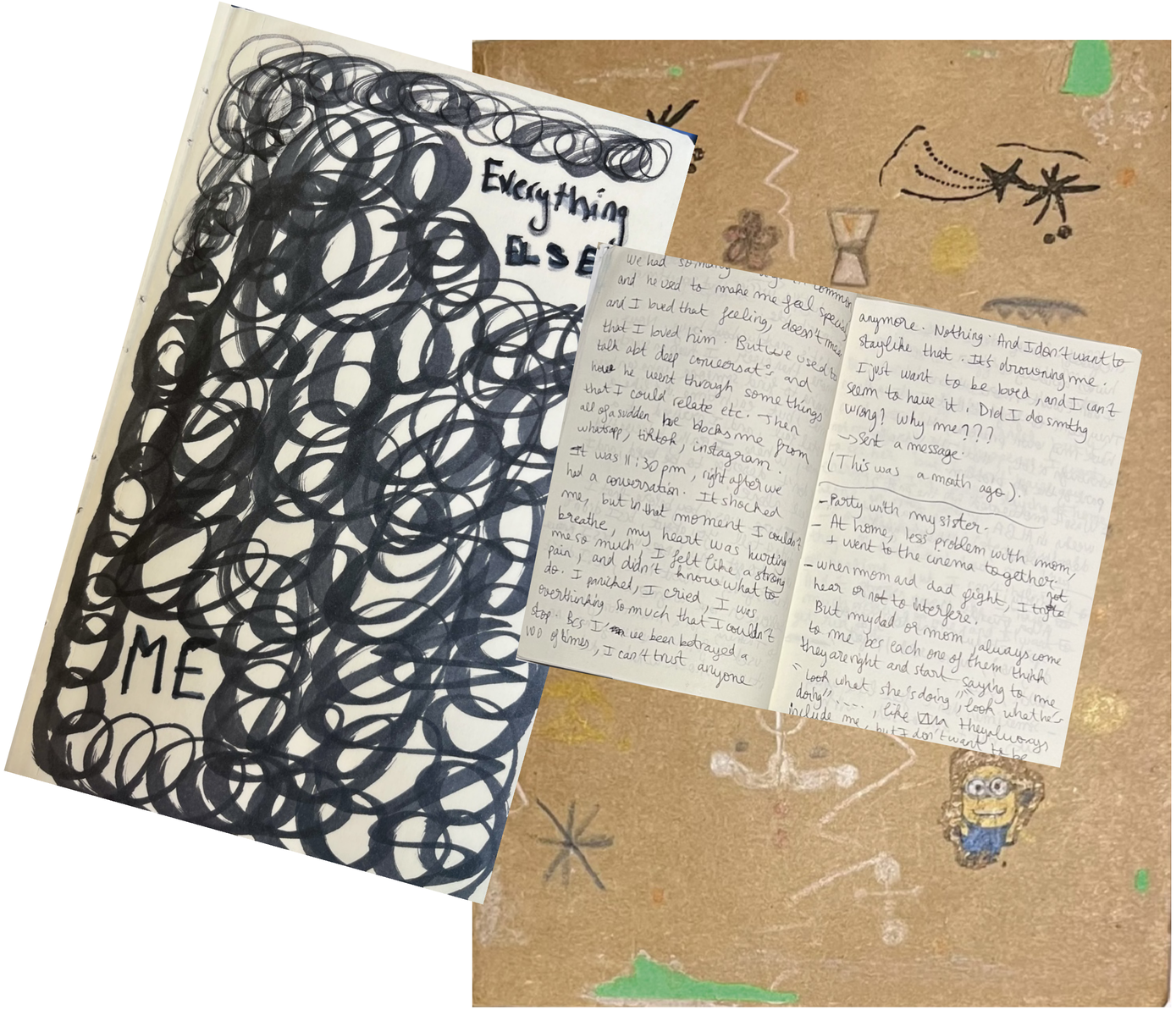

We had so many [illegible] common
and he used to make me feel special
and I lived that feeling, doesn't mean
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I just want to be loved, and I can't
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→ Sent a message.
(This was a month ago).

- Party with my sister.
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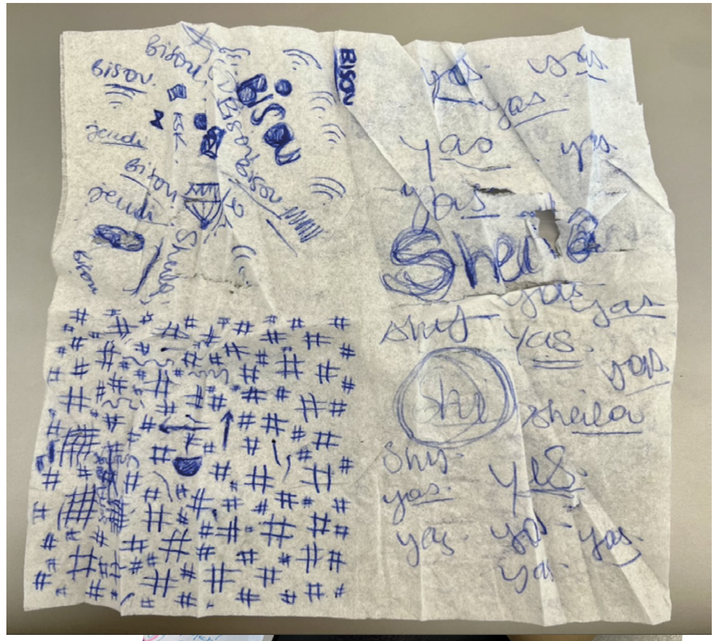

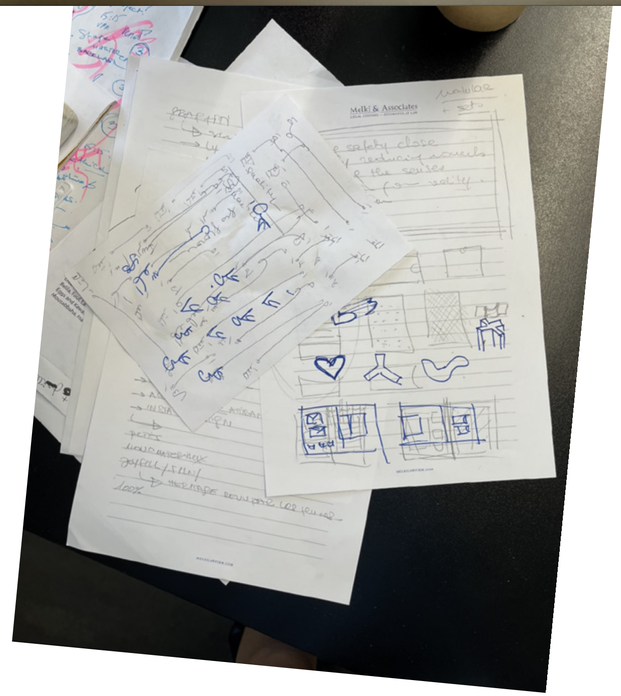

Everything
ELSE
THEREFORE, my beloved brothers, BE STEADFAST, IMMOVABLE, always ABOUNDING in the work of the Lord, knowing that in the Lord YOUR LABOR IS NOT IN VAIN.
1 Corinthians 15:51-58
THEREFORE MY BELOVED SISTERS
Be Steadfast
IMMOVABLE
ALWAYS ABOUNDING
in the work of the Lord
KNOWING
THAT IN THE LORD
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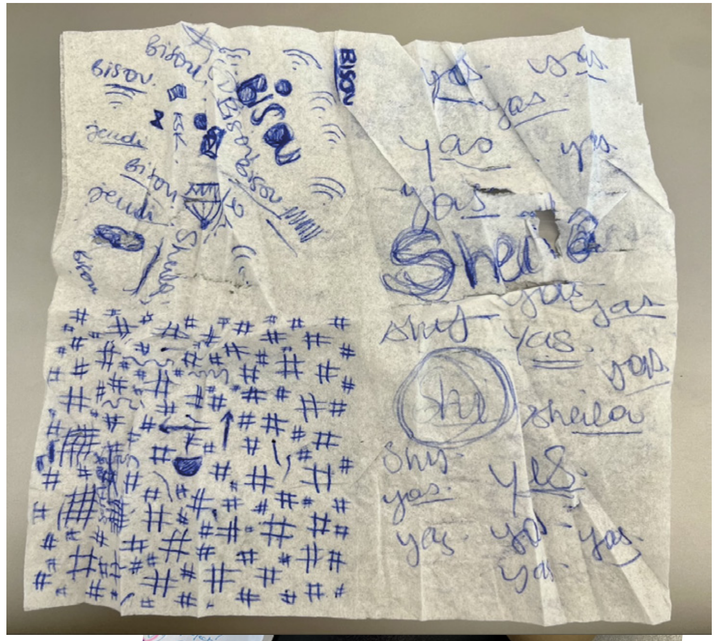
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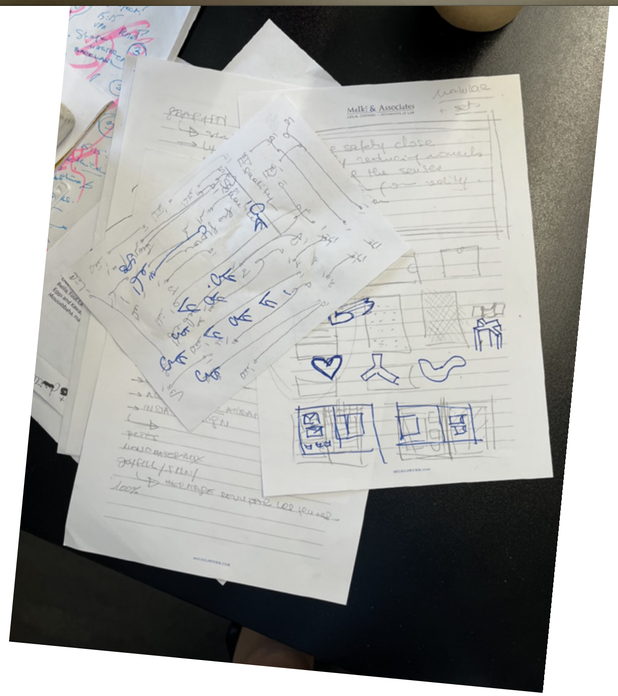
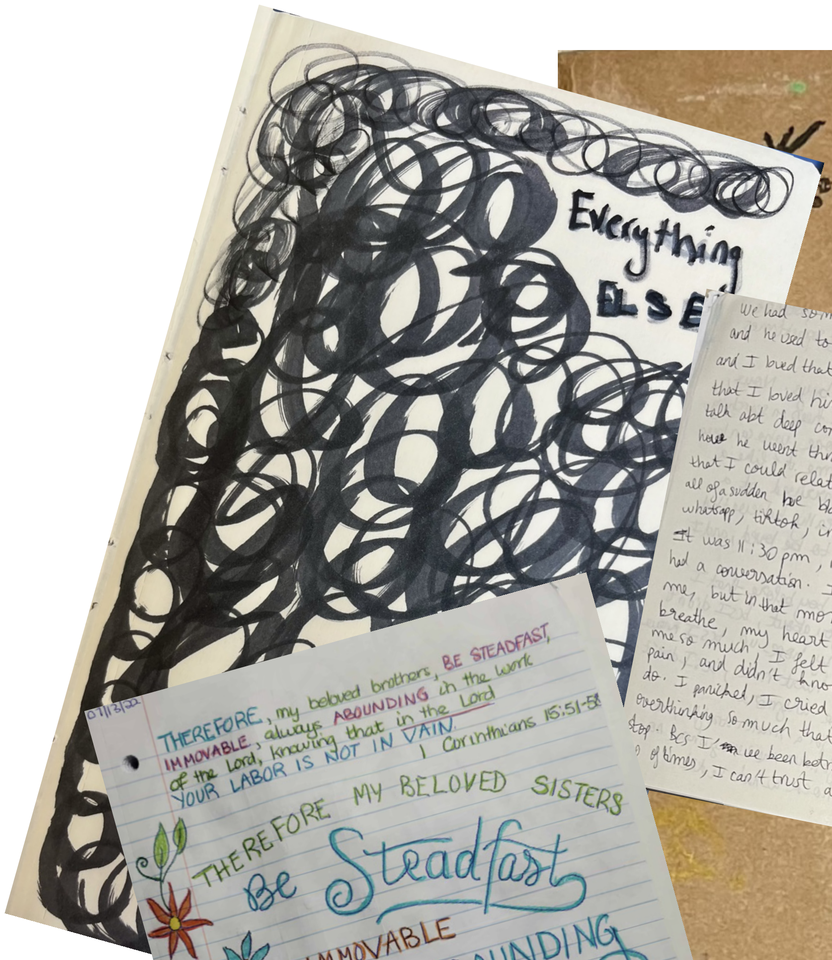

Melki & Associates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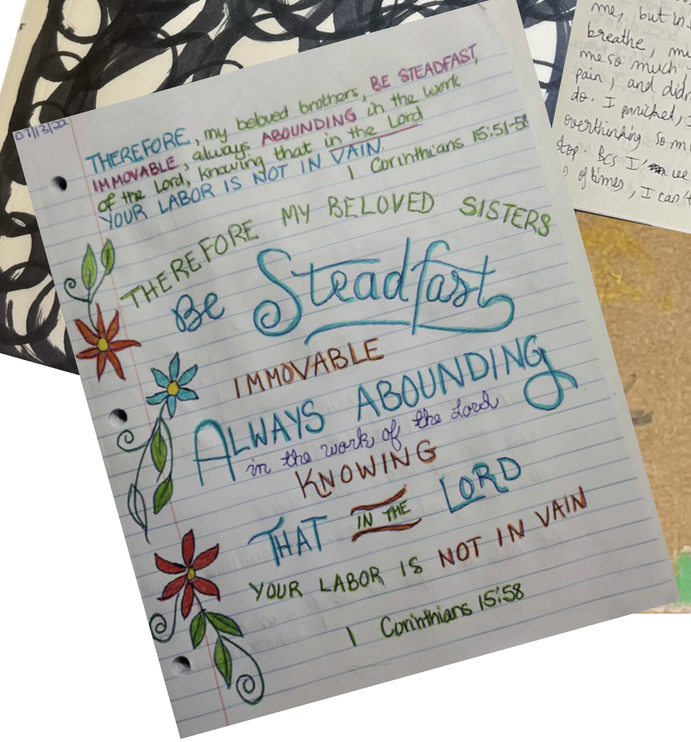
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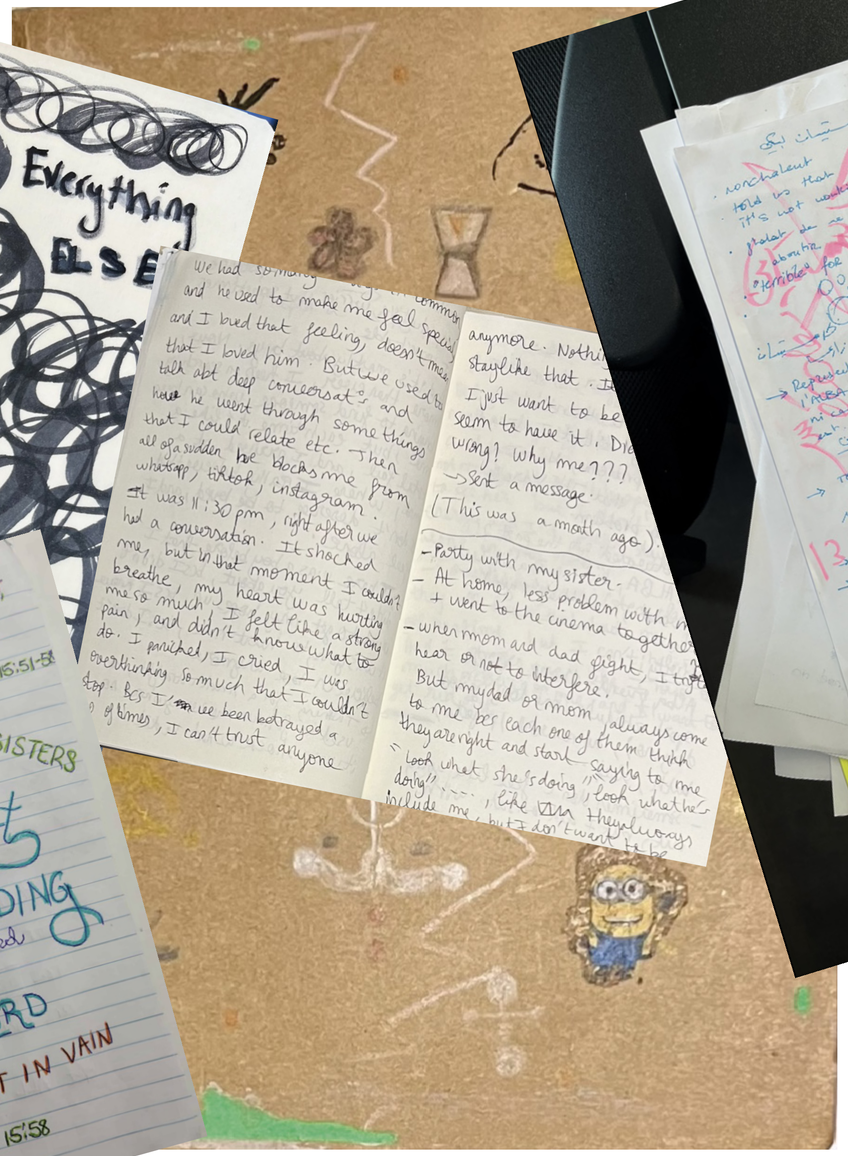
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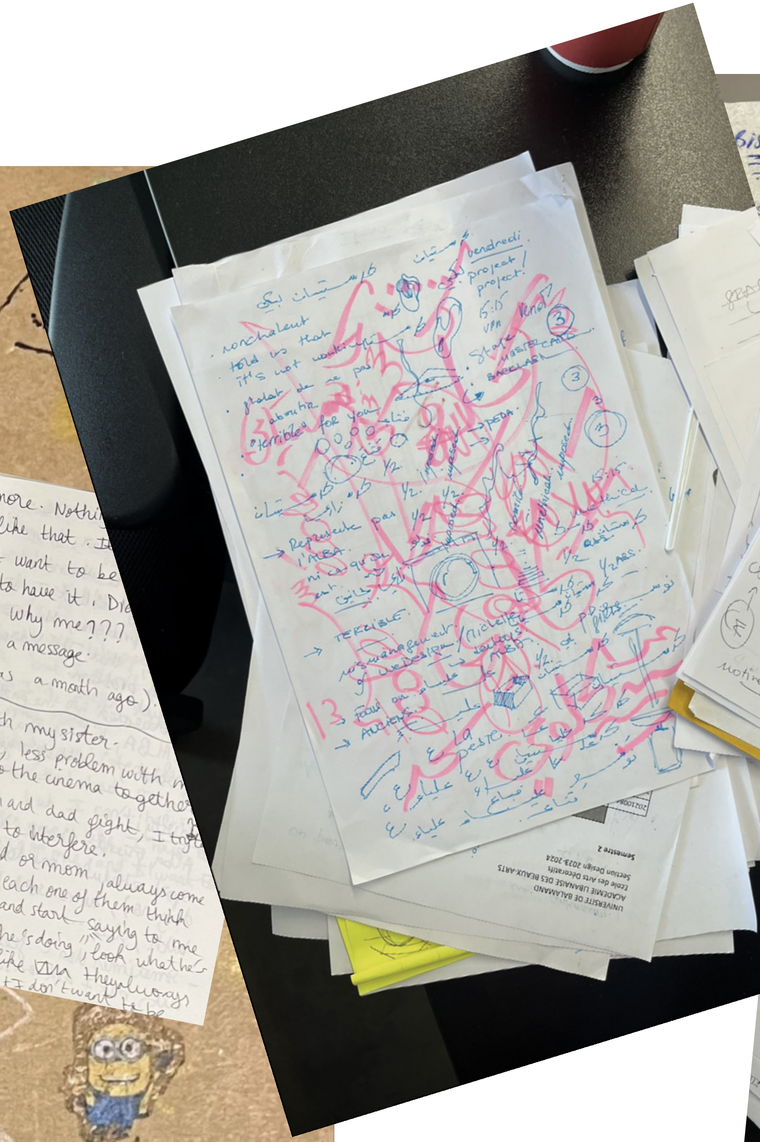
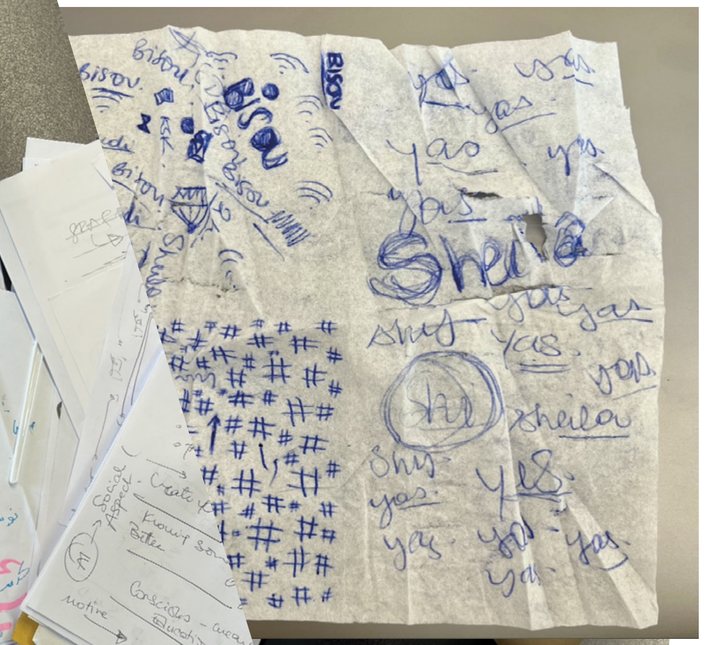
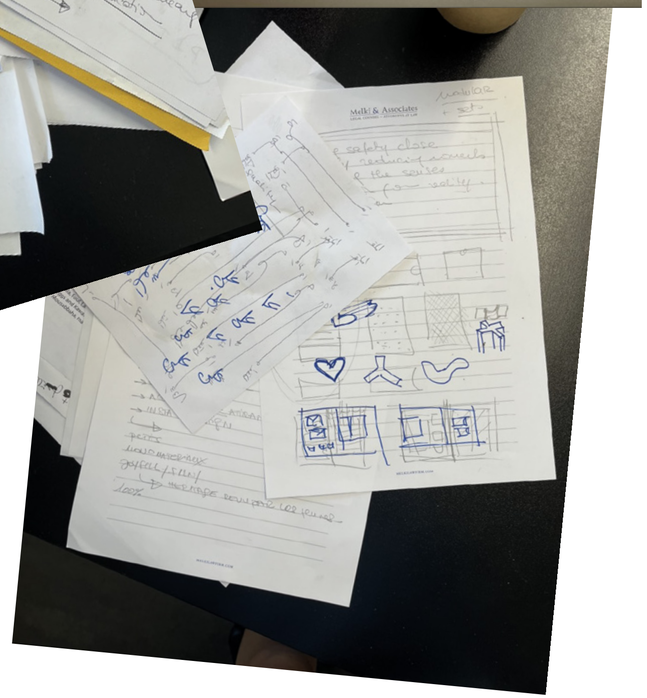
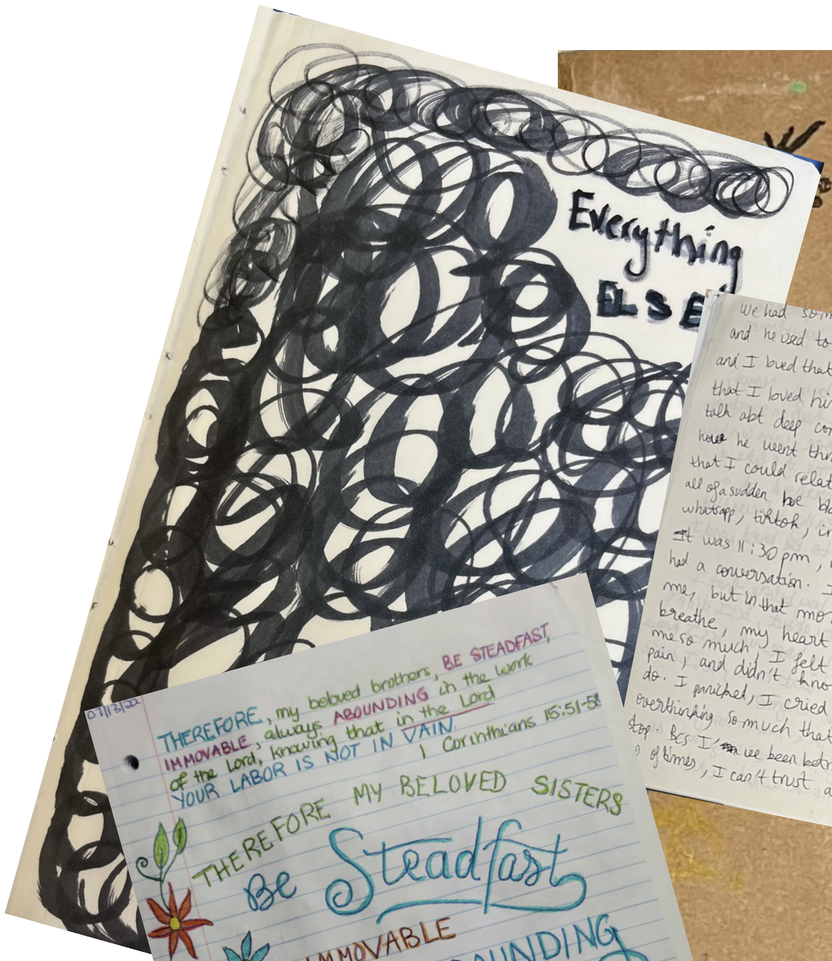
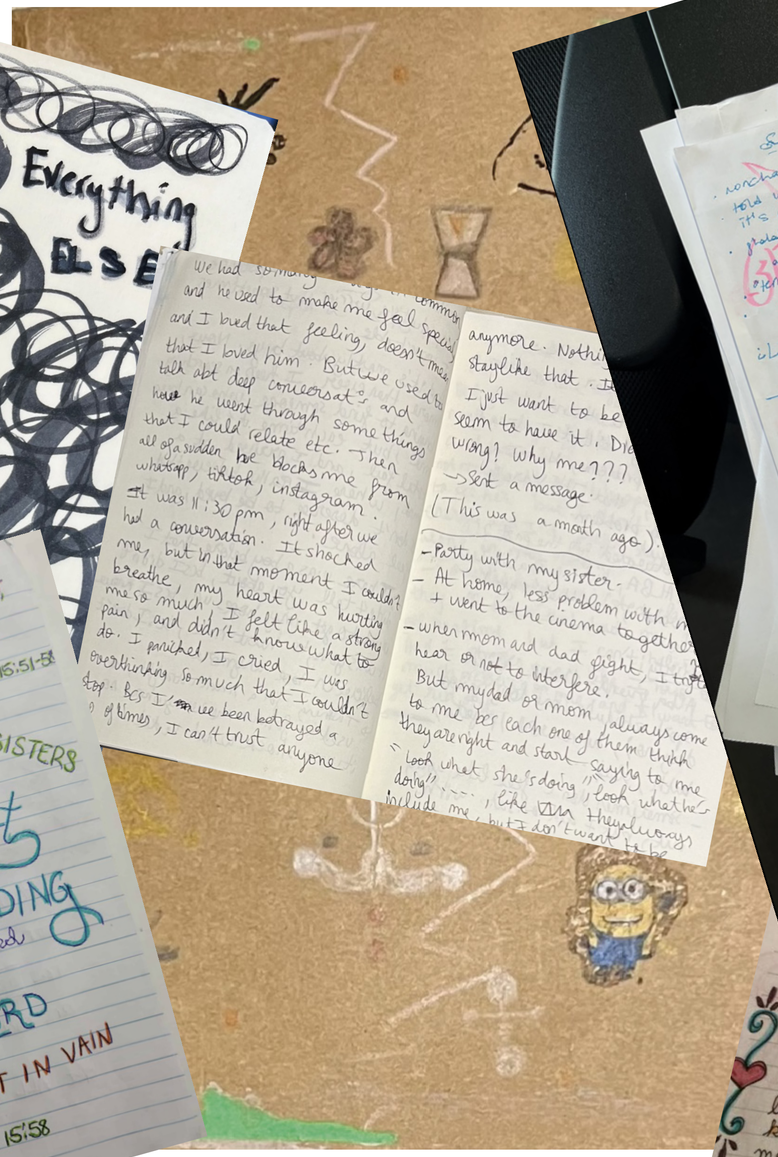

UNIVERSITÉ DE BAMAKO
ACADÉMIE LIBRAMOF DES BEAUX-ARTS
Centre des Arts Décoratifs
Section Design 2024-2025
Semestre 2


BISON
yas
Sheila
shy
yes


Melki & Associates





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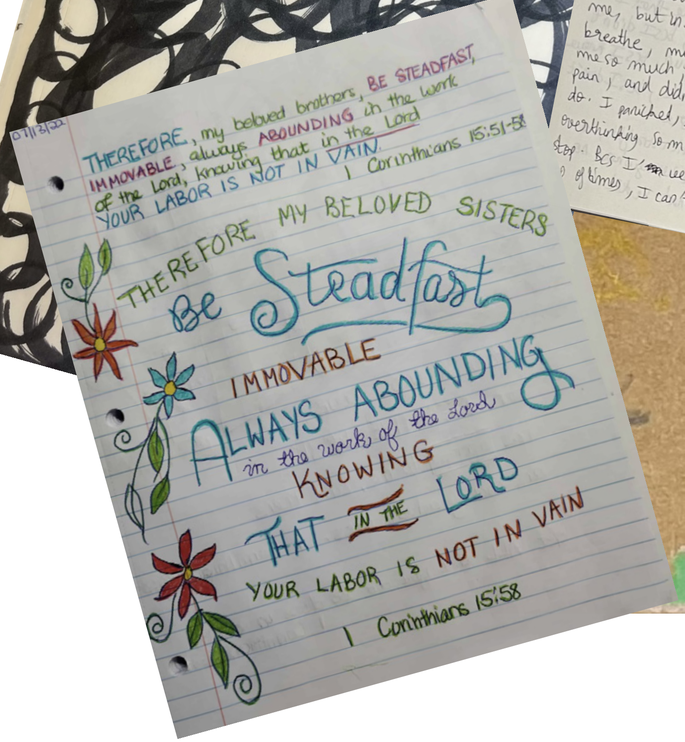
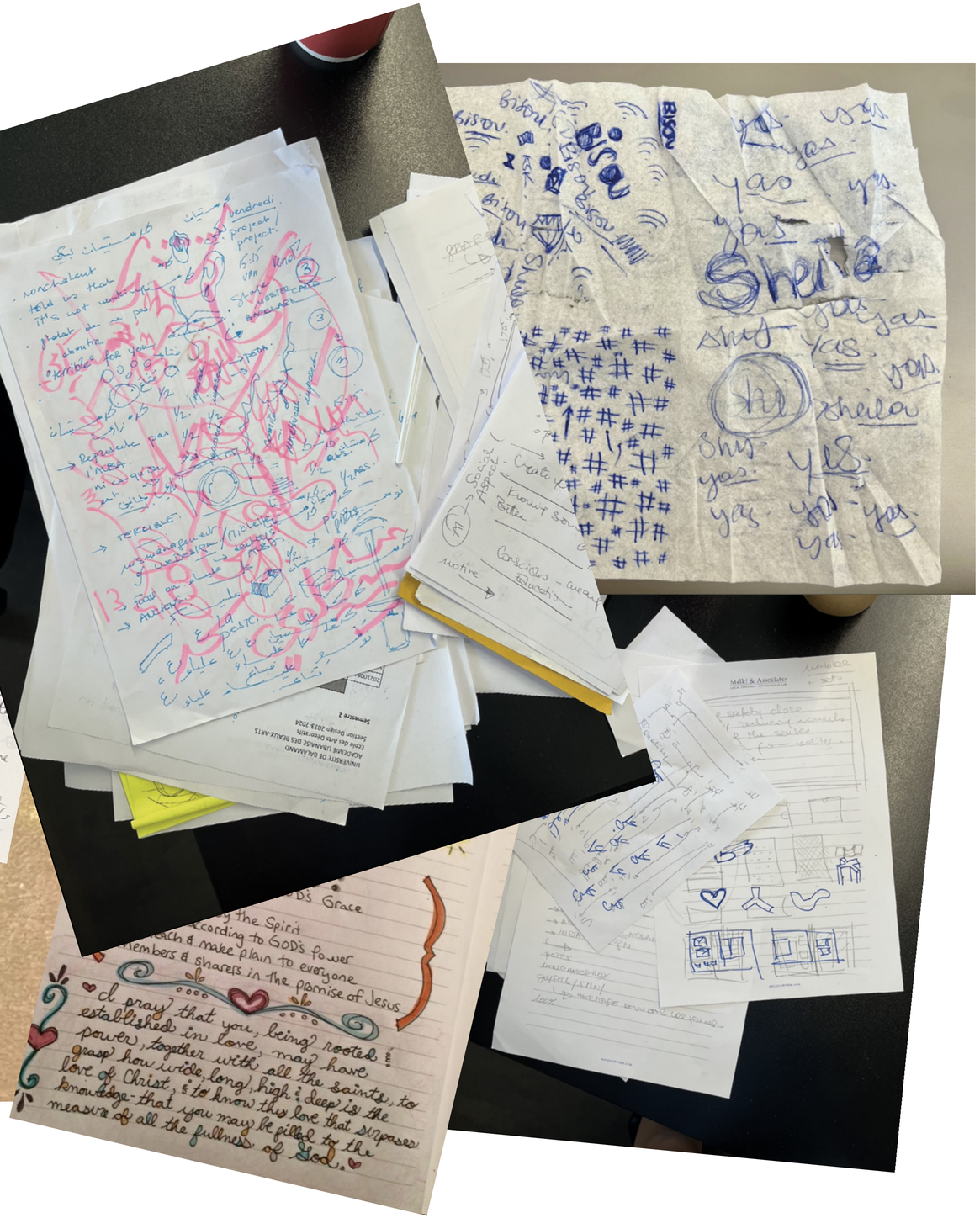
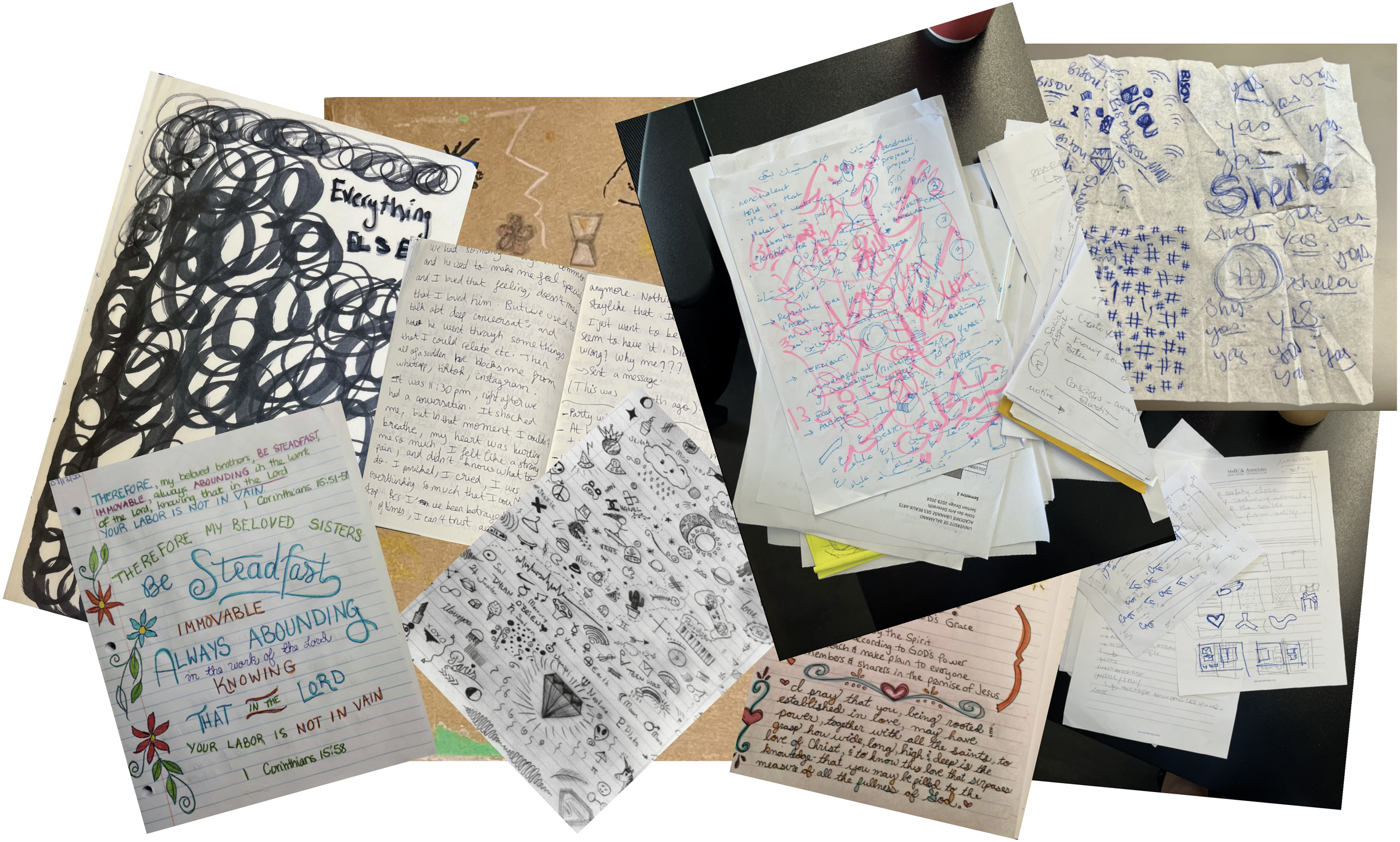
include me, but I don't want to be






Everything
ELSE
THEREFORE, my beloved brothers, BE STEADFAST, IMMOVABLE, always ABOUNDING in the work of the Lord, knowing that in the Lord YOUR LABOR IS NOT IN VAIN.
1 Corinthians 15:51-58
THEREFORE MY BELOVED SISTERS
Be Steadfast
IMMOVABLE
ALWAYS ABOUNDING
in the work of the Lord
KNOWING
THAT IN THE LORD
YOUR LABOR IS NOT IN VAIN
1 Corinthians 15:58
yes
Sheila
Shy
yes
sheila
yes
yes
yes

What is journaling?

Drawing

What is journaling?

Drawing

What is journaling?

Writing

Drawing

What is journaling?

Prevent

Writing

Routine

Drawing

What is journaling?

Prevent

Writing

Routine

Drawing

What is journaling?

Stress reduction

Prevent

Writing

Routine

Drawing

Doodling

What is journaling?

Stress reduction

Prevent

Writing

What is journaling?

Routine

Drawing

Clarity

Doodling

Stress reduction

Emotional release

Prevent

Writing

How to manage and prevent the stress of everyday life?

Intentions

Visuals

Intentions

Visuals

Intentions

Drawing

Prevent

Visuals

Intentions

Drawing

Writing

Prevent

Visuals

Intentions

Drawing

Writing

Prevent

Visuals

Intentions

Touch

Drawing

Writing

Prevent

Visuals

Intentions

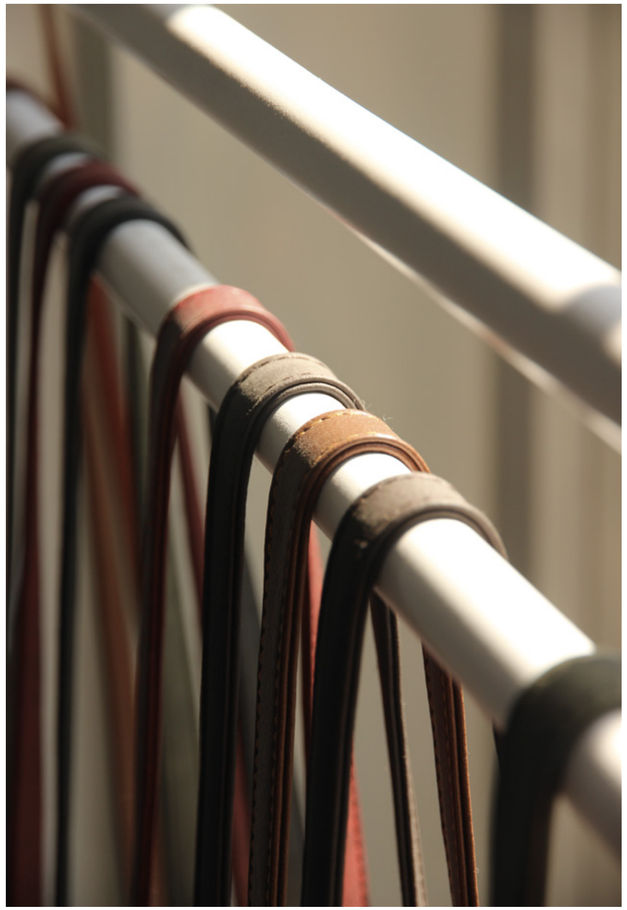
Touch

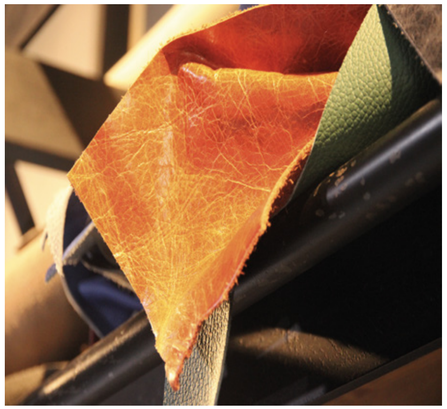
manage stress

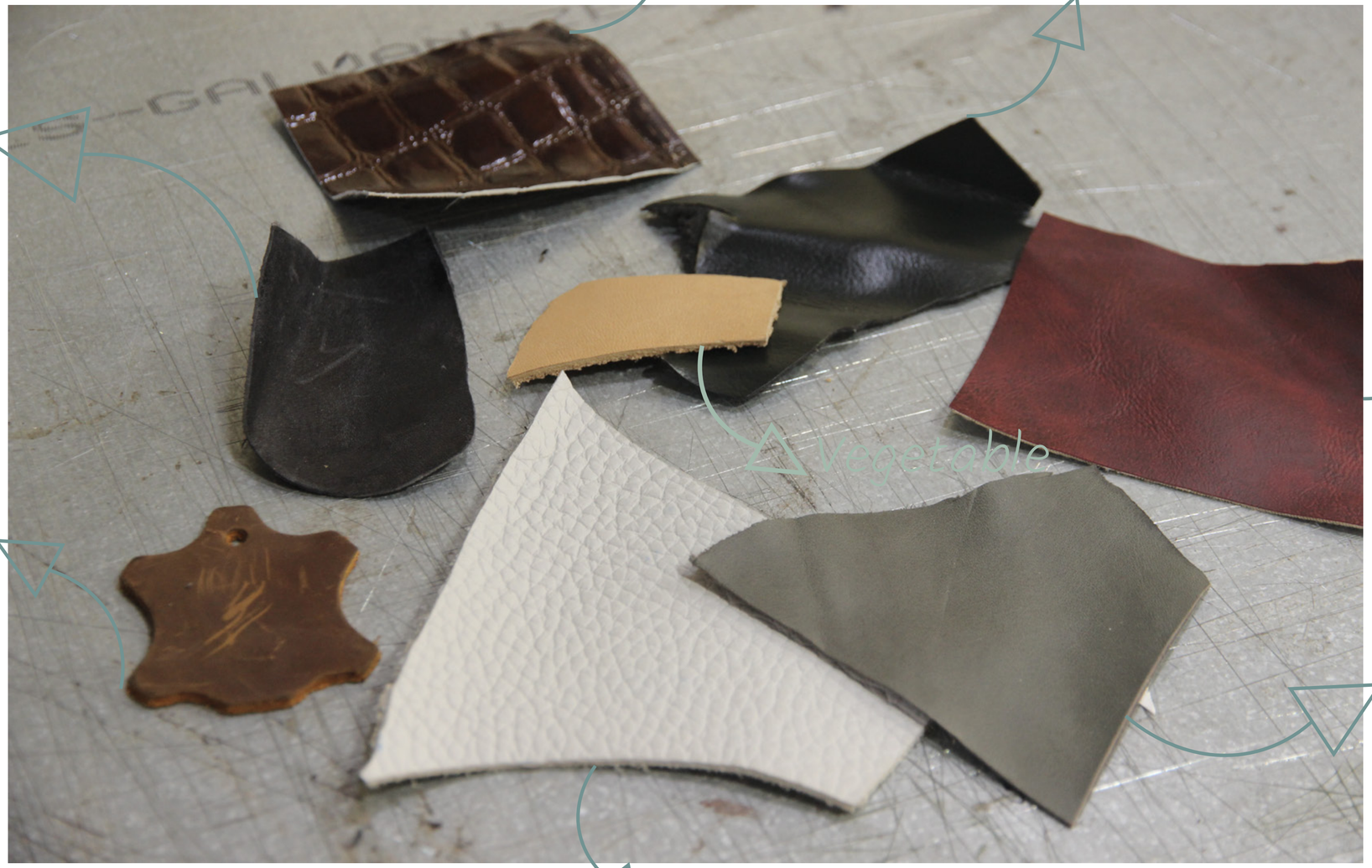
Drawing

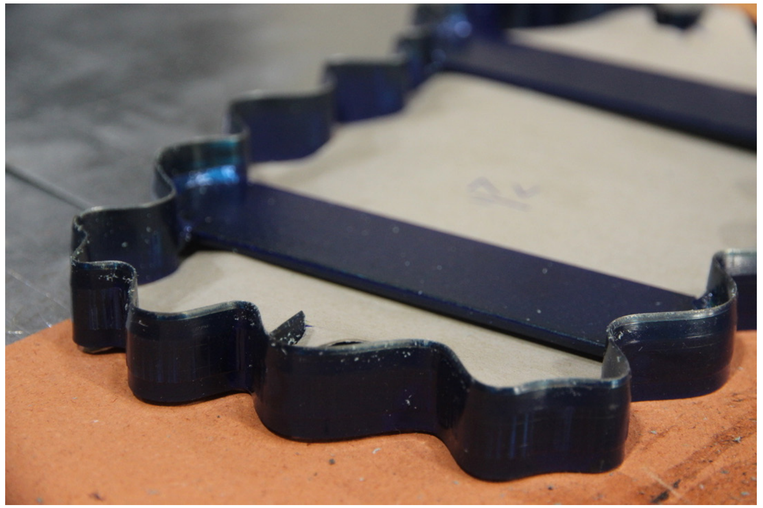
mã

Hold Your Calm

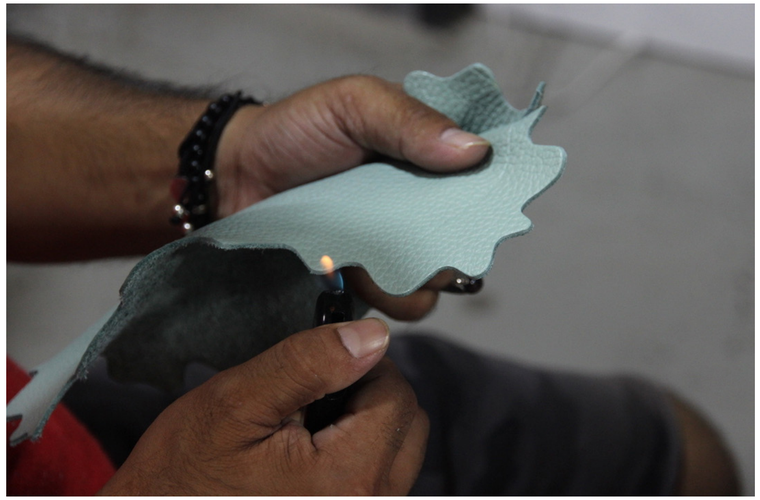




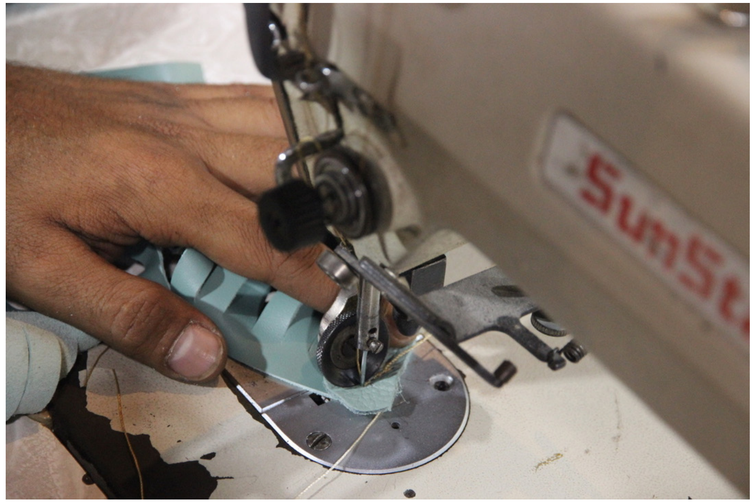

PU (Fake pattern)
Real
Real
Recycled
Vegetable
Crazy Horse
(vintage)
Real
Real Full grain



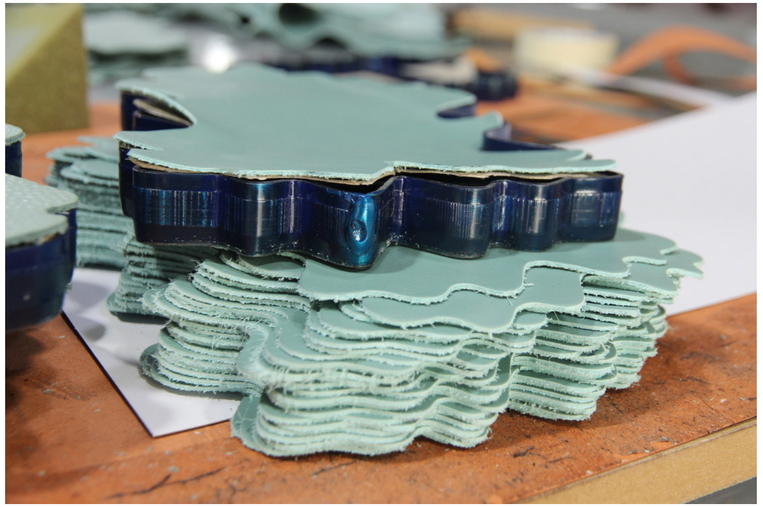
Knife



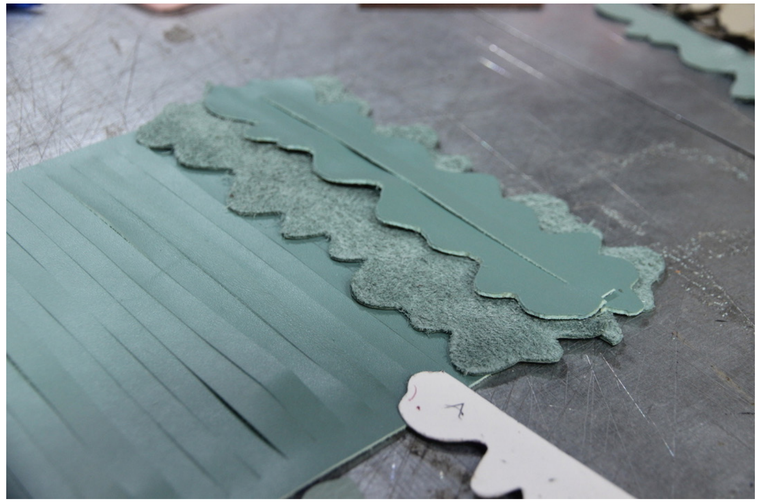
Burnishing



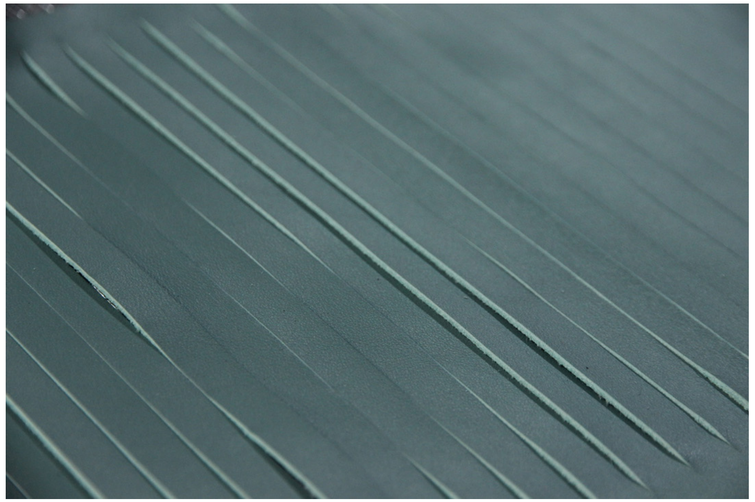
Stitching



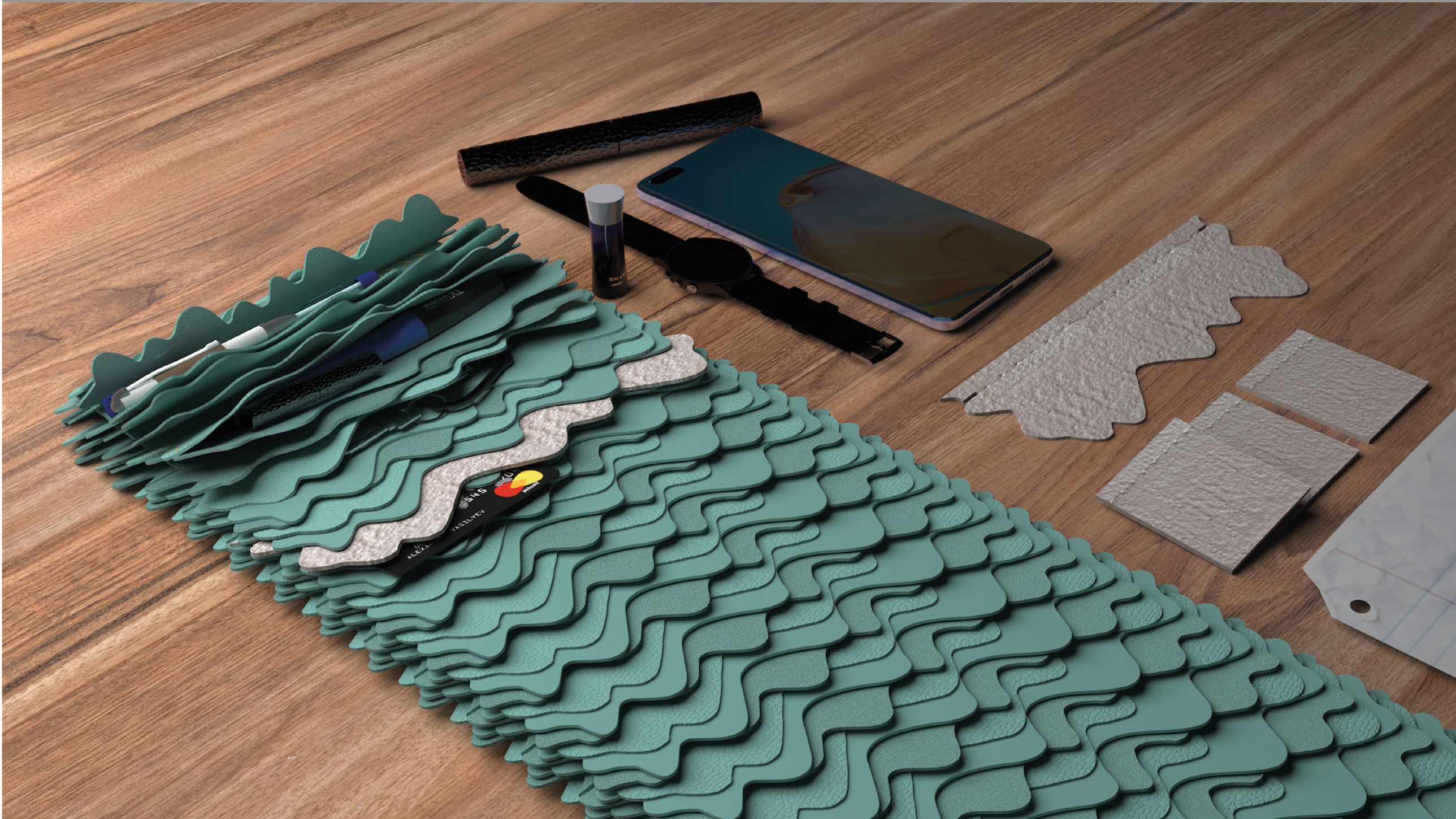
Layers of pattern

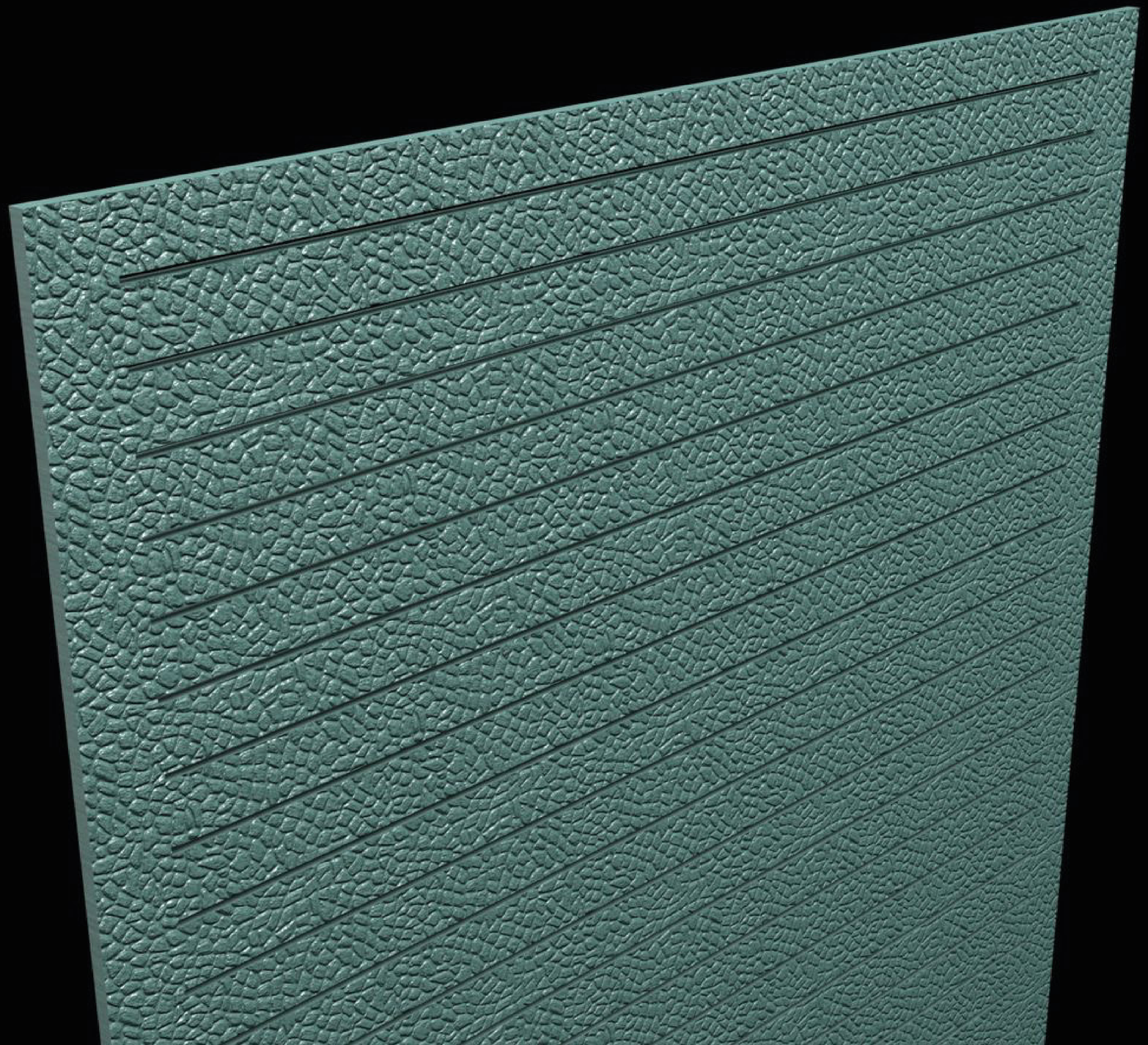


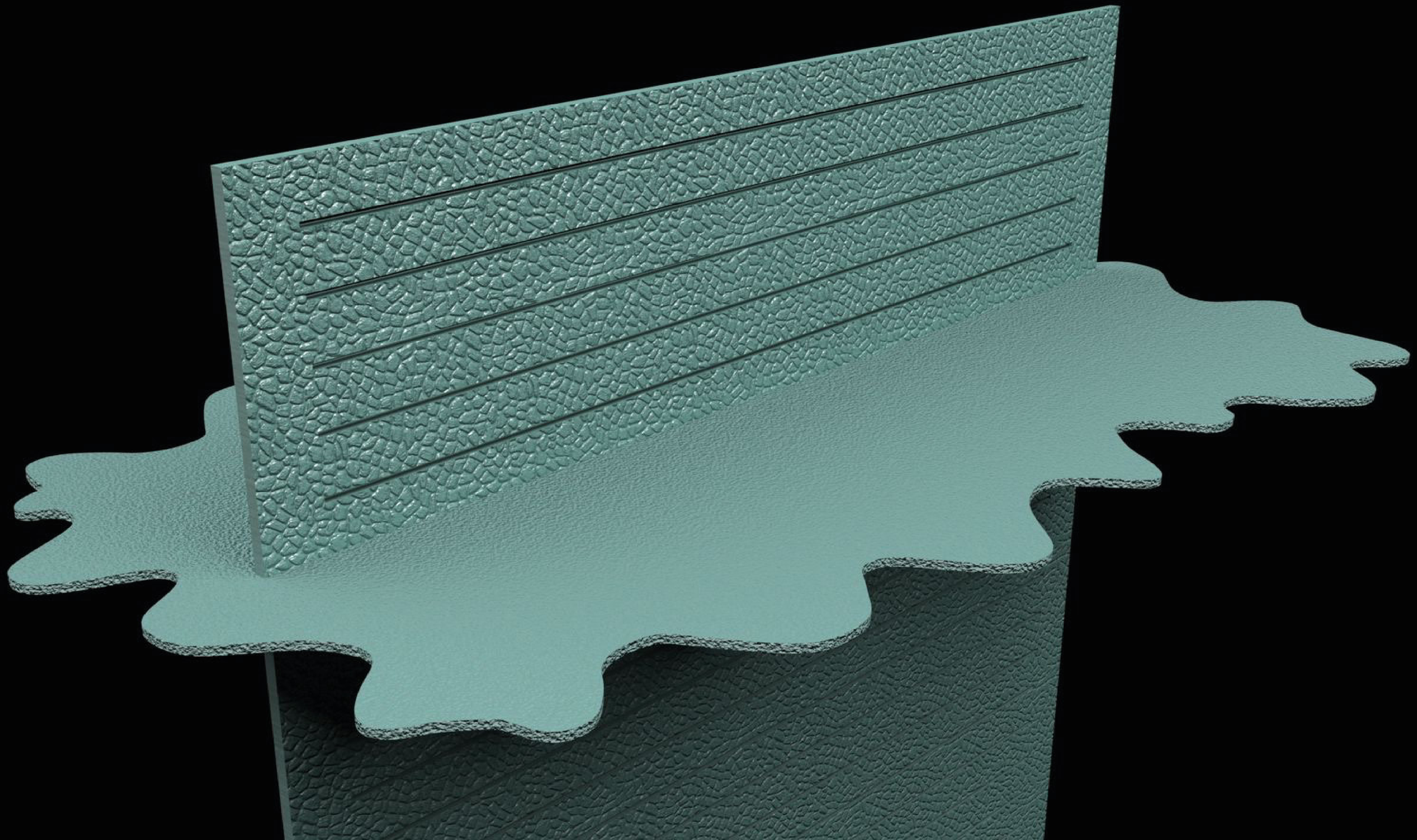
Placement

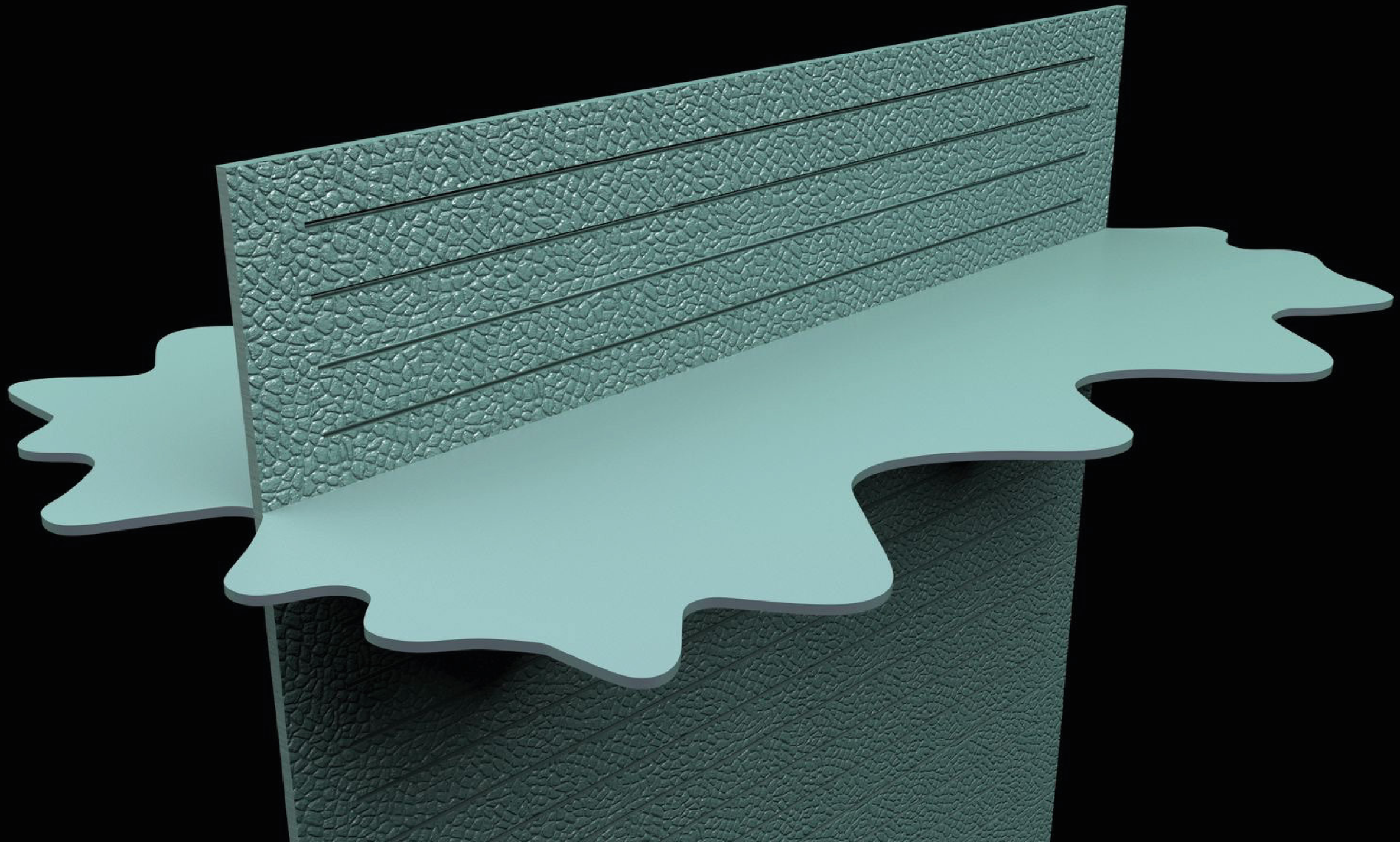


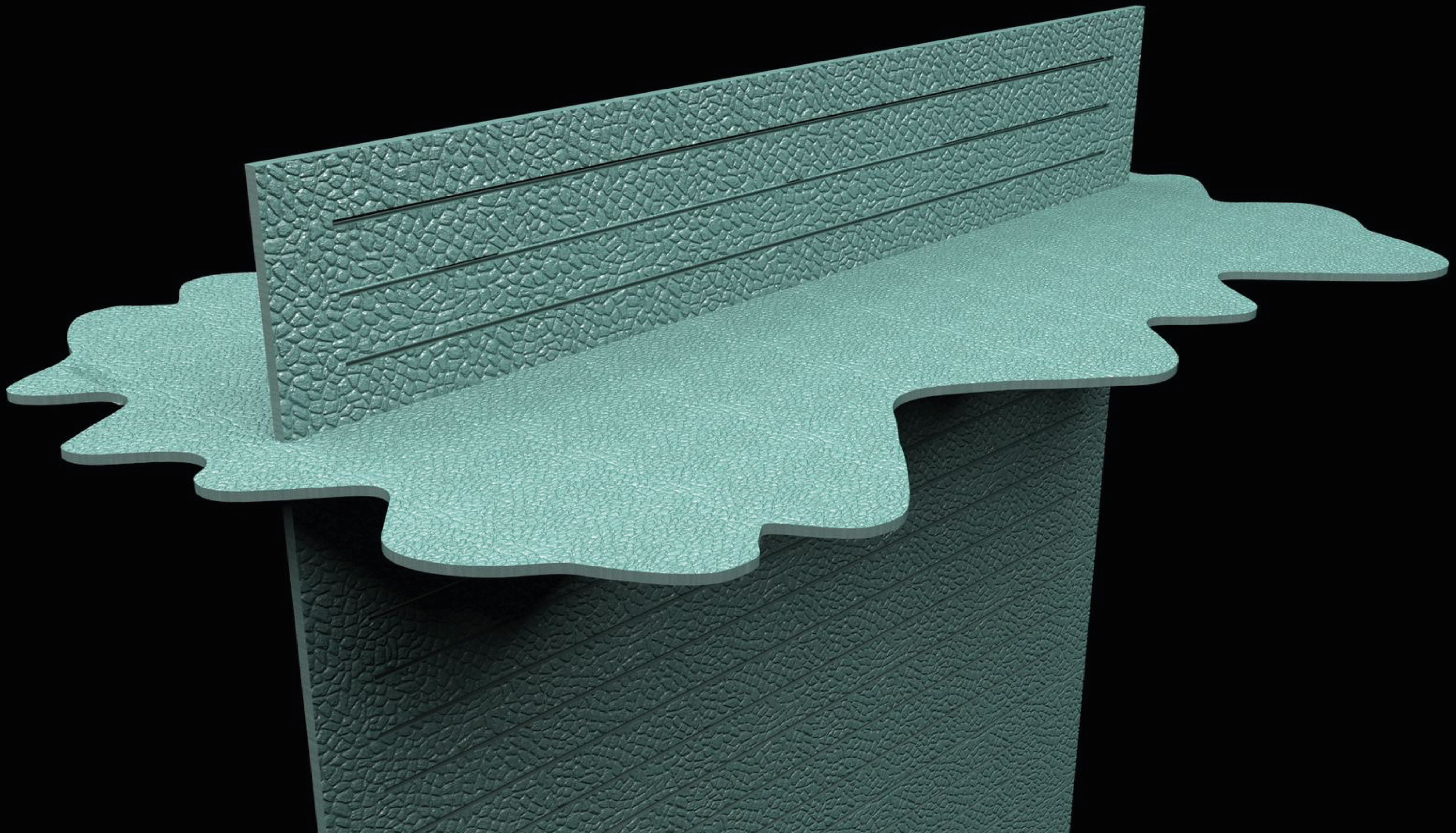
Slits

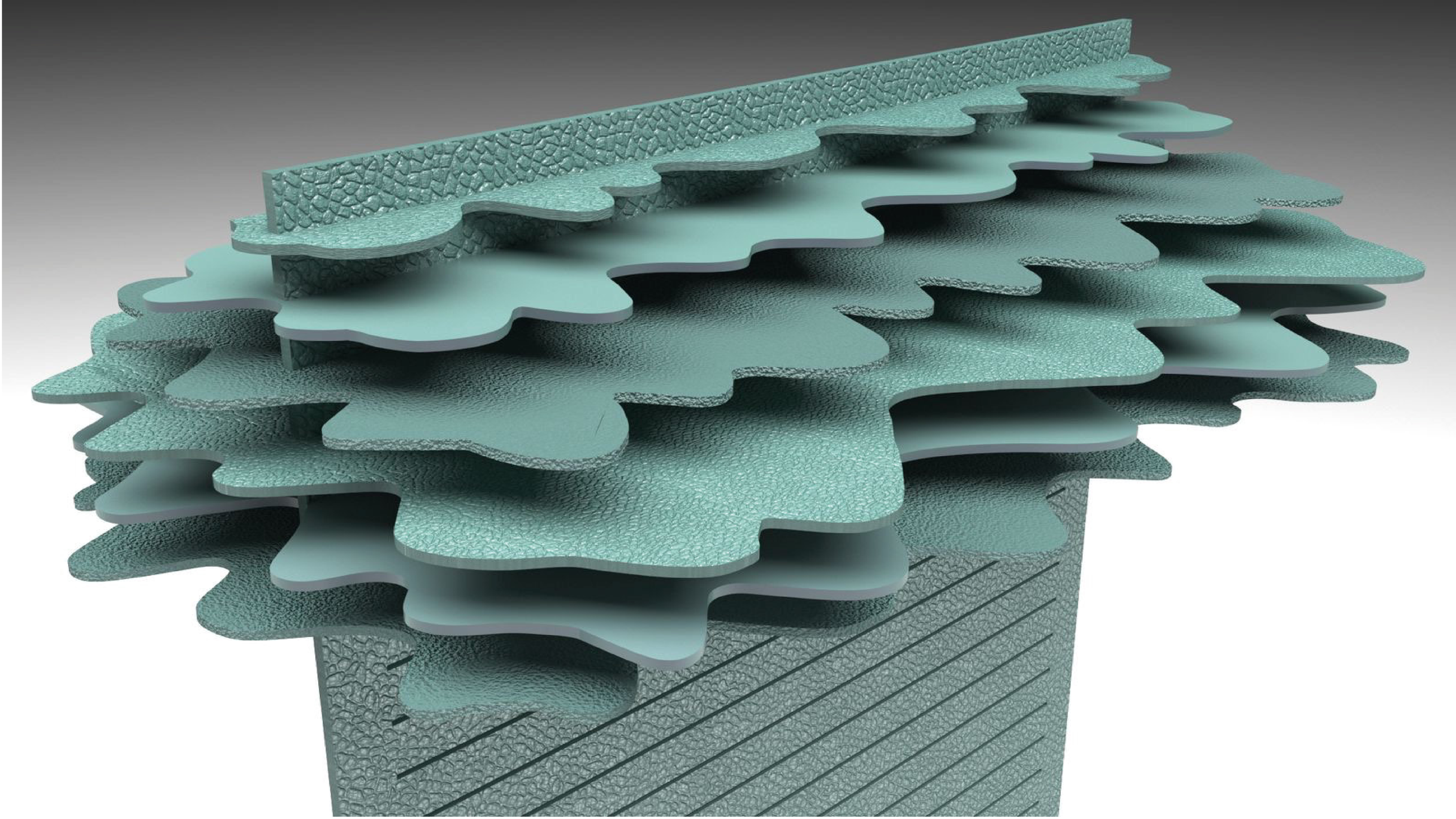










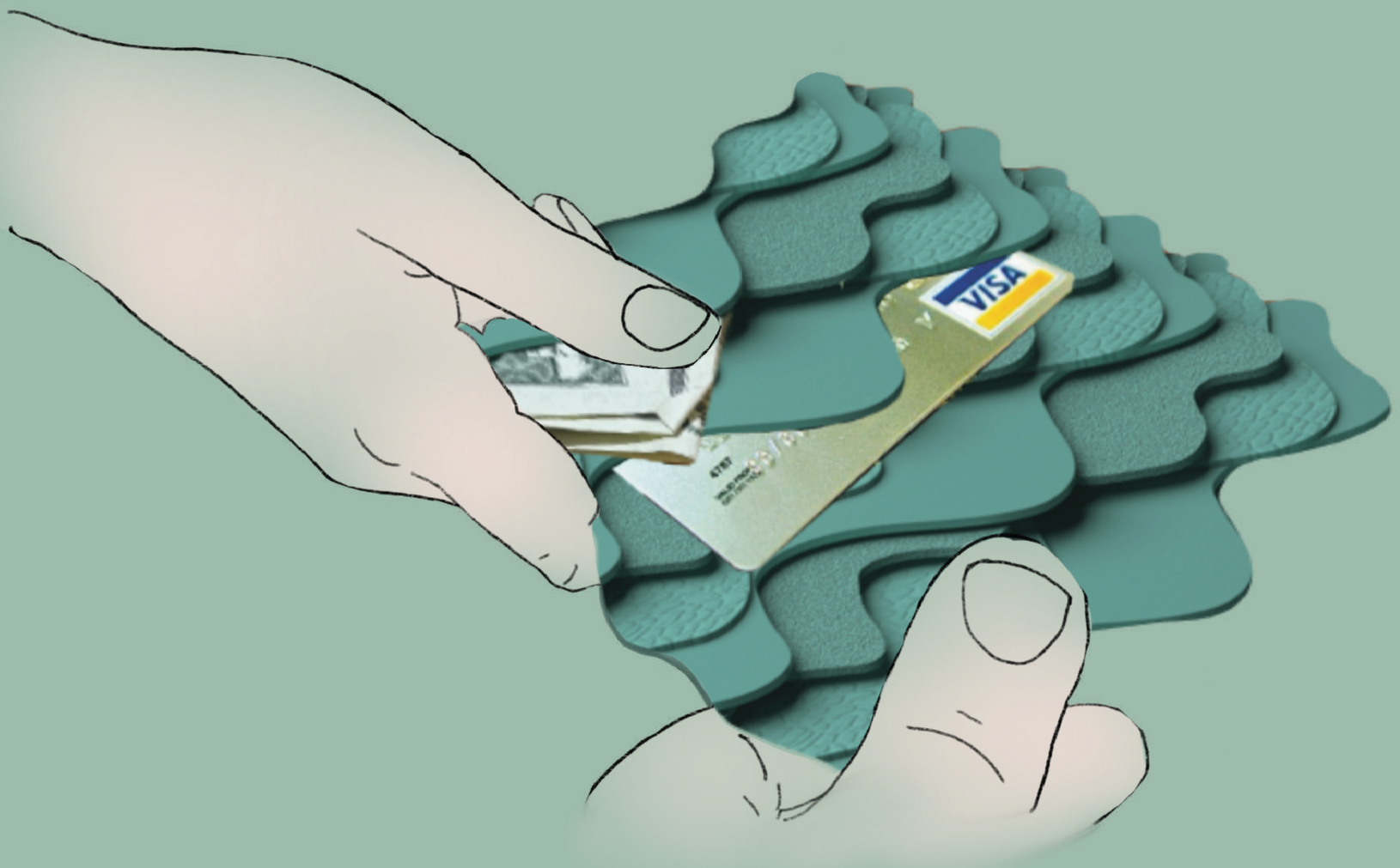


Kaia

Kaia

chef-d
LIFE IS A MA
THAT YOU

Wallet



Thank you

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