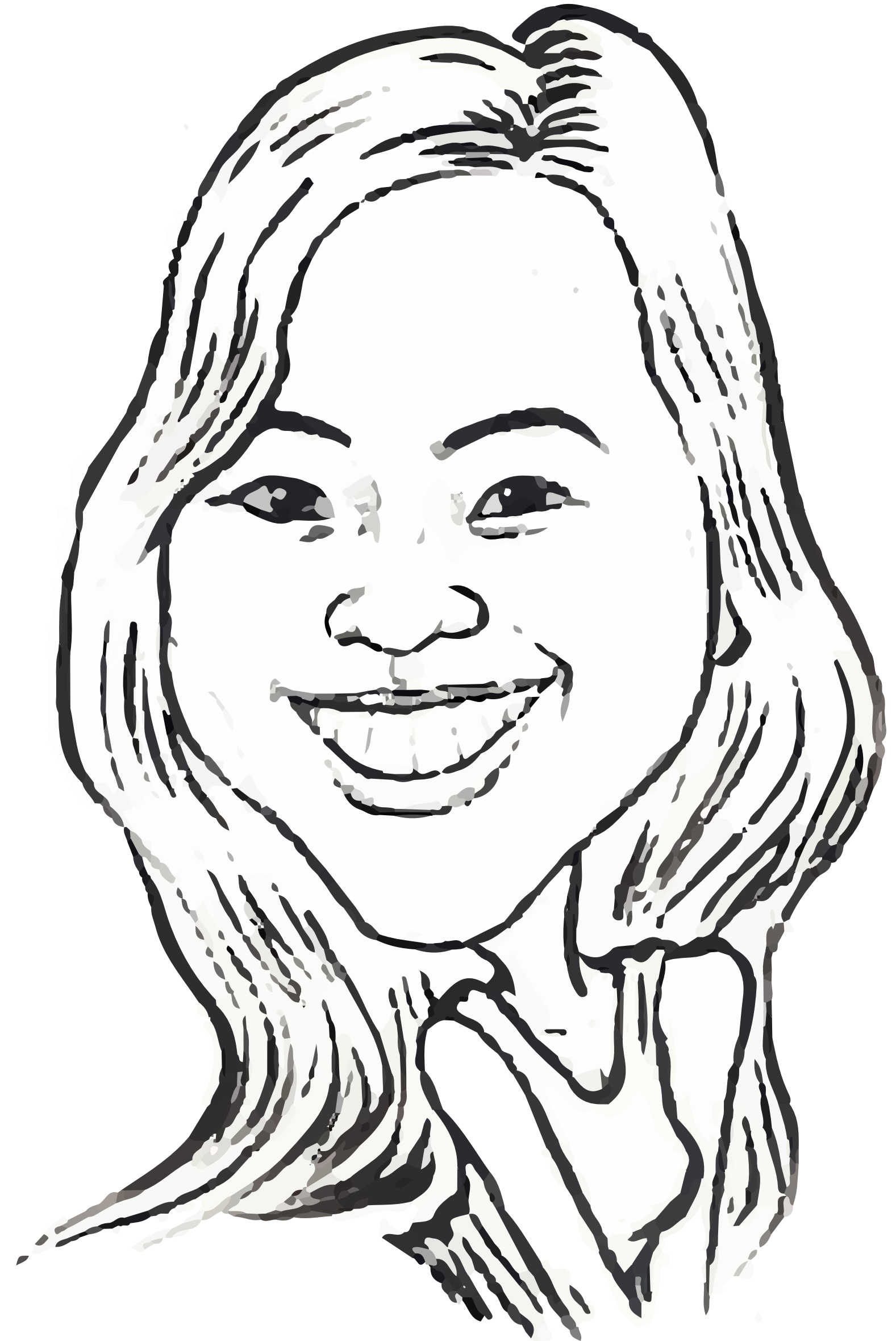


Kaia rae Alford
ALBA - UOB

Final year project
Etre Artificiel

Anxious Designer
Kaia rae Alford



[illegible]

Chewable yalla
Chewable yalla
Loud voices
packaging
but you as fine
up in room
fix with student
Friday
sekhne?
Yalla
Wachalam
session photo

[illegible]

[illegible]

[illegible]

[illegible]



STRESS

[illegible]

Stress ratio

18-29 years

Stress ratio

14.19%

18-29 years
30-44 years

Stress ratio

22.58%

14.19%

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

Stress ratio

2.58%

3.23%

14.19%

18-29 years

Young adults

14.19%

Describe your stress

Where?

University

Where?

University

Home

Where?

University

Home

Where?

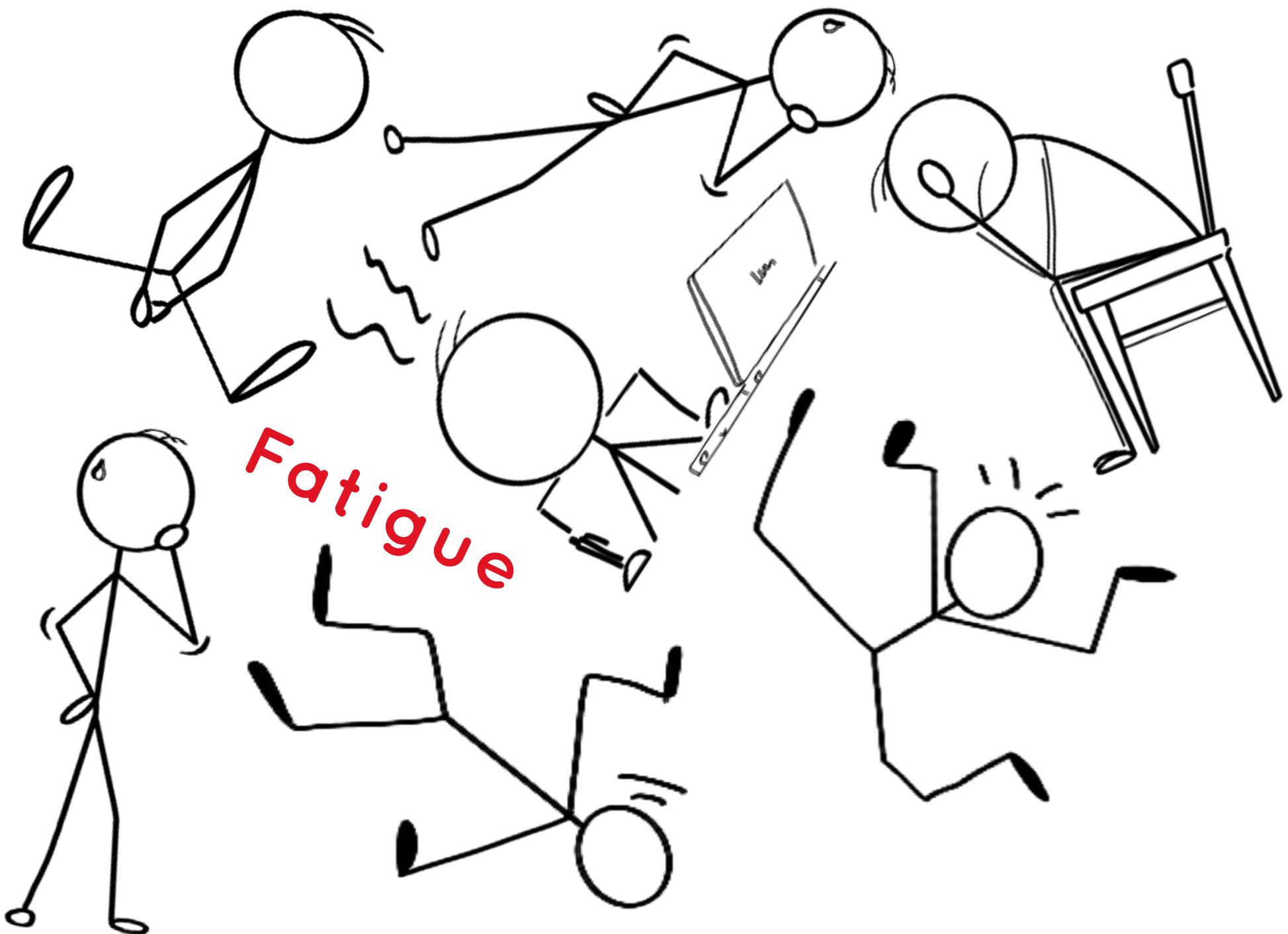
Public places

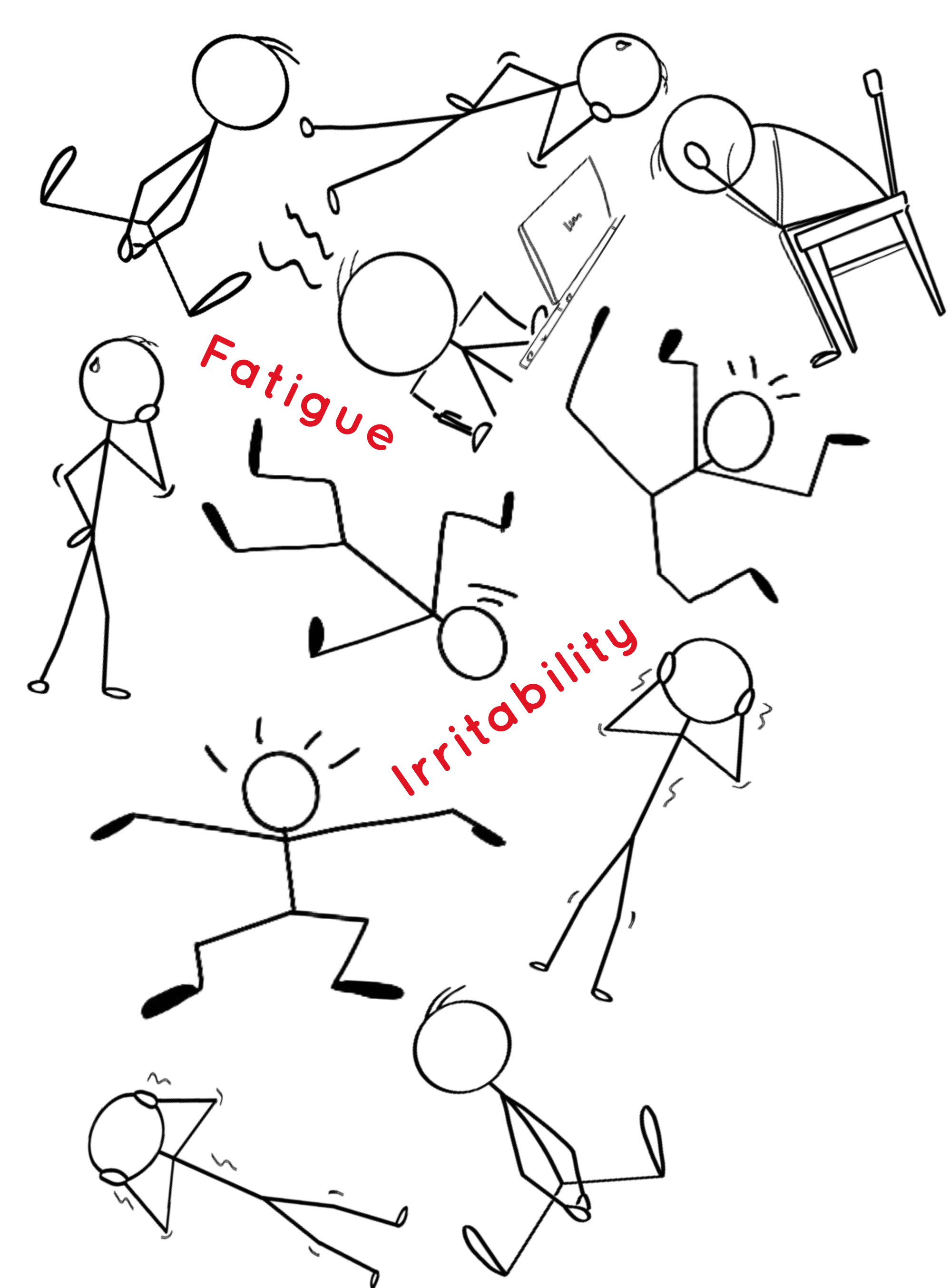
Basically...

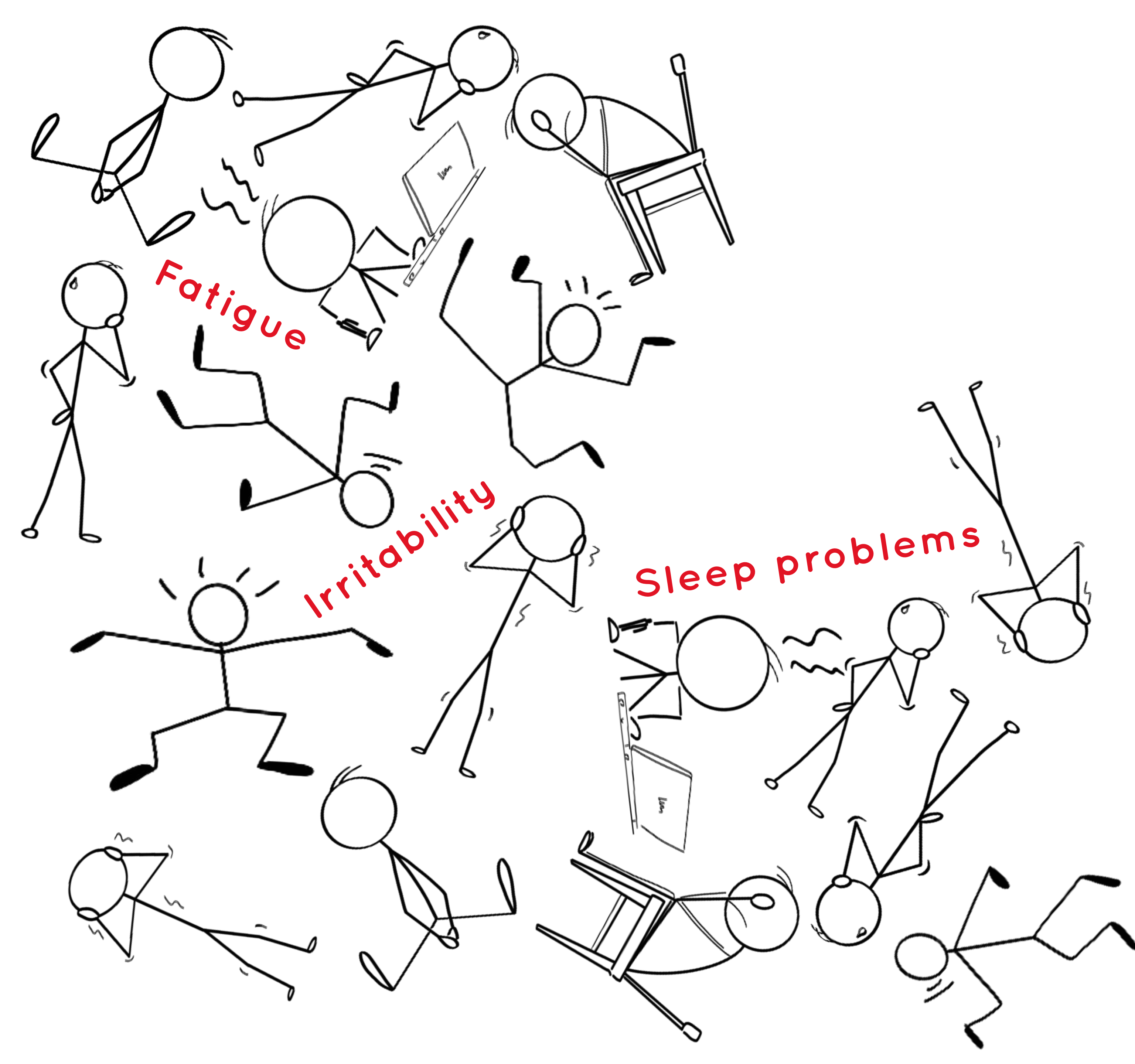
Basically...

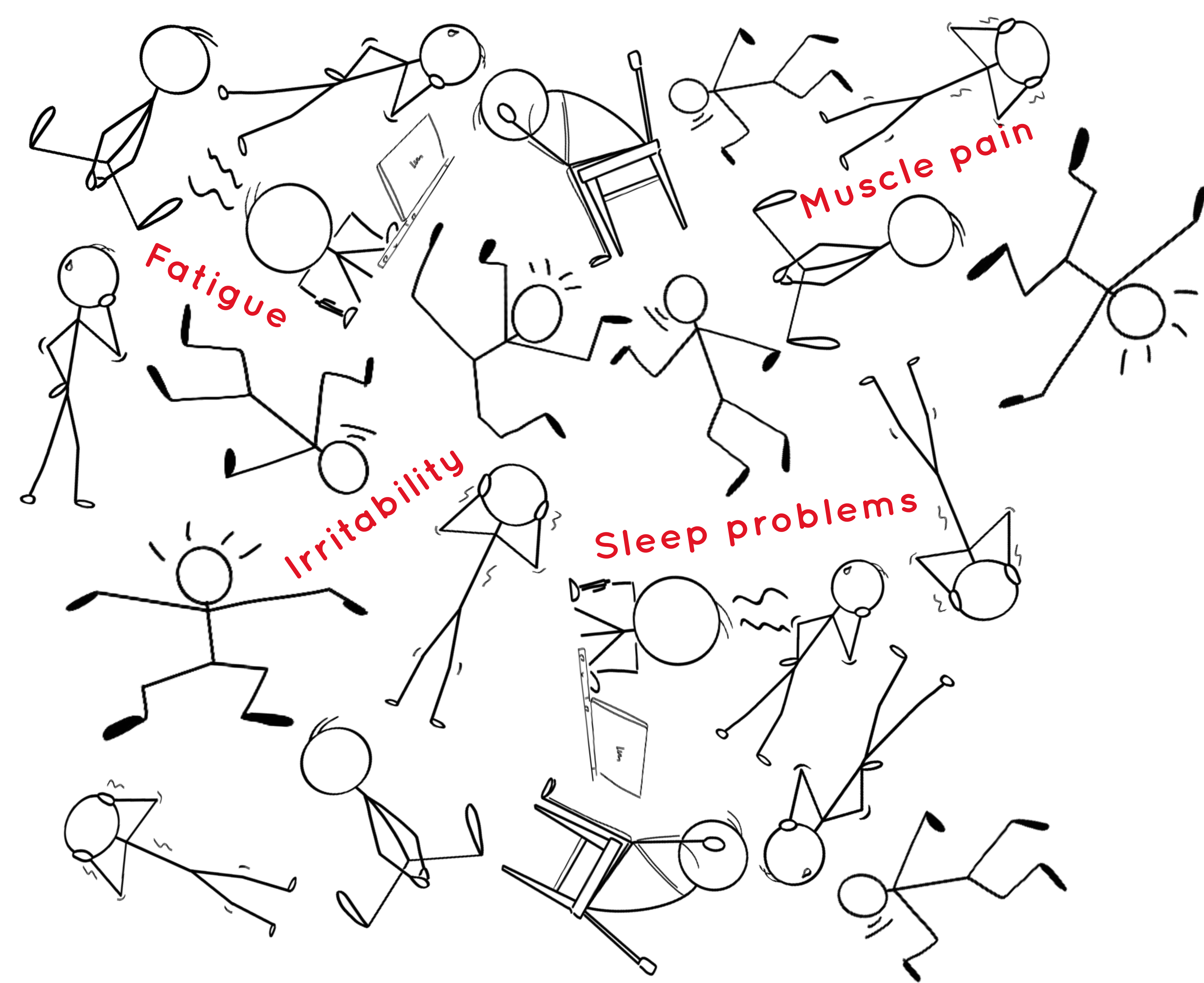
Everywhere

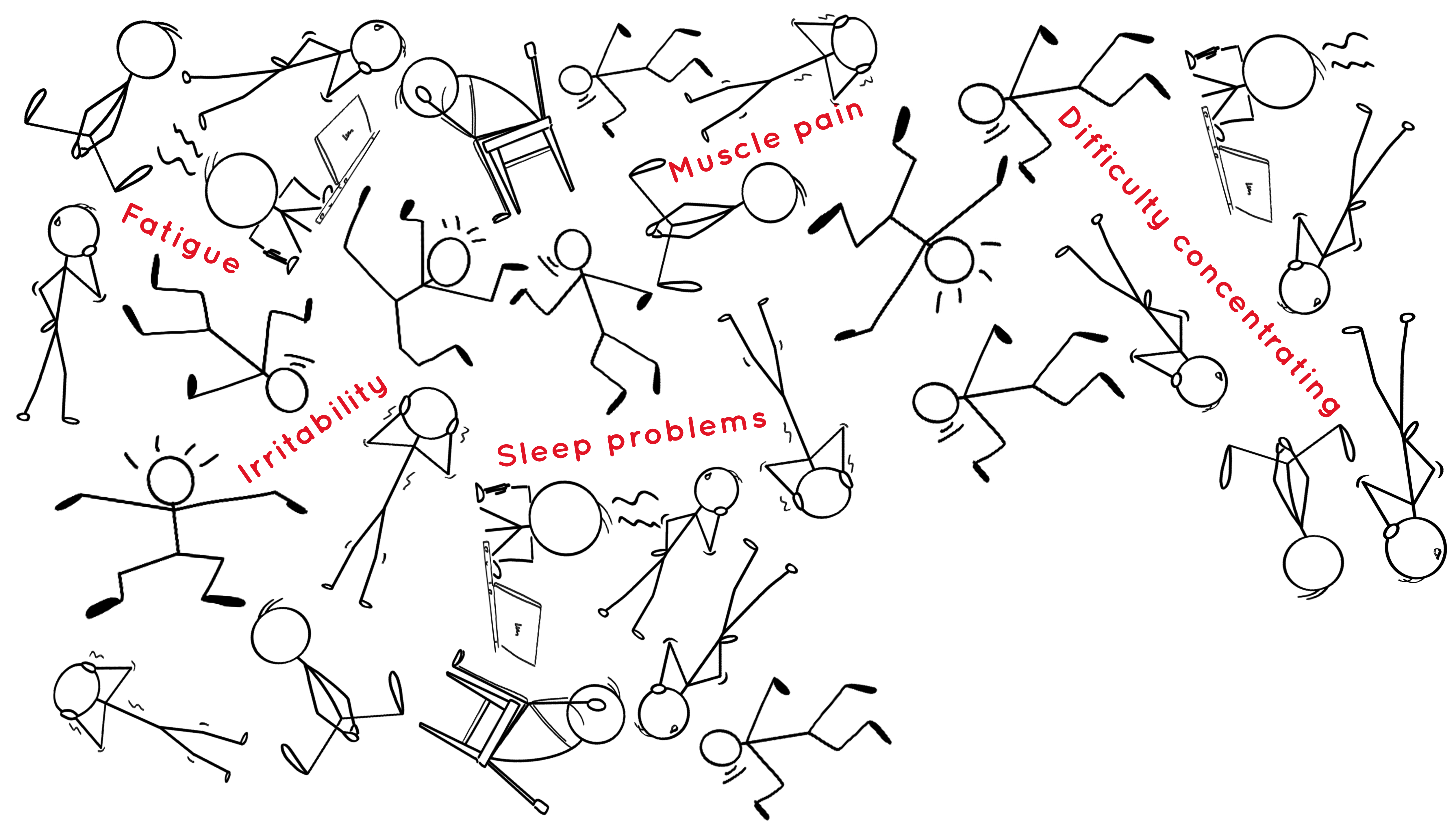
What do you feel?











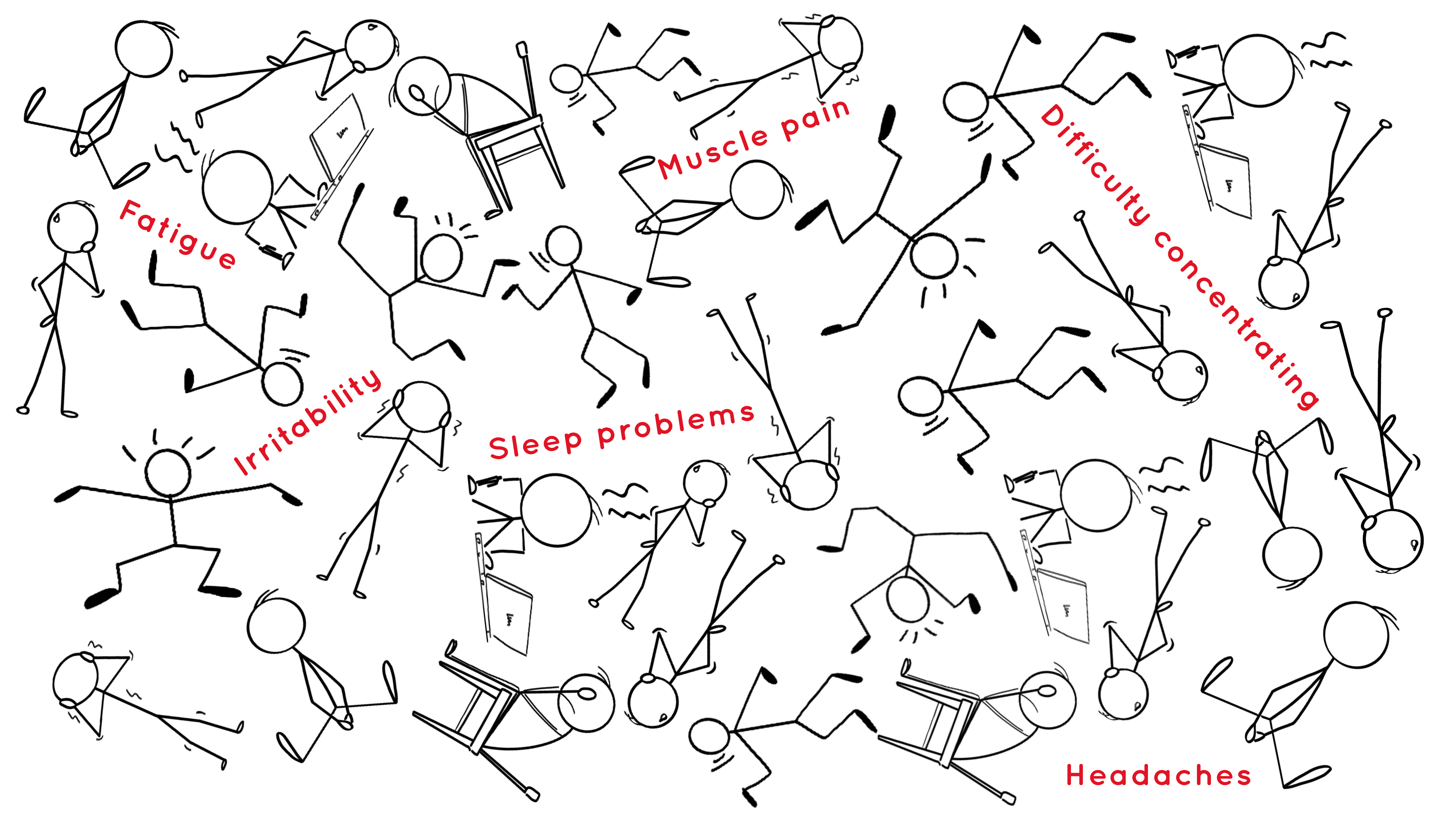
Fatigue

Irritability

Sleep problems

Muscle pain

Difficulty concentrating



Fatigue

Irritability

Sleep problems

Muscle pain

Difficulty concentrating

Headaches

Preventing

Touch

Touch

Drawing

Touch

Drawing

Social support

Journaling

Touch

Social support

Drawing

Journaling

Touch

Music

Social support

Drawing

Journaling

Breathnig

Touch

Music

Drawing

Social support

Journaling

Aromatherapy

Touch

Music

Social support

Breathing

Drawing

Journaling

Aromatherapy

Touch

Music

Meditation

Social support

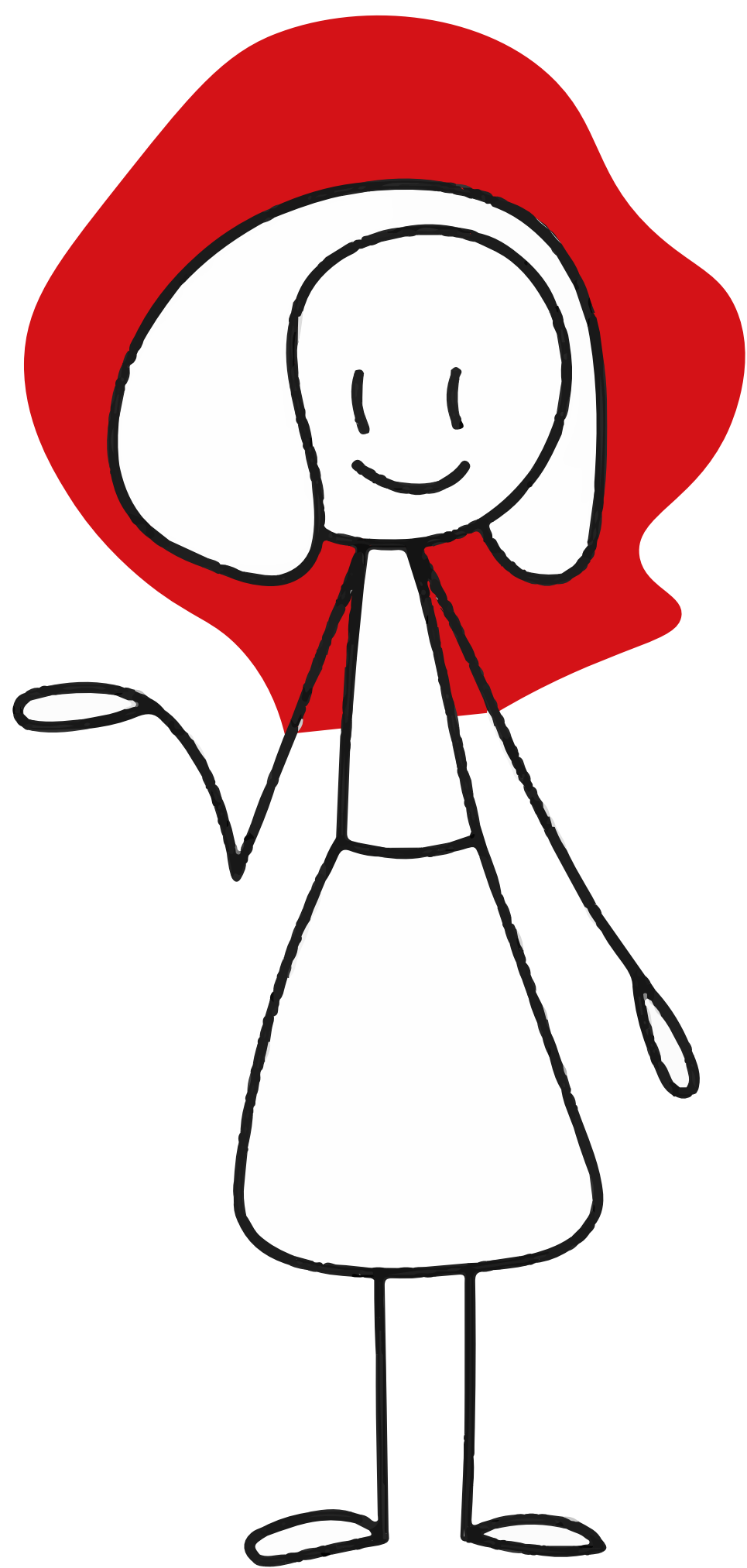
Breathin

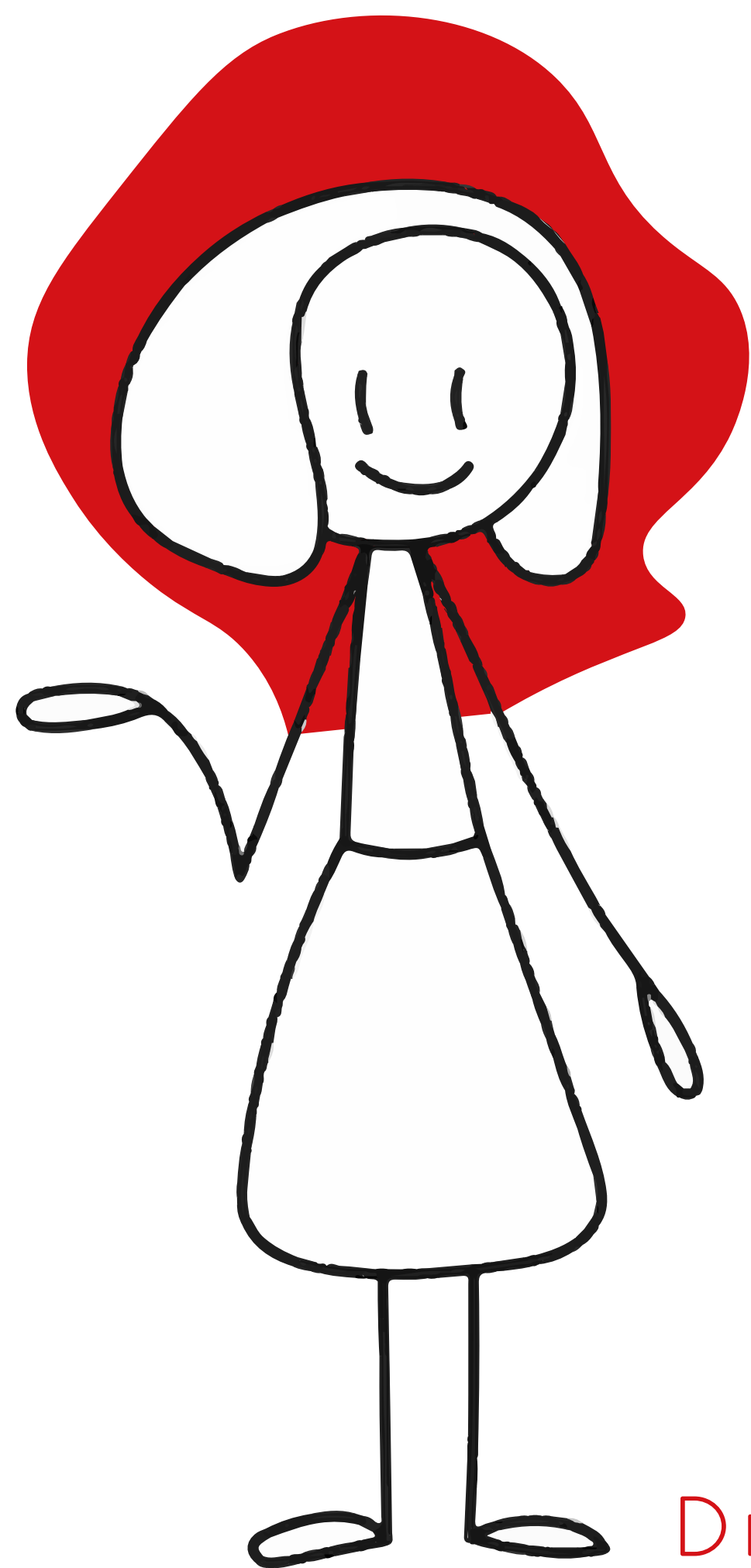
Drawin

Journaling

Touch

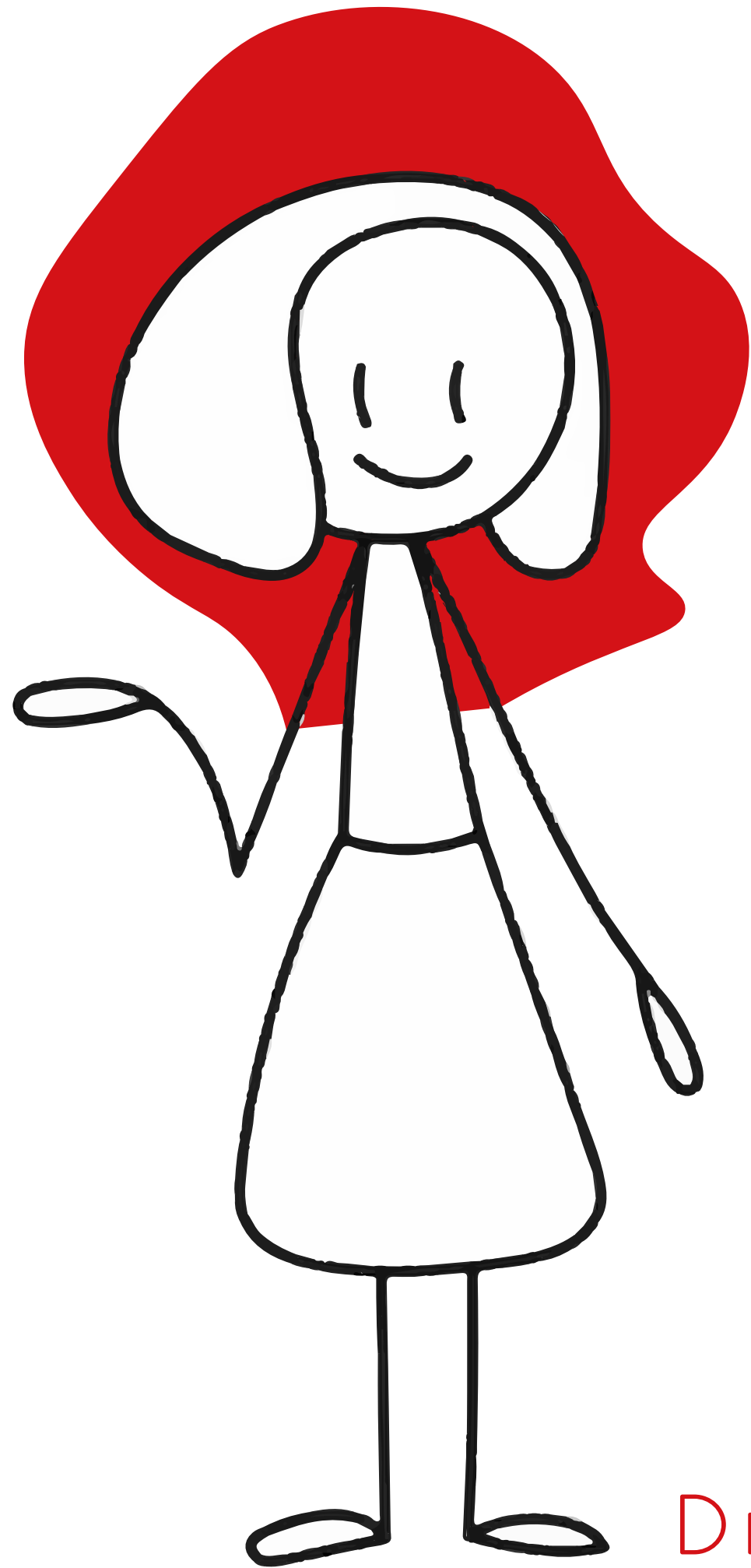
Drawing





Dr. Lea Harb

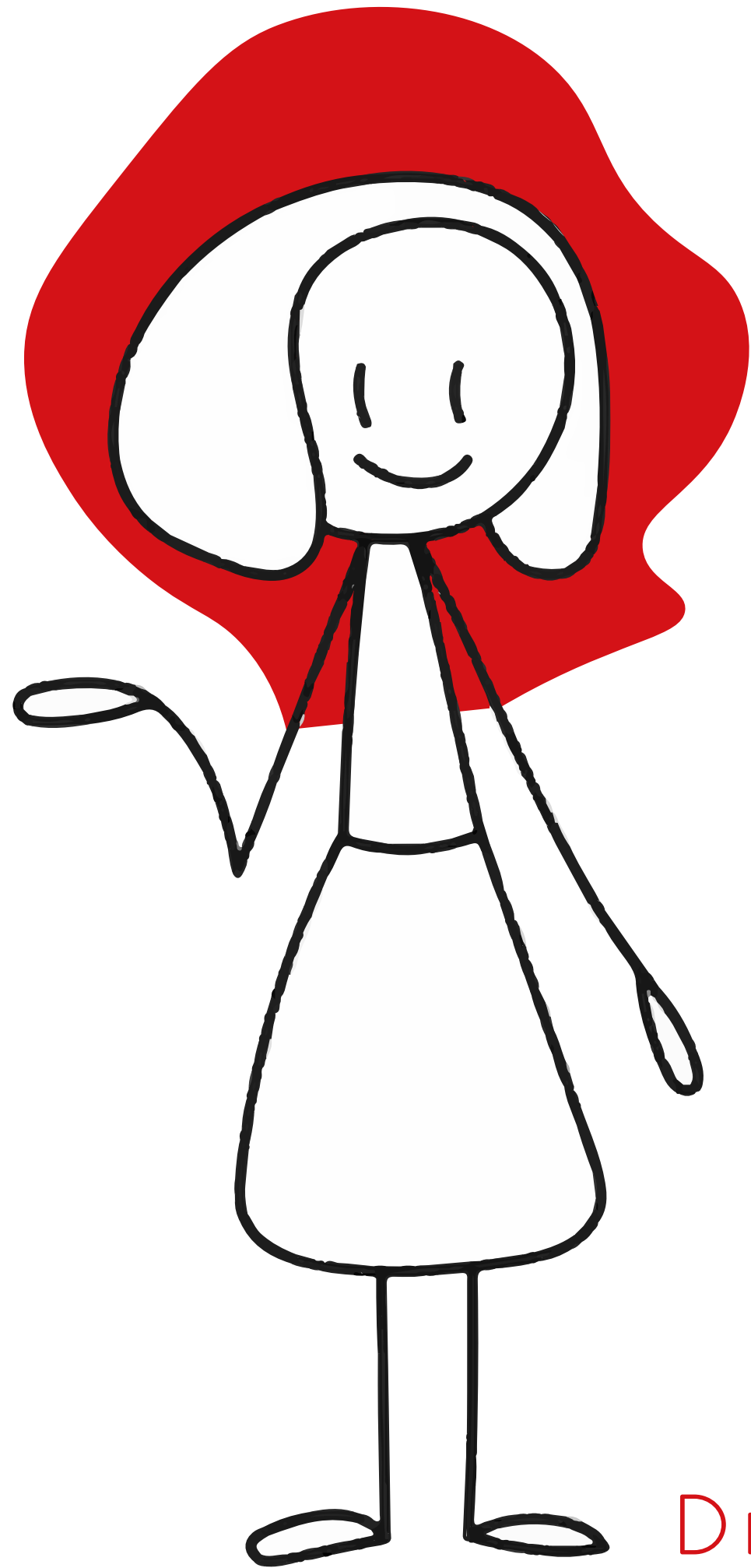
Natural



Dr. Lea Harb

Natural

Analog

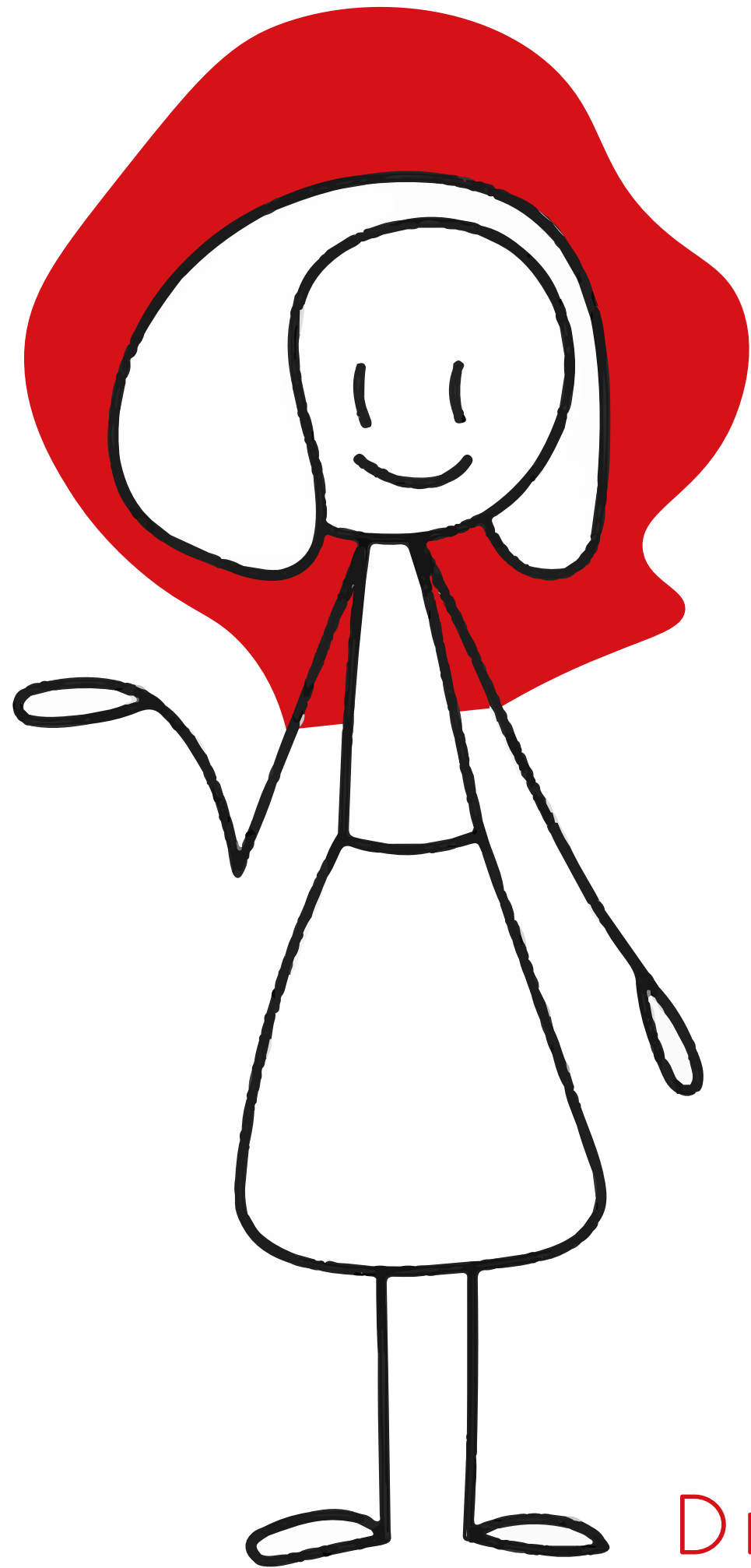


Dr. Lea Harb

Natural

Analog

Sensations



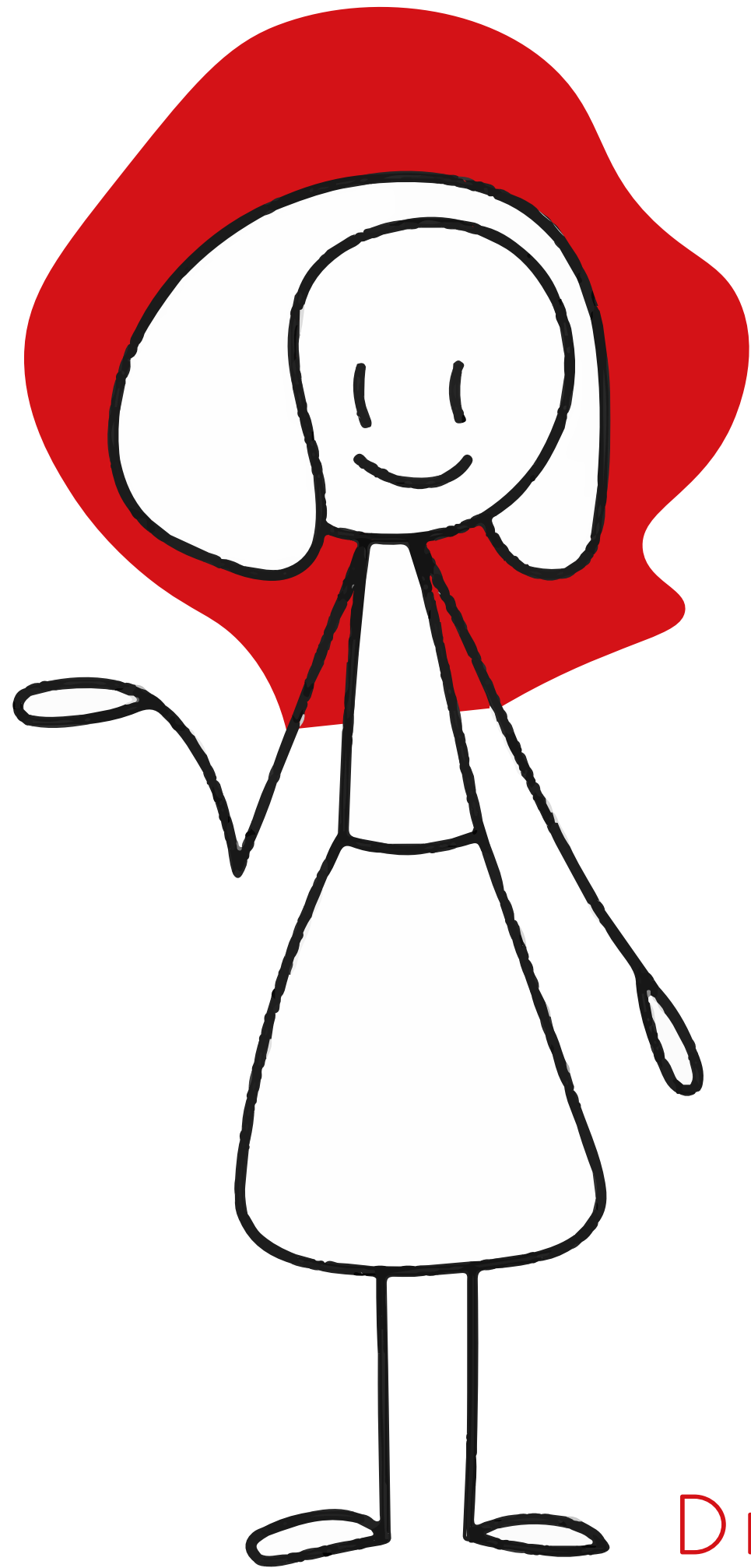
Dr. Lea Harb

Natural

Analog

Sensations

Understand your emotions



Dr. Lea Harb

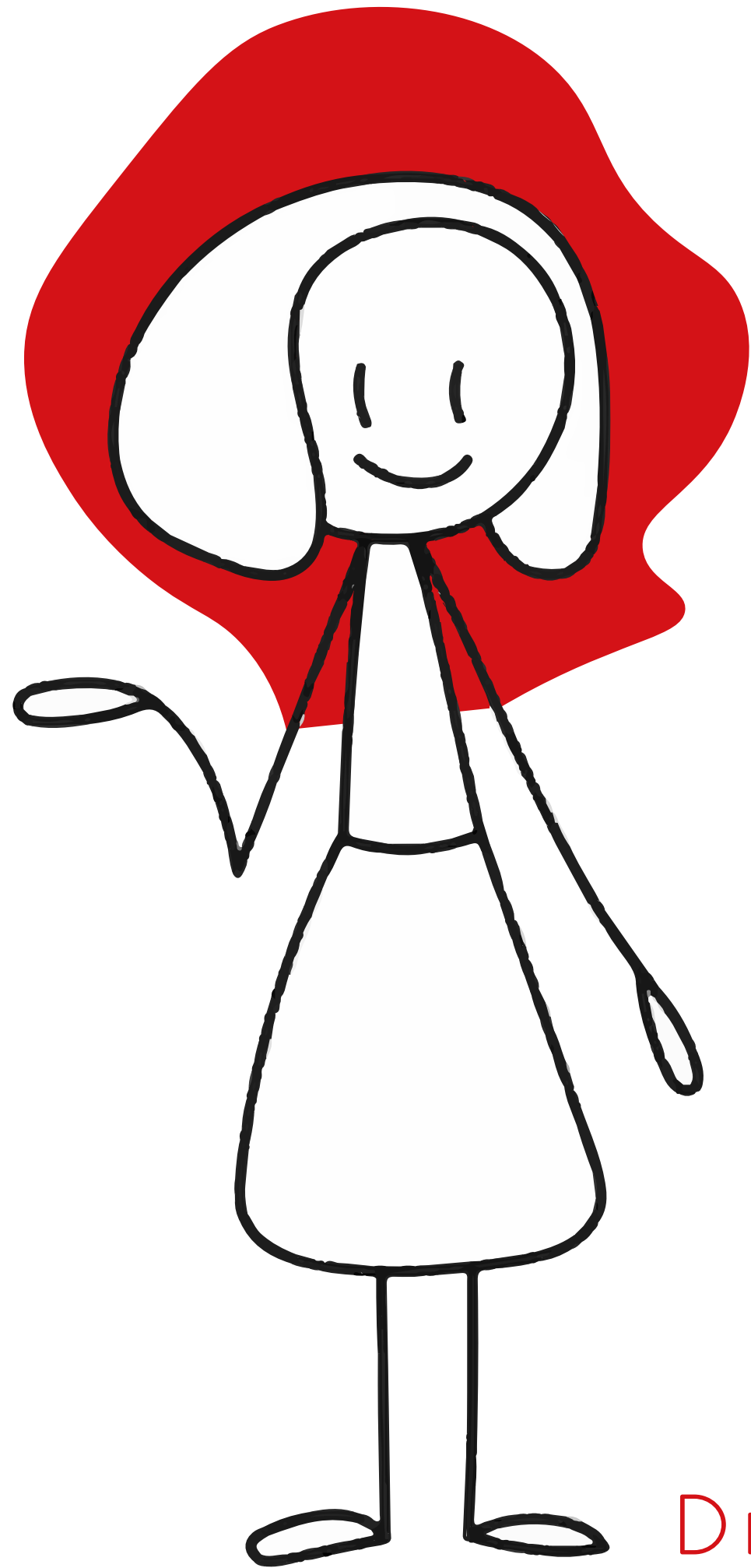
Natural

Analog

Sensations

Understand your emotions

Journaling



Dr. Lea Harb

Natural

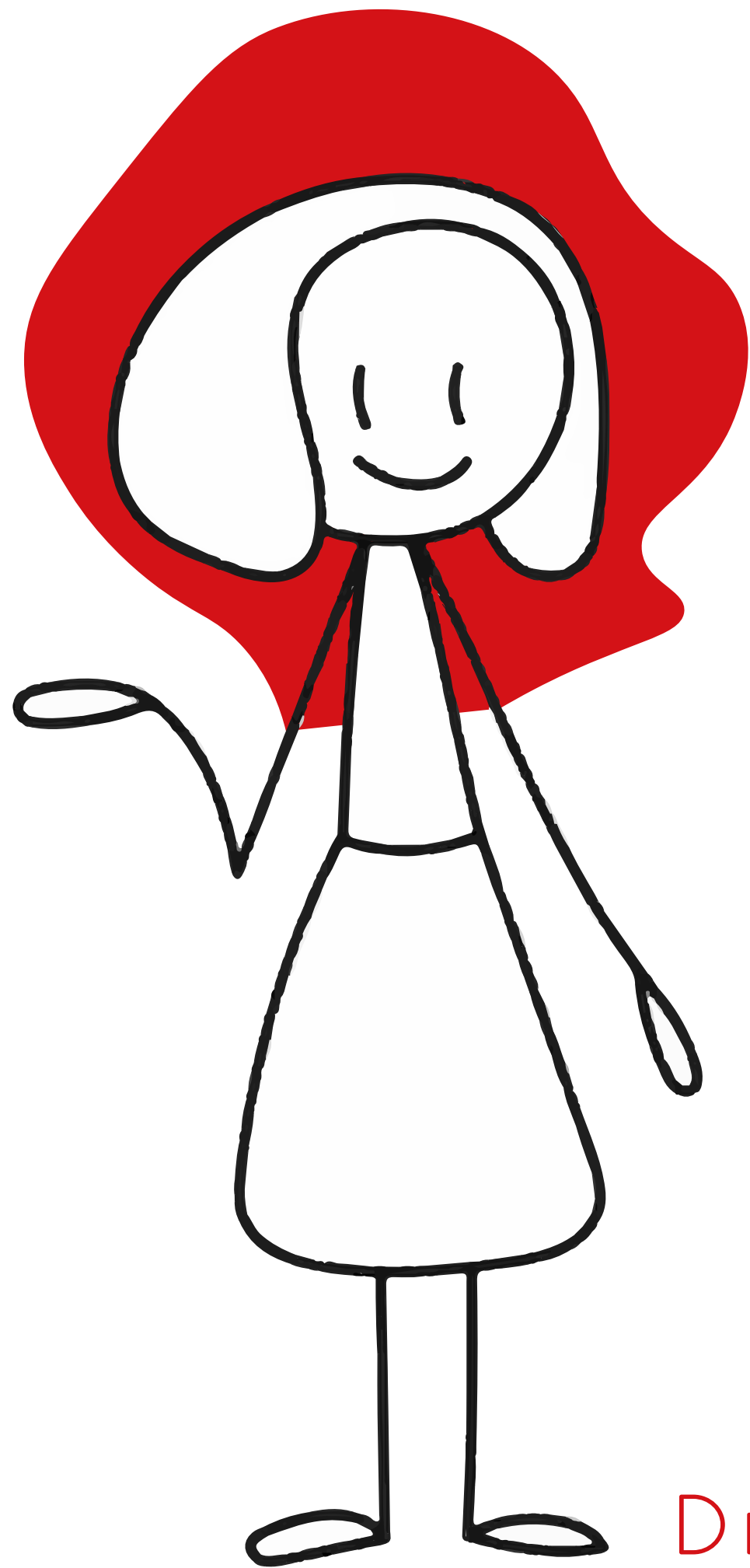
Analog

Sensations

Understand your emotions

Journaling

Self-reflection



Dr. Lea Harb

Natural

Analog

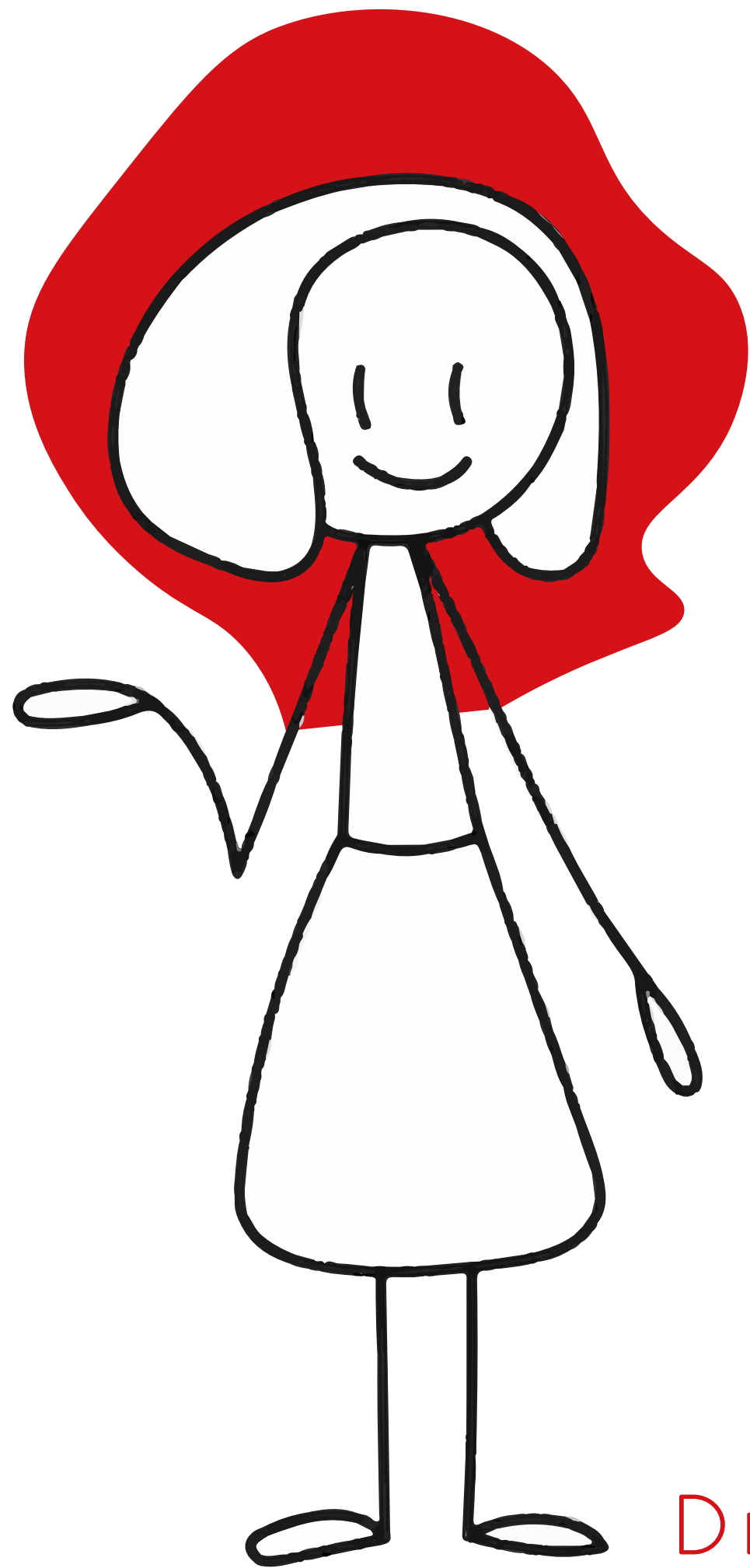
Sensations

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

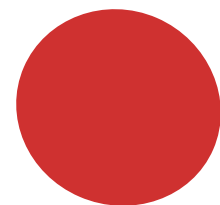
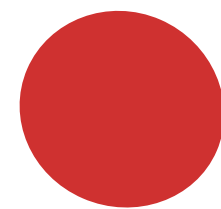
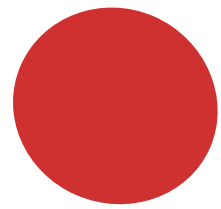
Drawing

Doodling

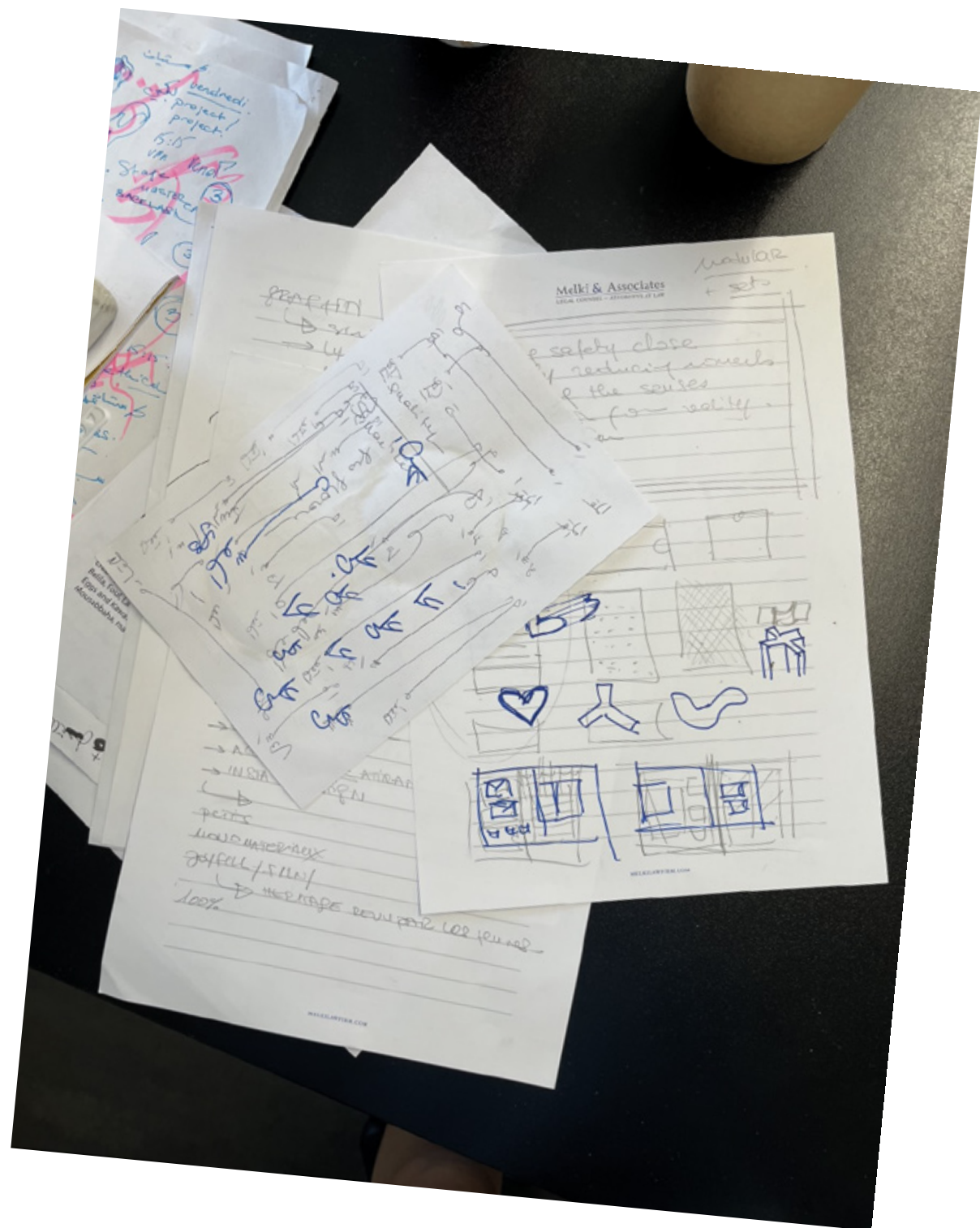
Writing

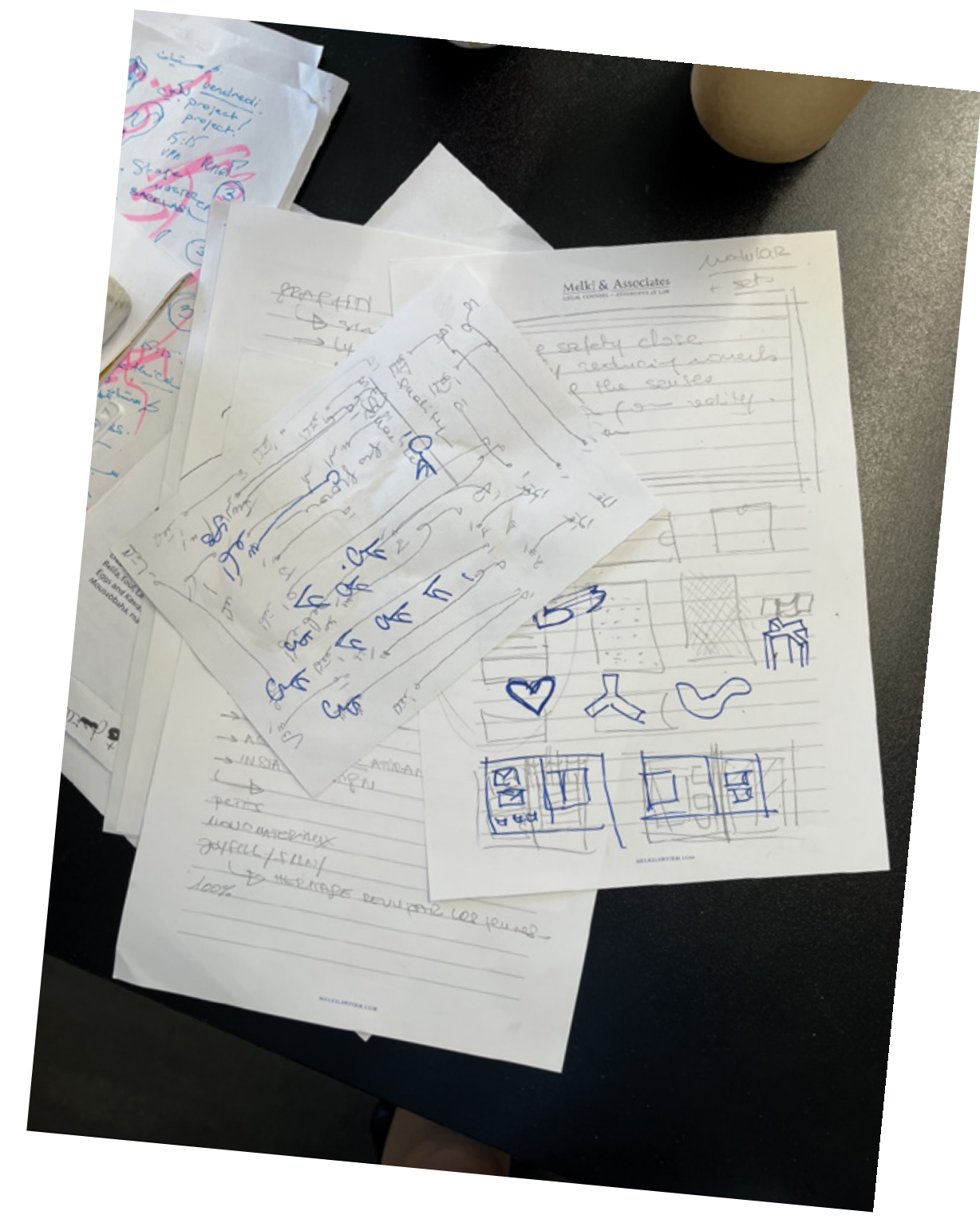
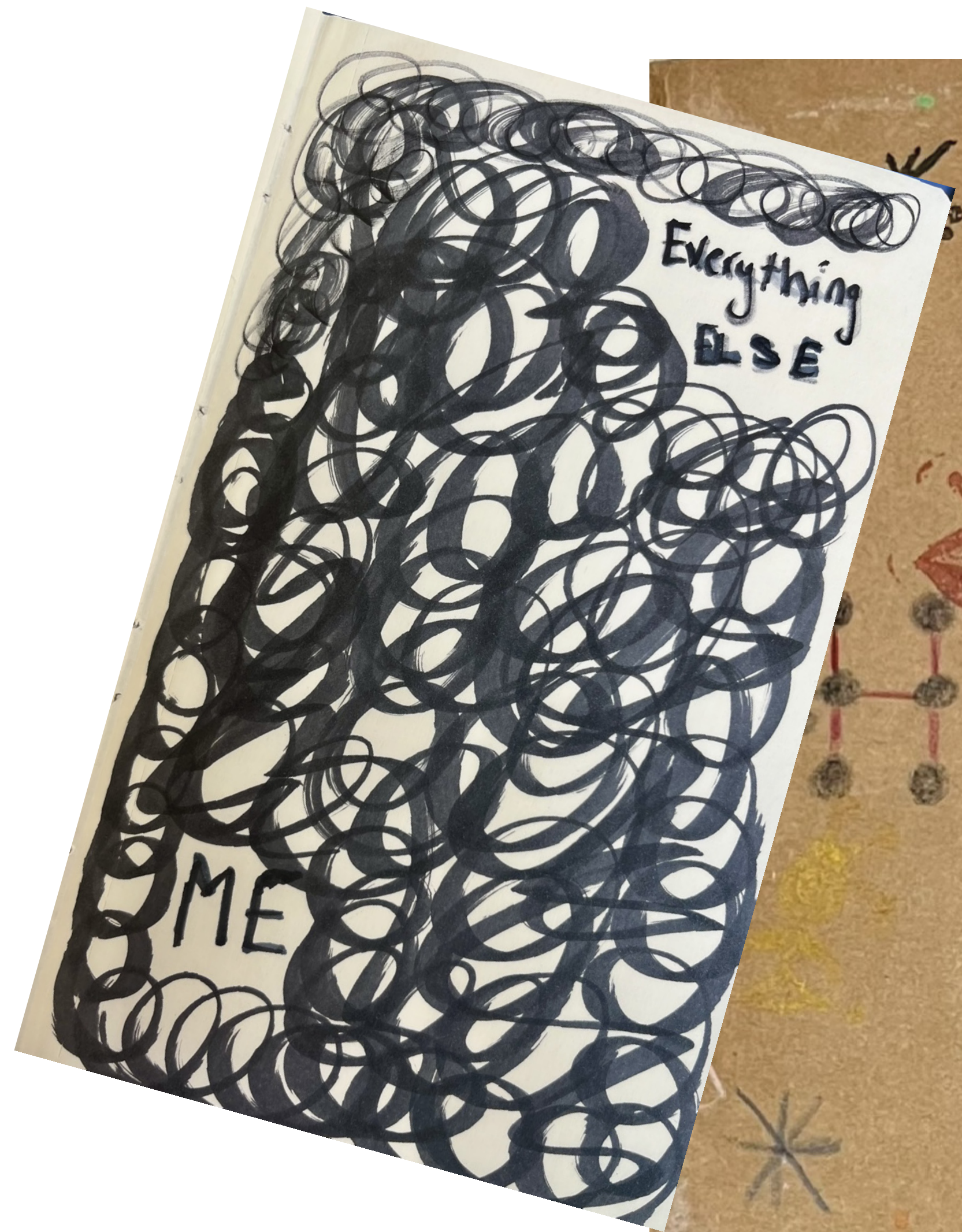
Drawing

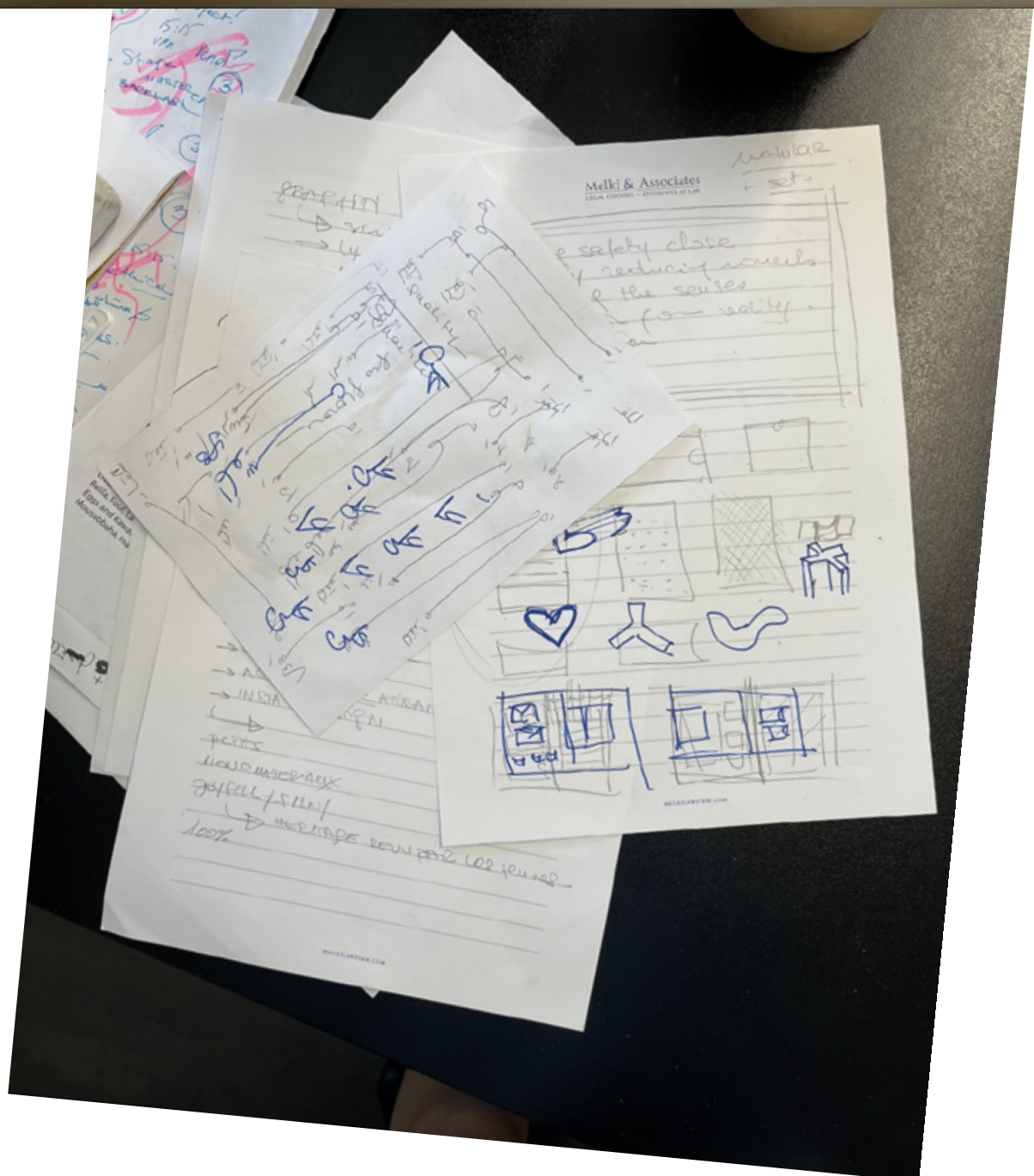
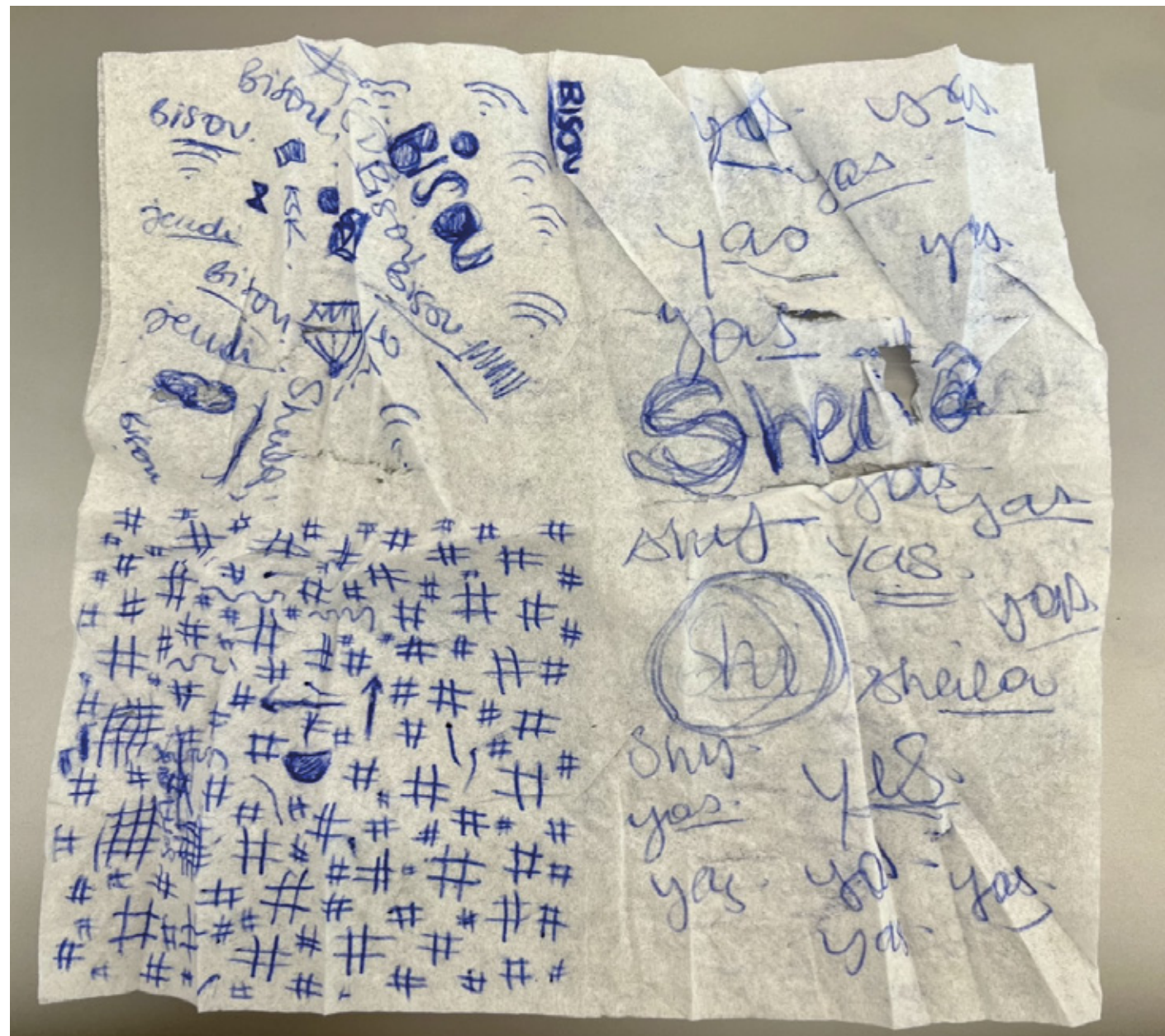
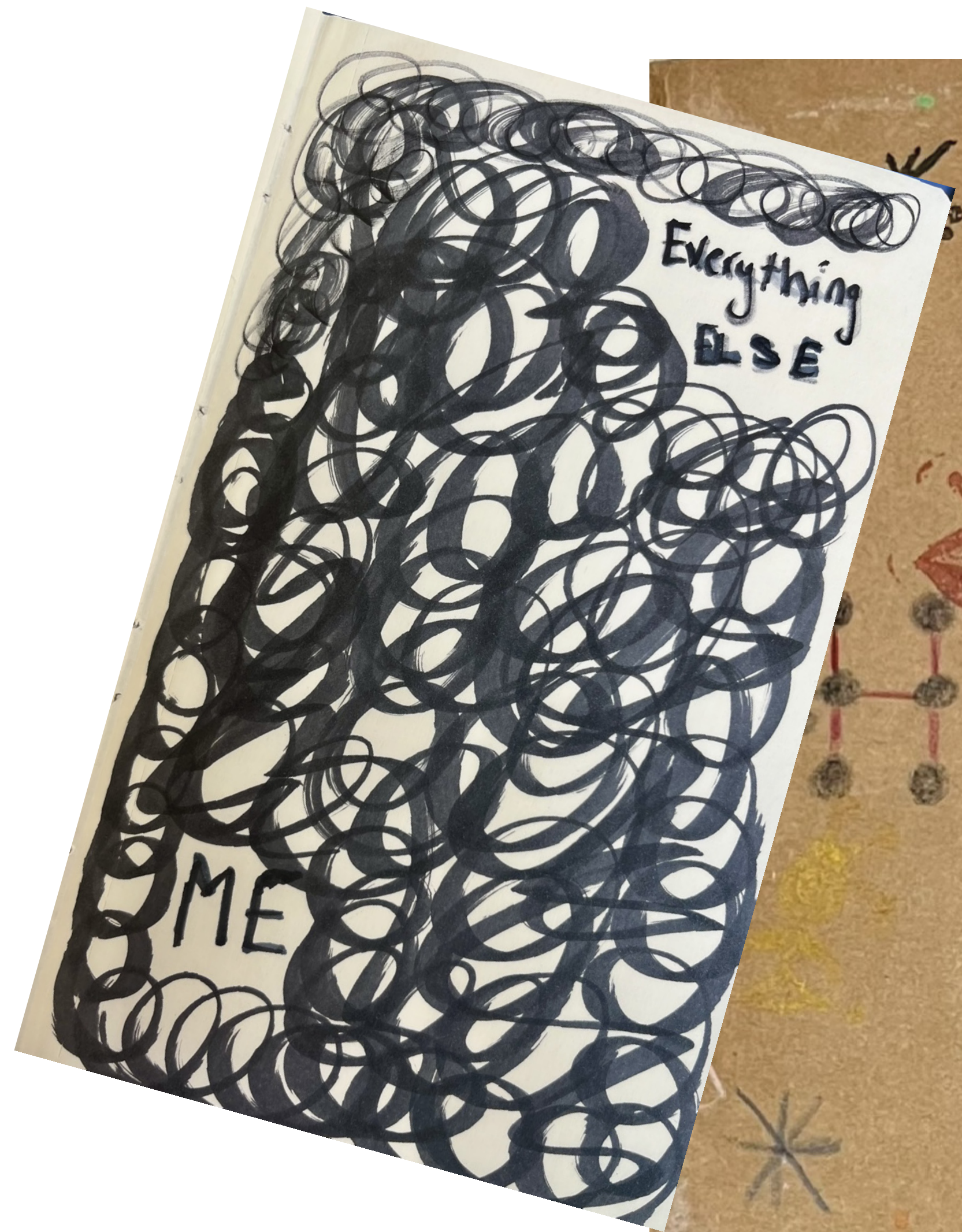
Doodling

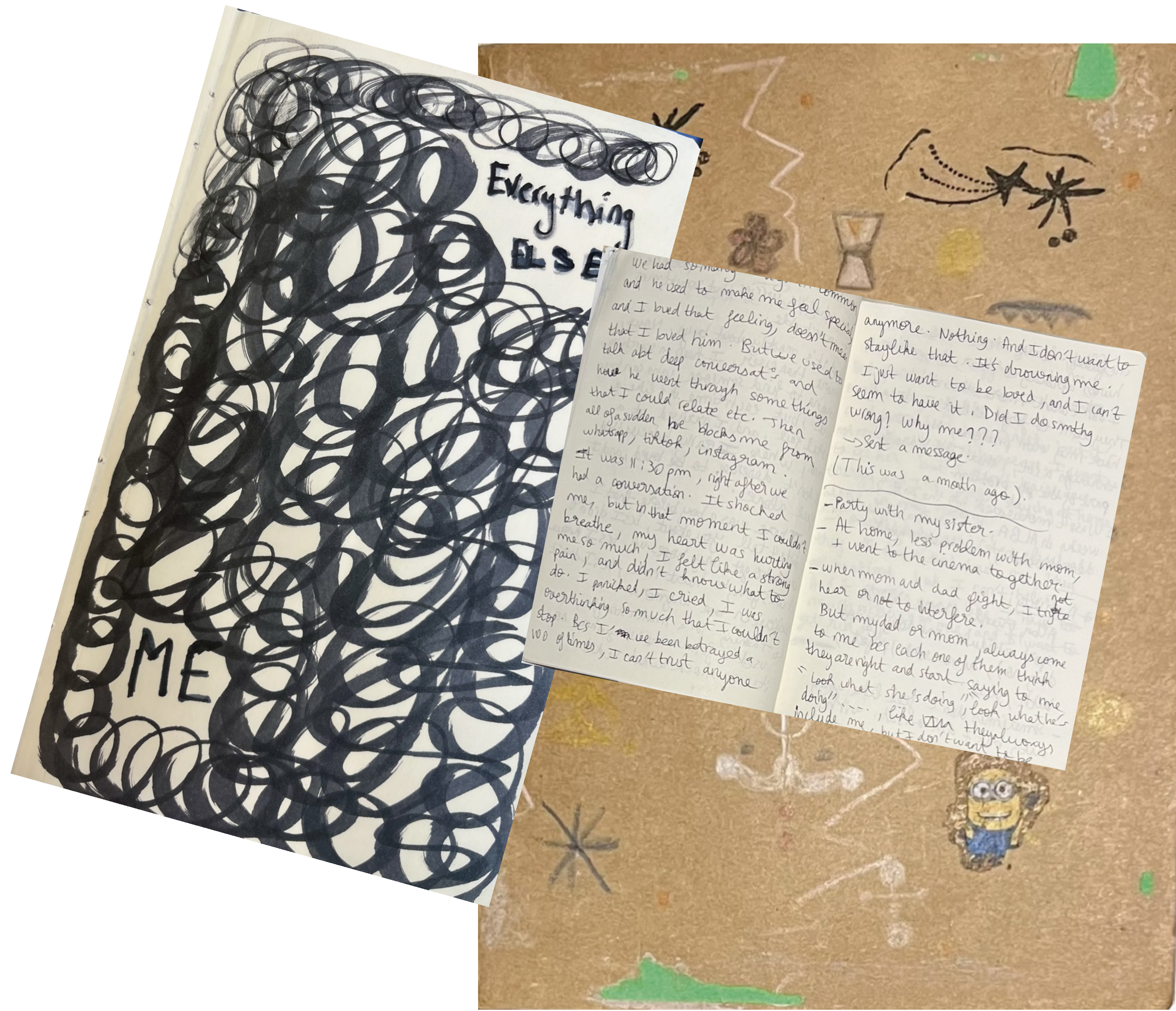












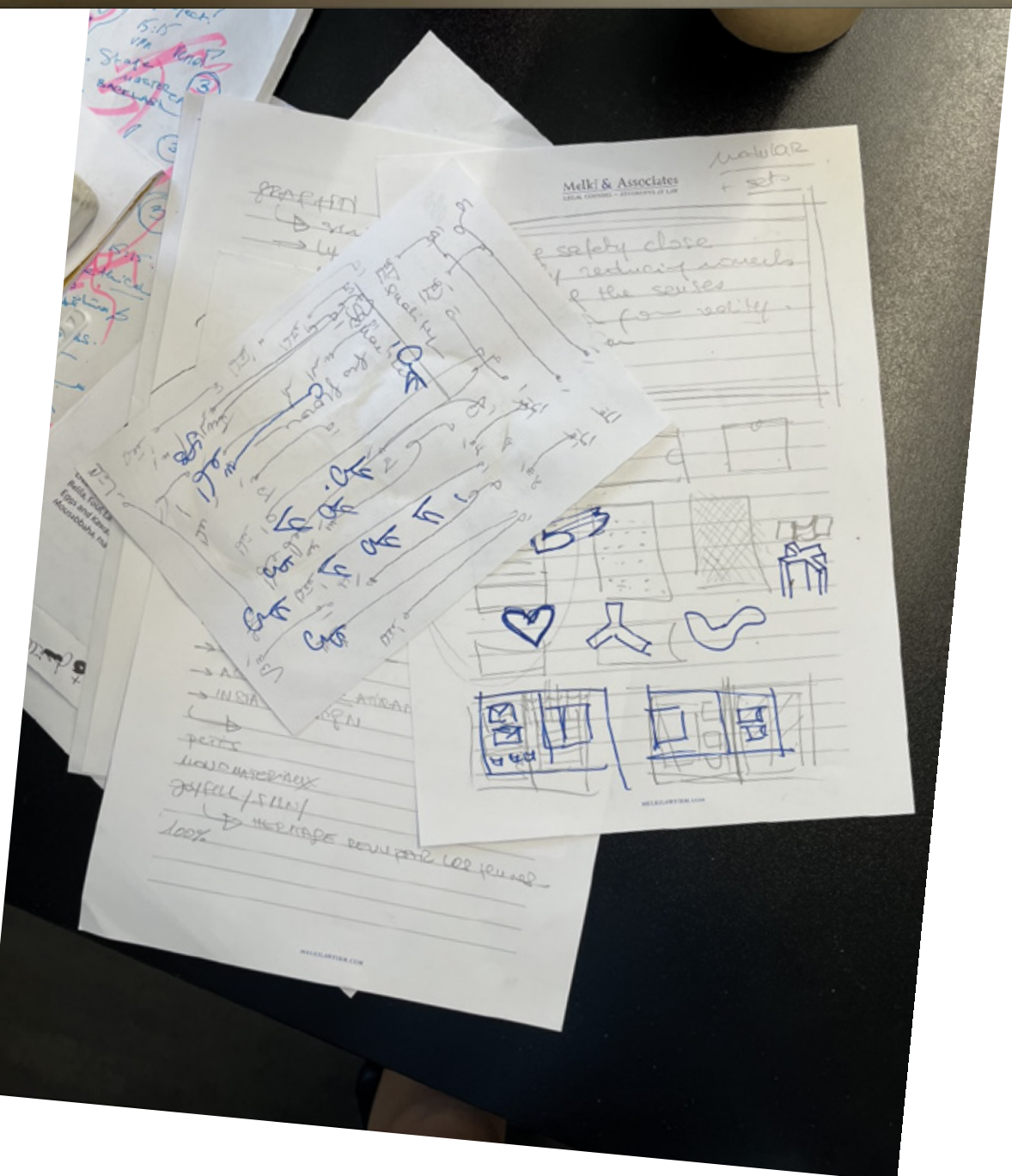
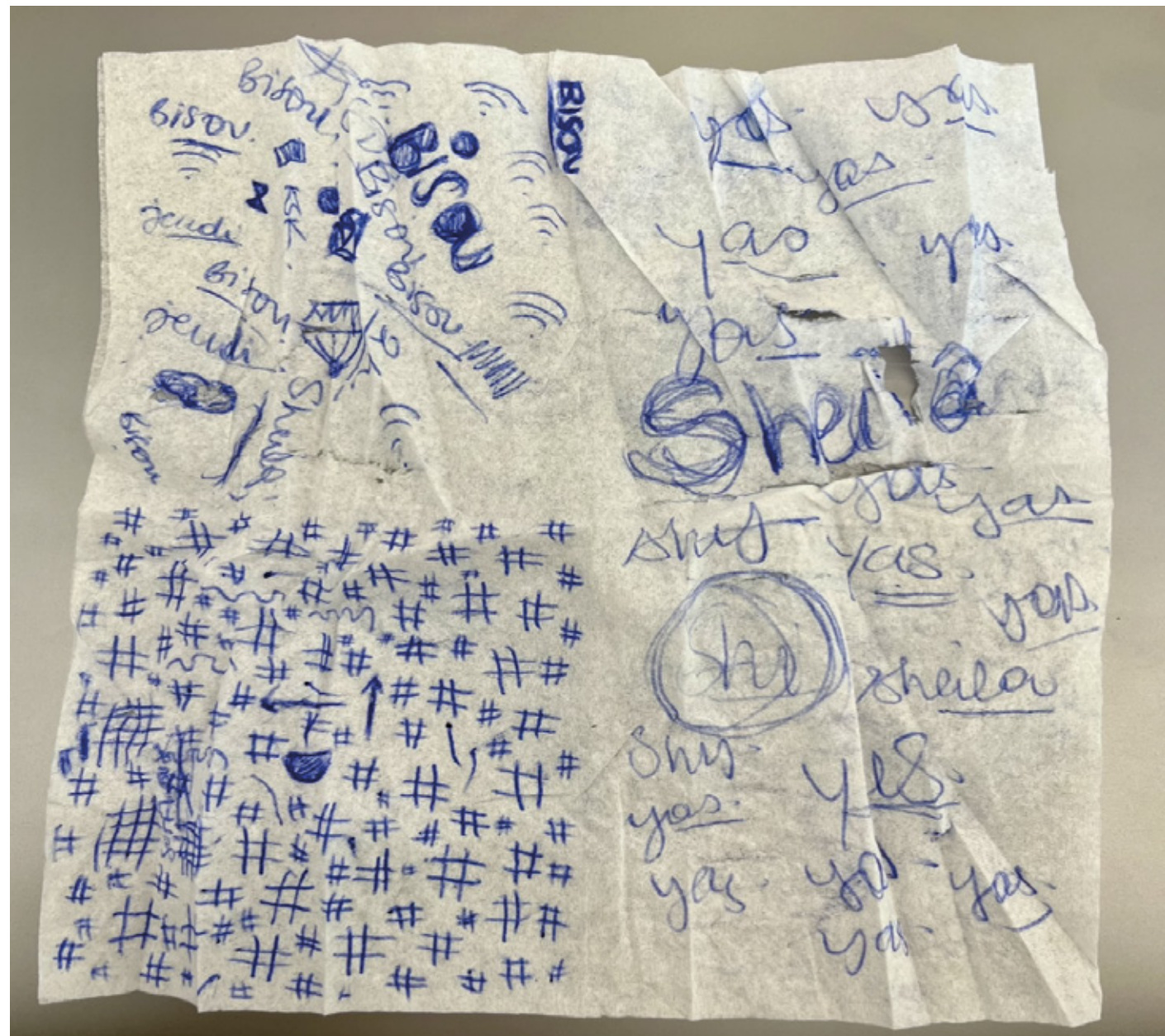
Everything Else

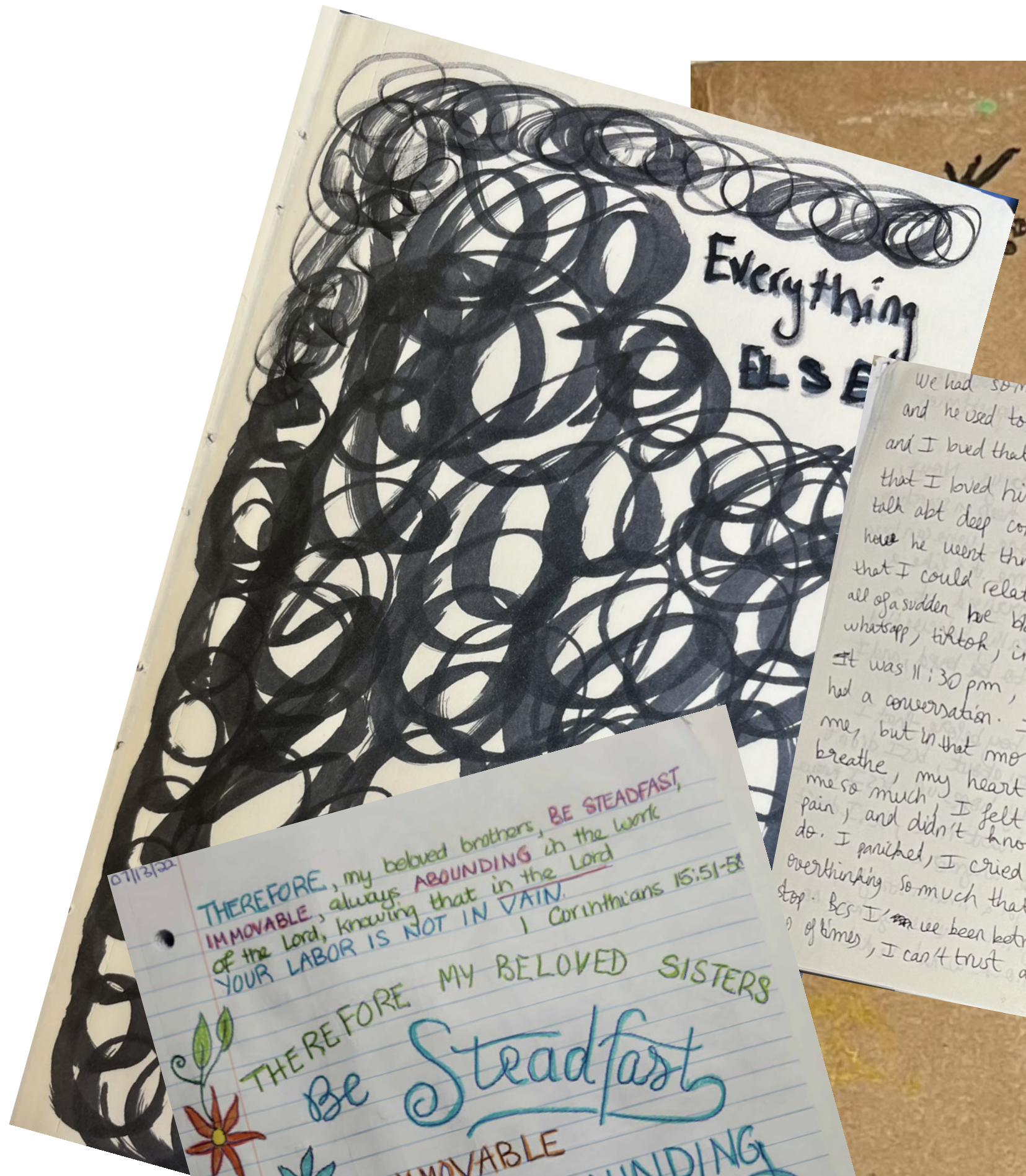
We had something in common and he used to make me feel special and I loved that feeling, doesn't mean that I loved him. But we used to talk abt deep conversations and have he went through some things that I could relate etc. Then all of a sudden he blocks me from whatsapp, tiktok, instagram. It was 11:30 pm, right after we had a conversation. It shocked me, but in that moment I couldn't breathe, my heart was hurting me so much I felt like a strong pain, and didn't know what to do. I panicked, I cried, I was overthinking so much that I couldn't stop. Bcs I've been betrayed a 100 of times, I can't trust anyone anymore. Nothing. And I don't want to stay like that. It's drowning me. I just want to be loved, and I can't seem to have it. Did I do smthg wrong? Why me???

→ Sent a message.
(This was a month ago).

- Party with my sister.
- At home, less problem with mom, + went to the cinema together.
- when mom and dad fight, I try to hear or not to interfere.

But my dad or mom, always come to me bcs each one of them think they are right and start saying to me "look what she's doing", "look what he's doing", like "Ma they always include me, but I don't want to be





Everything
ELSE

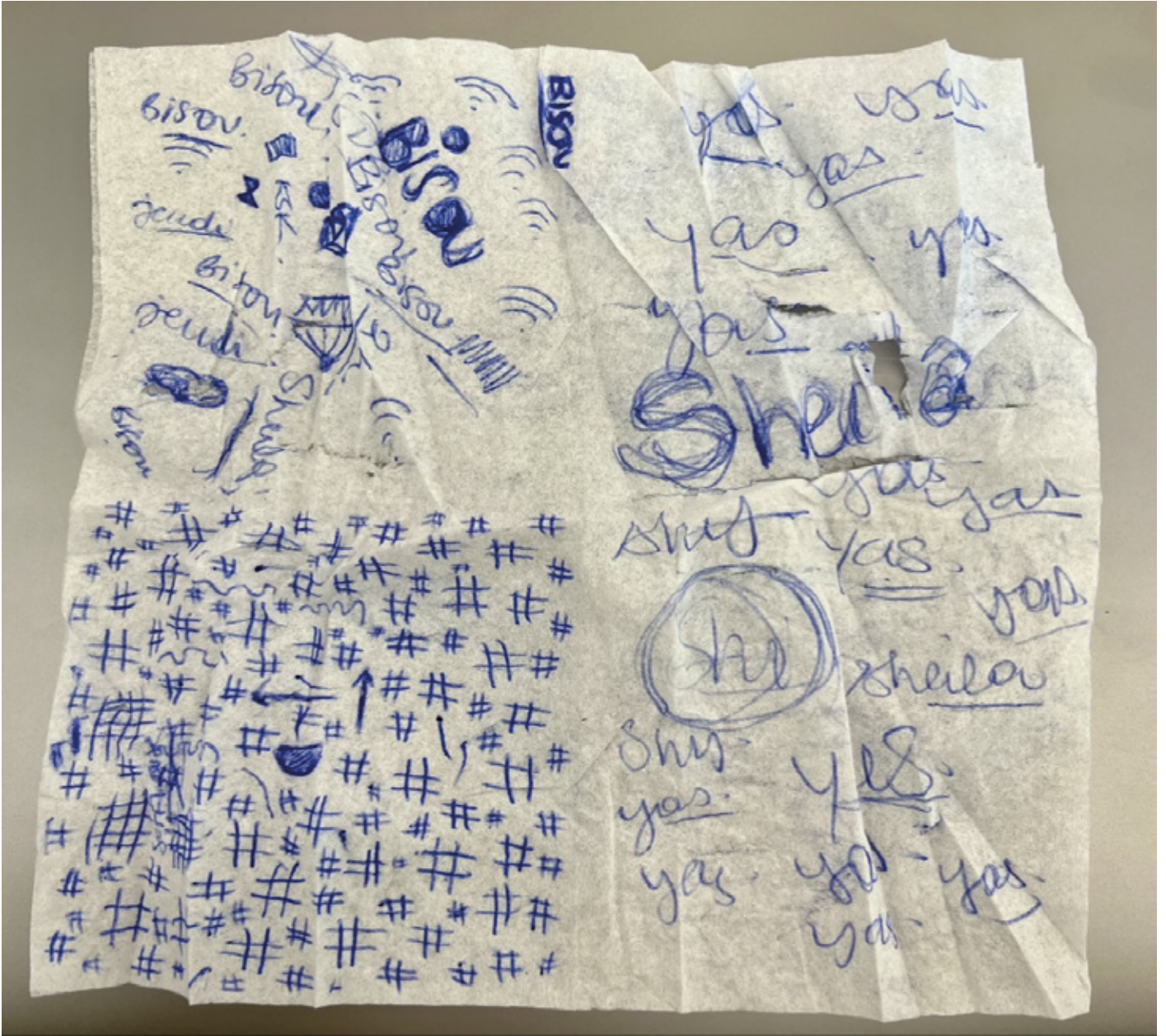
THEREFORE, my beloved brothers, **BE STEADFAST**,
IMMOVABLE, always **ABOUNDING** in the work
of the Lord, knowing that in the Lord
YOUR LABOR IS NOT IN VAIN.
1 Corinthians 15:58

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

We had something in common
and he used to make me feel special
and I loved that feeling, doesn't mean
that I loved him. But we used to
talk abt deep conversations and
how he went through some things
that I could relate etc. Then
all of a sudden he blocks me from
whatsapp, tiktok, instagram.
It was 11:30 pm, right after we
had a conversation. It shocked
me, but in that moment I couldn't
breathe, my heart was hurting
me so much, I felt like a strong
pain, and didn't know what to
do. I panicked, I cried, I was
overthinking so much that I couldn't
stop. Bcs I've been betrayed a
few times, I can't trust anyone
anymore. Nothing. And I don't want to
stay like that. It's drowning me.
I just want to be loved, and I can't
seem to have it. Did I do smthg
wrong? Why me???
→ Sent a message.
(This was a month ago).

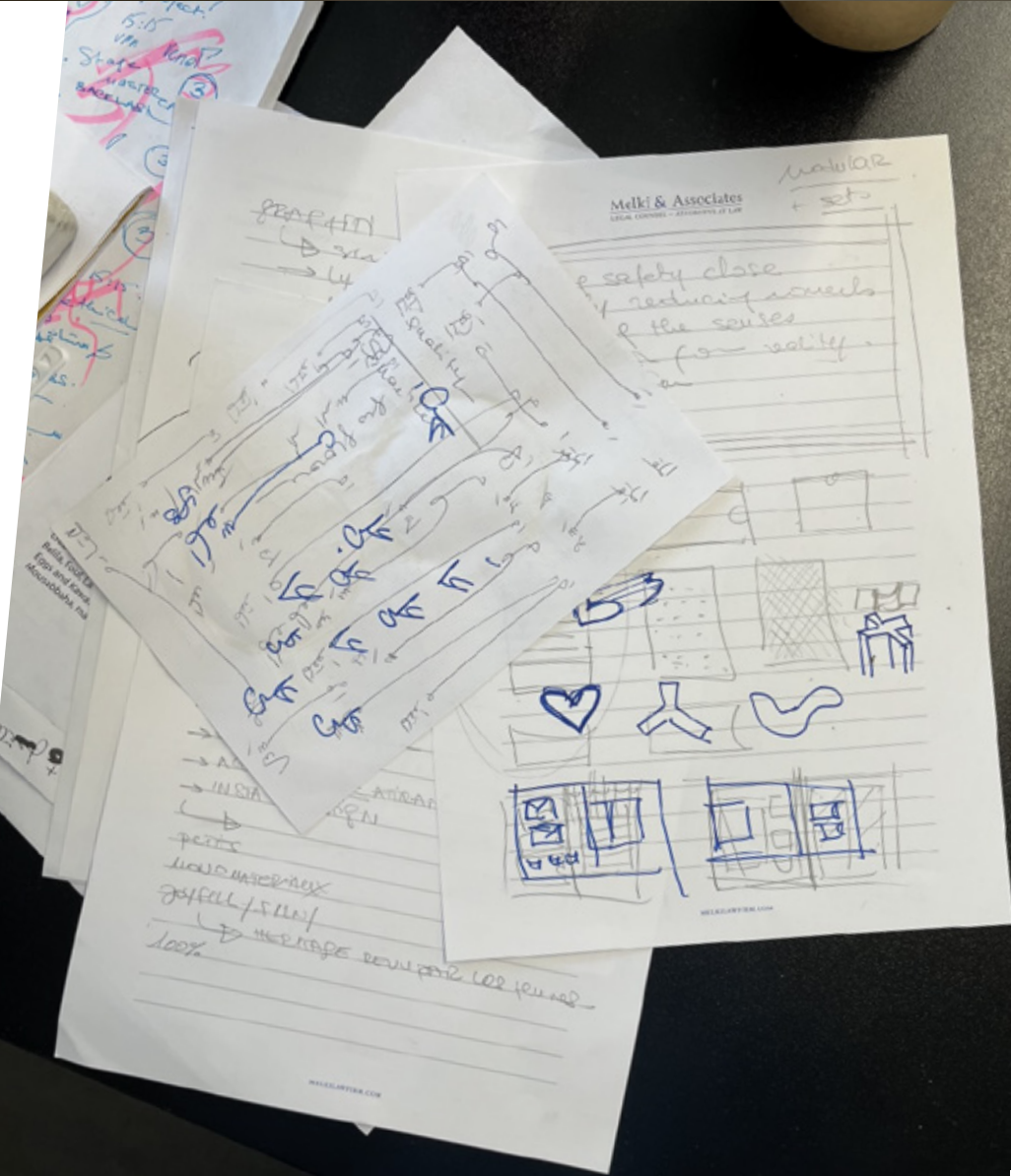
- Party with my sister.
- At home, less problem with mom,
+ went to the cinema together.
- when mom and dad fight, I try to
hear or not to interfere.

But my dad or mom, always come
to me bcs each one of them think
they are right and start saying to me
"look what she's doing", "look what he's
doing", ..., like "Ma they always
include me, but I don't want to be



Sheila

Shirley



OUR LABOR

THEREFORE MY BELOVED SISTERS

Be Steadfast

IMMOVABLE

ALWAYS ABOUT
in the works of the Lord
KNOWING

in the KNOWING
THAT IN THE

THAT IN THE LONG
YOUR LABOR IS NOT IN VAIN

1 Corinthians 15:58

Everything
ELSE

We had something in common
and he used to make me feel special
and I had that feeling, doesn't mean
that I loved him. But we used to
talk abt deep conversat^{ns} and
how he went through some things
that I could relate etc. Then
all of a sudden he blocks me from
whatsapp, tiktok, instagram.
It was 11:30 pm, right after we
had a conversation. It's
meant to be a sign that
he's not interested in me
anymore. Nothing
stays like that. It
just want to be
seem to have it. Did
wrong? Why me???
→ Sent a message.
(This was a month ago)

- Party with my sister.
- At home, less problem with in + went to the cinema together
- when mom and dad fight, I try to hear or not to interfere.

But my dad or mom to me for each one of them always come they are right and start saying to me look what she's doing, "look what he's doing" ---, like in the Hollywoods include me, but I don't want to be

[illegible]

The collage consists of three overlapping pieces of paper with various markings and text:

- Top Piece:** Features the word "BISON" written vertically in blue ink. Below it, the words "yao" and "yas" are repeated in a stylized, handwritten font.
- Middle Piece:** Features the name "Sheila" written in a large, bold, stylized blue font. Below it, the words "shut yas" and "sheila" are written in a similar stylized font.
- Bottom Piece:** Features a grid of hash symbols (#) in blue ink. To the left of the grid, the words "Social Aspect", "Create X", "Know Son", and "Bites" are written in a stylized font. Below the grid, the words "Concides - 6" and "notire" are written in a stylized font.

Everything ELSE

We had
and he was
and I knew
that I love
talk abt de
here he uses
that I could
all of a sudden h
whatsapp, tikto
It was 11:30 p
had a conversation
me, but in that
breathe, my h
me so much, I
pain, and didn't
do. I

BE STEADFAST,
others, the work

722

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 15:58

OF MY BELOVED SISTERS

IMMOVABLE OF the Lord
YOUR LABOR IS NOT

THEREFORE MY BELOVED SISTERS

Be Steadfast

IMMOVABLE SOUNDING

IMMOVABLE

IMMORTAL

ALWAYS ABOUT
in the work of the Lord

KNOWING

LORE

in the works of
KNOWING

KNOWING LORD
THAT IN THE

THAT IN THE LORD
YOUR LABOR IS NOT IN VAIN

1 Corinthians 15:58

We had so many arguments common
and he used to make me feel special
and I loved that feeling, doesn't mean
that I loved him. But we used to
talk abt deep conversat's and
~~how~~ he went through some things
that I could relate etc. Then
all of a sudden he blocked me from
whatsapp, tiktok, instagram.
It was 11:30 pm, right after we
had a conversation. The
me...
any more. Nothing
stay like that. It
I just want to be
seem to have it. Did
wrong? Why me???
→ Sent a message.
(This was a month ago)
Part

- Party with my sister.
- At home.

- At home, less problem with + went to the cinema

- when mom and dad fight, I
hear or not to interfere
But muddled

near or not to interfere, I thought
But my dad or mom always come
to me for each one of them. I think
they are right and start saying to me
"look what she's doing", "look what she's
doing", "... like in the old ways
include me, but I don't want to be

[illegible][illegible]

...God's Grace

According to the Spirit
teach & make plain to everyone
members & sharers in the promise of Jesus

I pray that you, being rooted & established in love, may have power, together with all the saints, to grasp how wide, long, high & deep is the love of Christ, & to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Handwritten notes and sketches on a piece of paper. The top section shows a floor plan with dimensions and notes: "safety close", "reducing sounds", "the routes", and "safety". The middle section shows a plan view with a heart shape and a Y-shape. The bottom section shows a plan view with a grid and a note "look".

Everything ELSE

We had
and he was
and I knew
that I love
talk abt de
here he uses
that I could
all of a sudden h
whatsapp, tikto
It was 11:30 p
had a conversation
me, but in that
breathe, my h
me so much, I
pain, and didn't
do. I

BE STEADFAST,
the work

100

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 15:58

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

IMMOVABLE OF THE LORD, AND
YOUR LABOR IS NOT IN VAIN

THEREFORE MY BELOVED SISTERS

Be Steadfast

IMMOVABLE

ALWAYS ABUNDING

in the work of the Lord

KNOWING

THAT IN THE LORD

YOUR LABOR IS NOT IN VAIN

1 Corinthians 15:58

We had so many things in common
and he used to make me feel special
and I loved that feeling, doesn't mean
that I loved him. But we used to
talk abt deep conversat^{ns} and
how he went through some things,
that I could relate etc. Then
all of a sudden he blocks me from
whatsapp, tiktok, instagram.
It was 11:30 pm, right after we
had a conversation. It shocked
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breathe, my heart was hurting
masso much, I felt like a strong
pain, and didn't know what to
do. I panicked, I cried, I was
overthinking so much that I couldn't
stop. Bec I've been betrayed
so many times, I can't trust anyone
anymore. Nothing staylike that. I
I just want to be
seem to have it, Did
wrong? Why me???

→ Sent a message:
(This was 2 months ago).

- Party w/
- At
+.

nonchalant
 told us that
 TH's not working
 phalac de se pas
 about
 terrible for you
 15:15
 17h
 18h
 19h
 20h
 21h
 22h
 23h
 24h
 25h
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 90h
 91h
 92h
 93h
 94h
 95h
 96h
 97h
 98h
 99h
 100h

[illegible]

Conscience - aware
notre →

Maki & Associates
 10000 16th Avenue, Suite 100
 Denver, CO 80202
 Tel: 303.733.1111
 Fax: 303.733.1112
 Email: info@makiassociates.com

...God's Grace

...by the Spirit

...according to God's power

...reach & make plain to everyone

...members & share in the promise of Jesus

I pray that you, being rooted & established in love, may have power, together with all the saints, to grasp how wide, long, high & deep is the love of Christ, & to know the love that surpasses knowledge - that you may be filled to the measure of all the fullness of God.

[illegible]

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

Routine

Drawing

Clarity

Doodling

What is journaling?

Stress reduction

Emotional release

Prevent

Writing

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

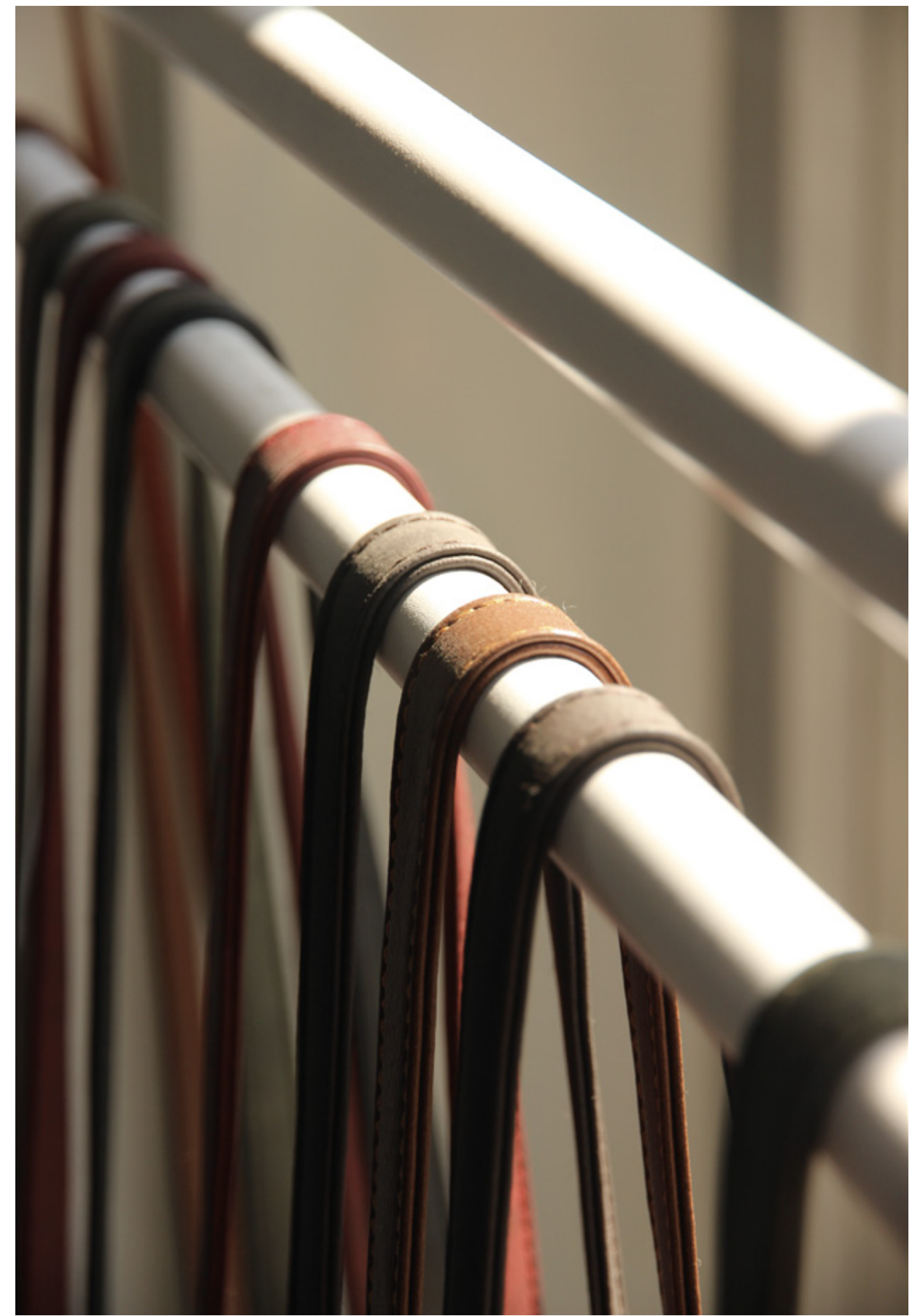
manage stress

Drawing

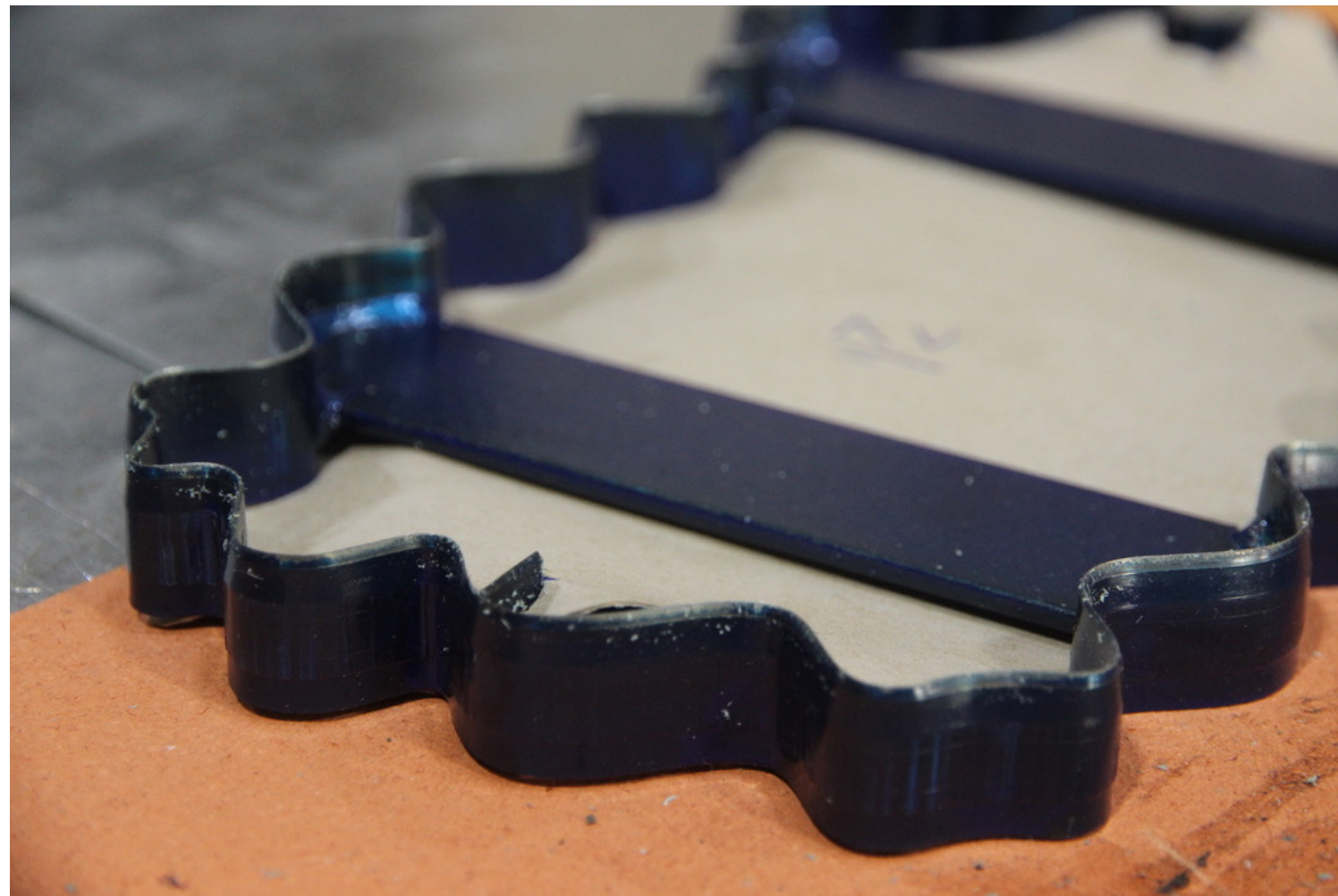
mã

Hold Your Calm

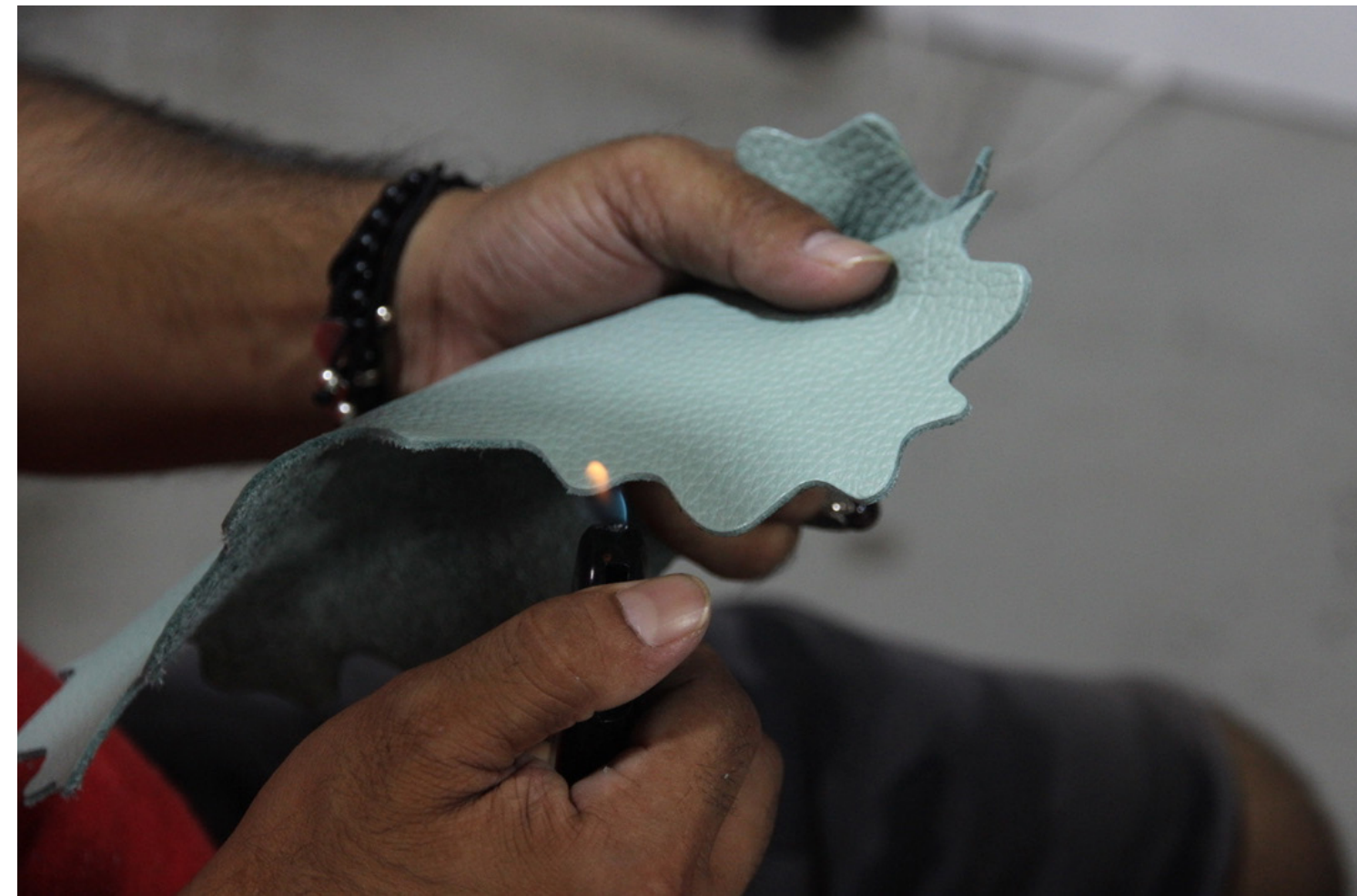








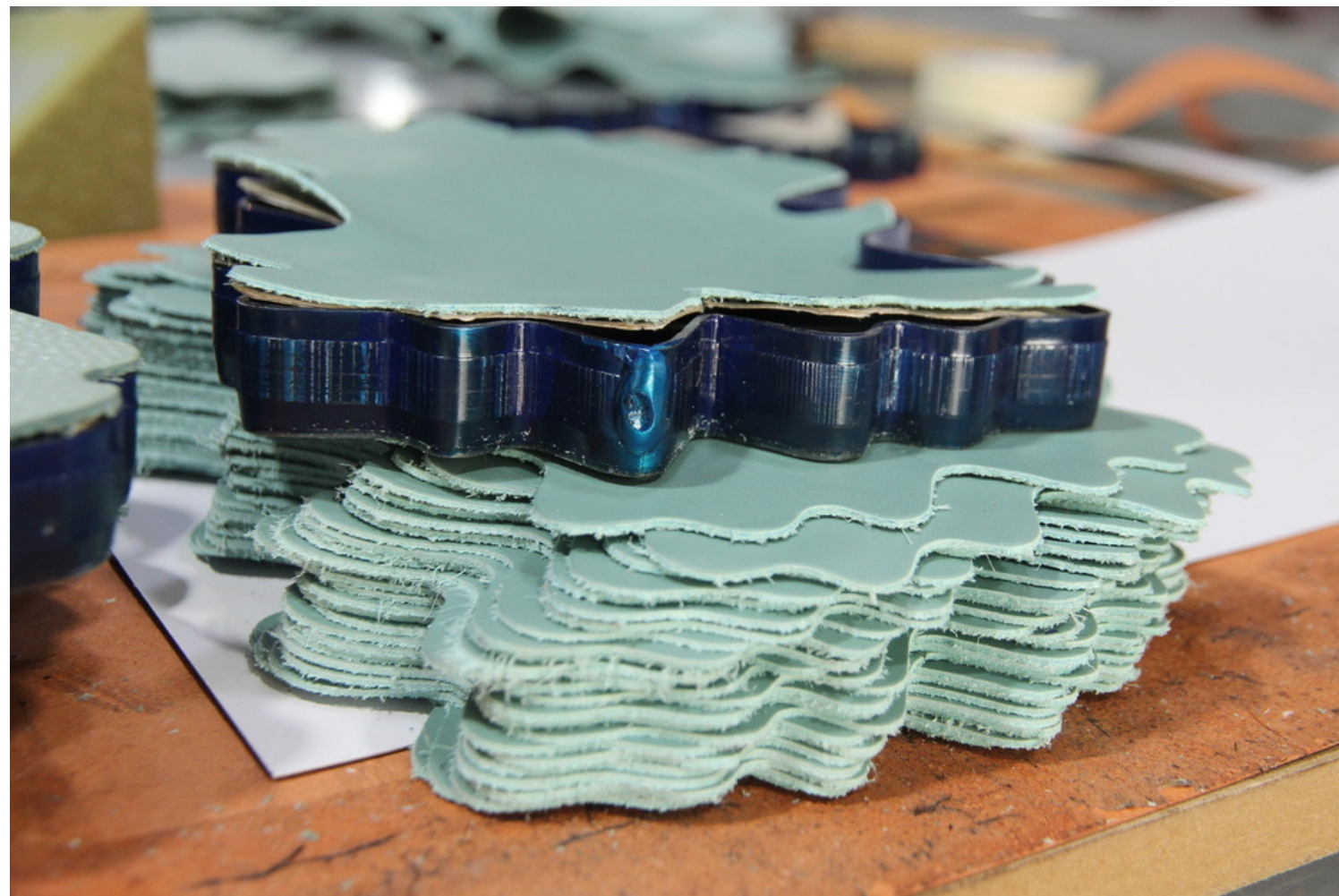
Knife



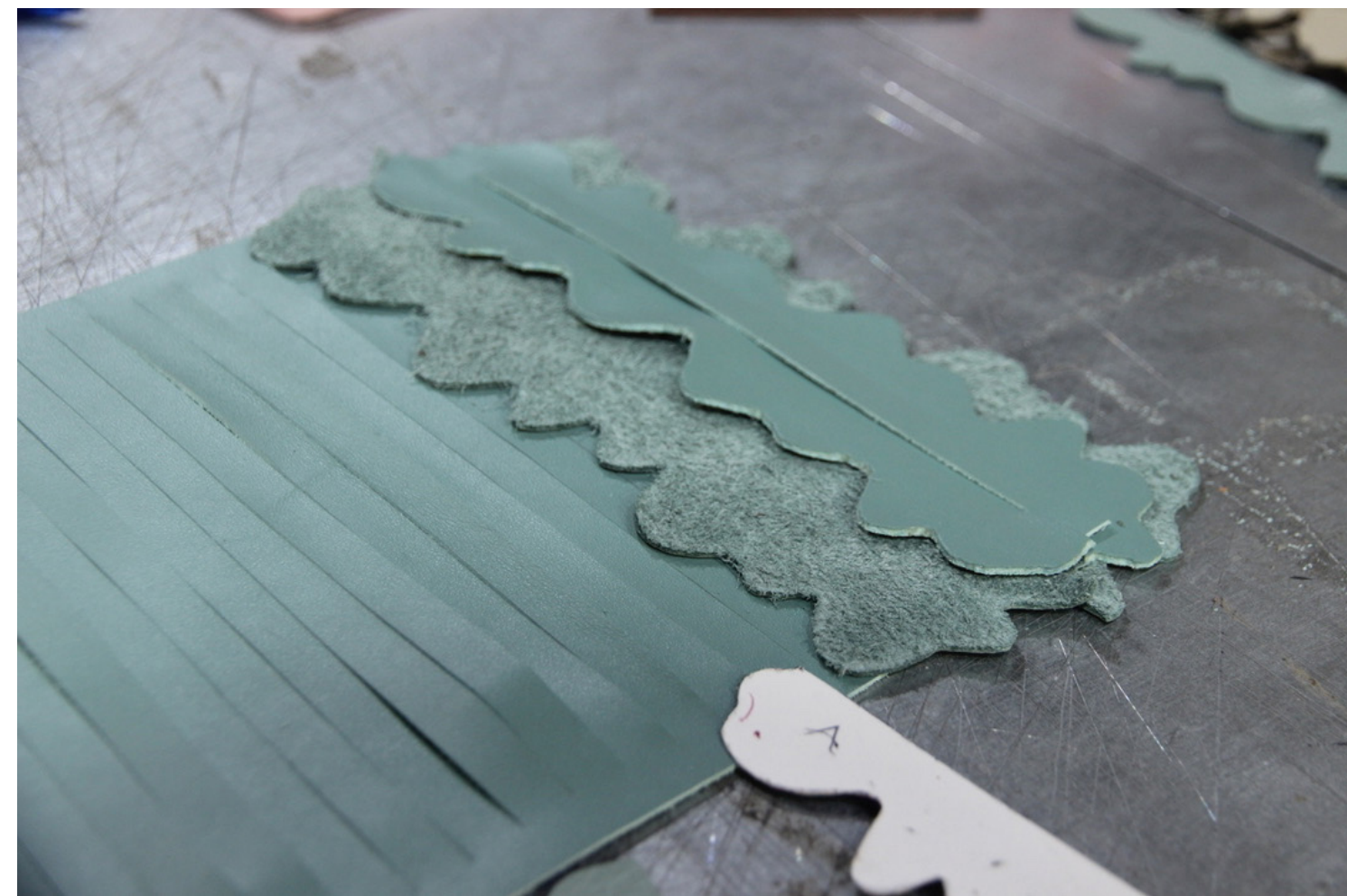
Burnishing



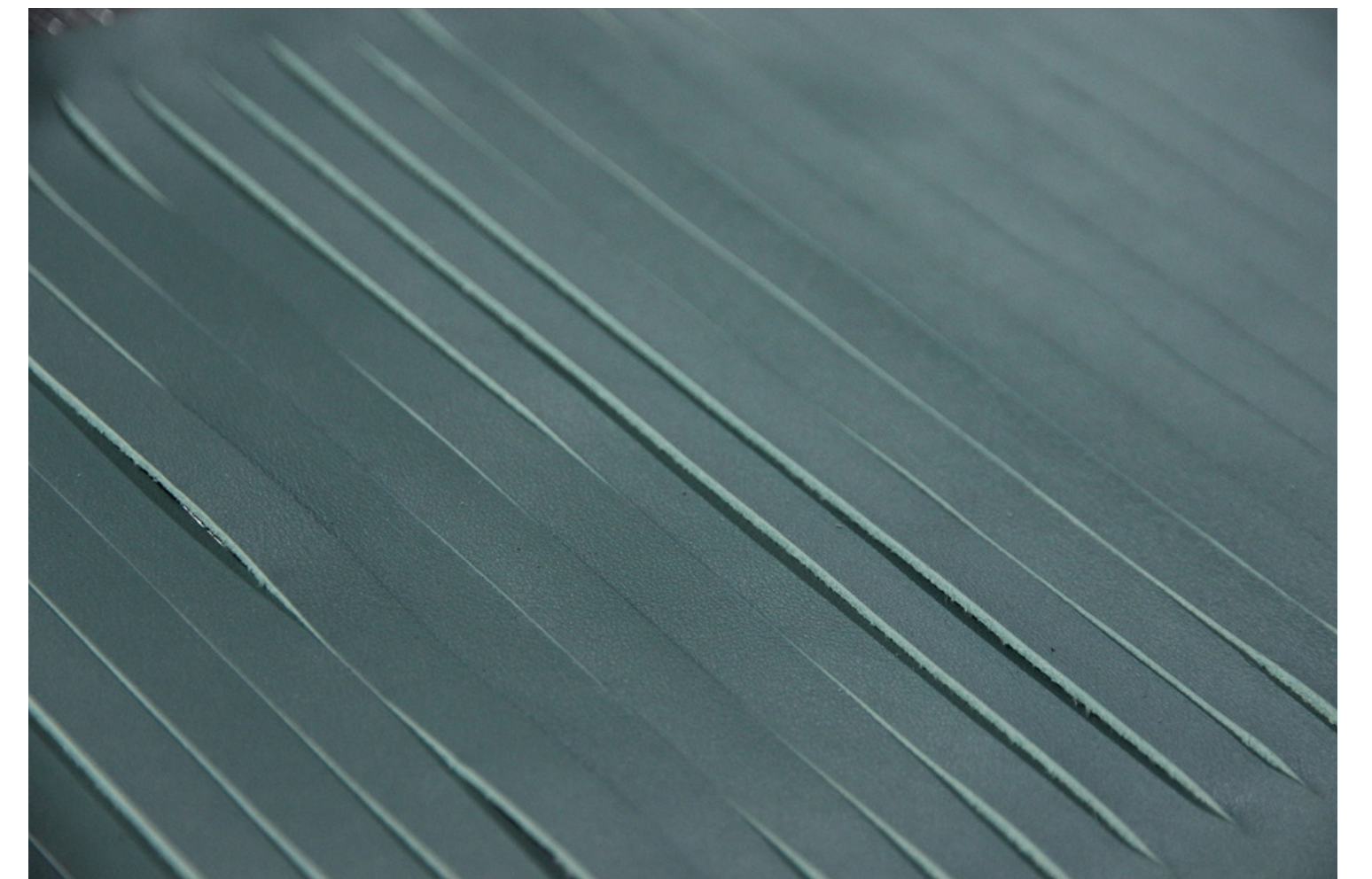
Stitching



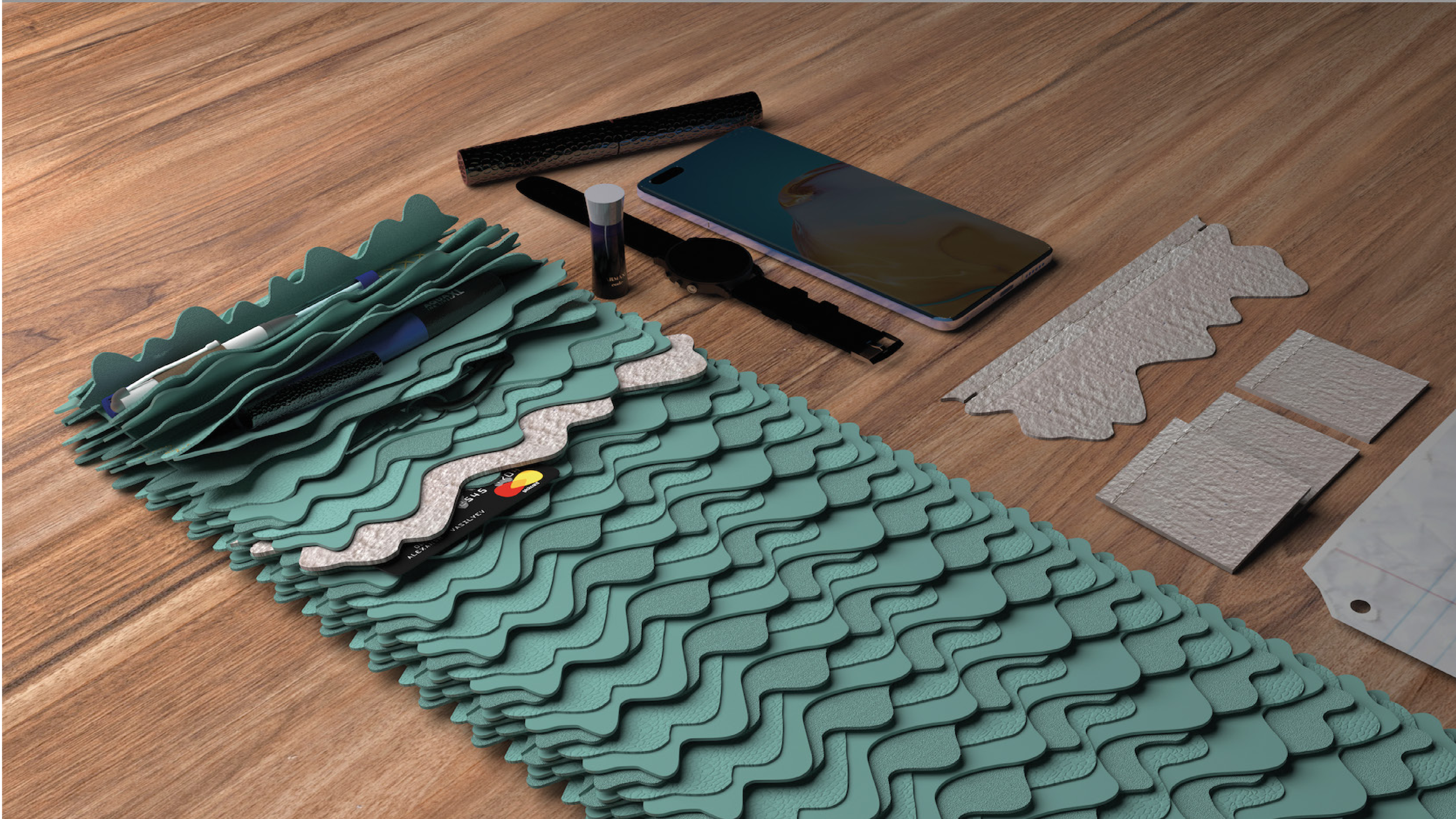
Layers of pattern

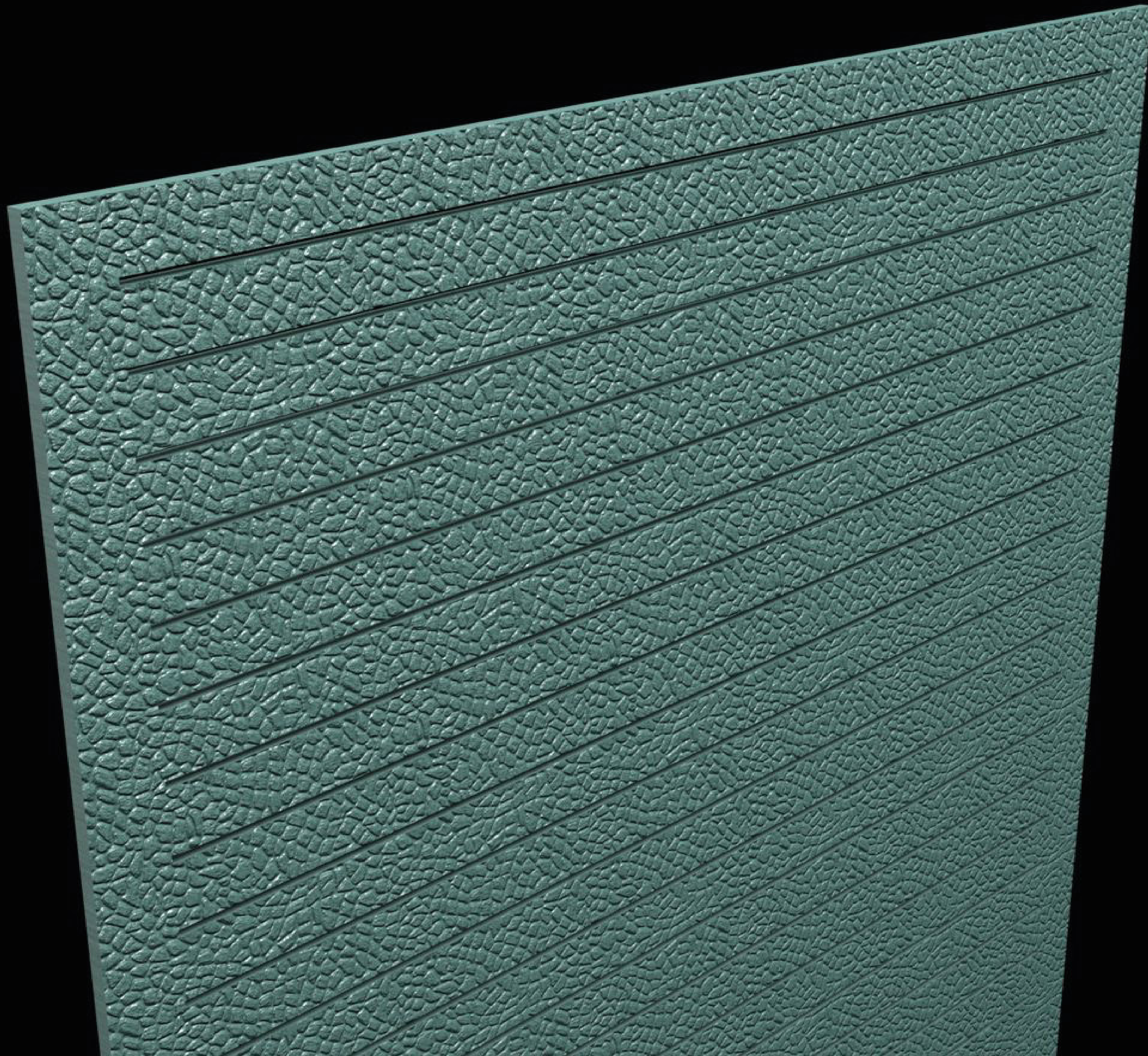


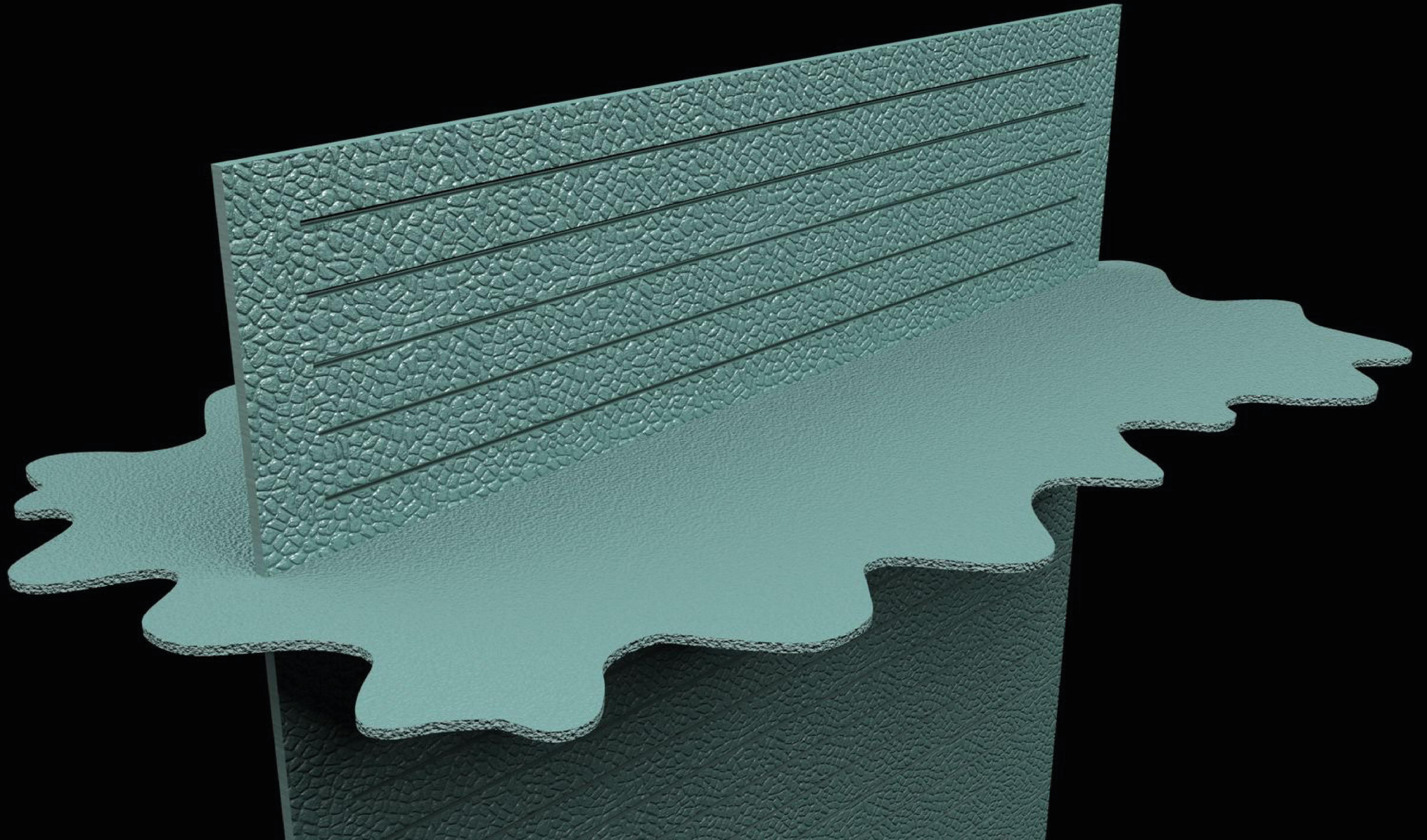
Placement

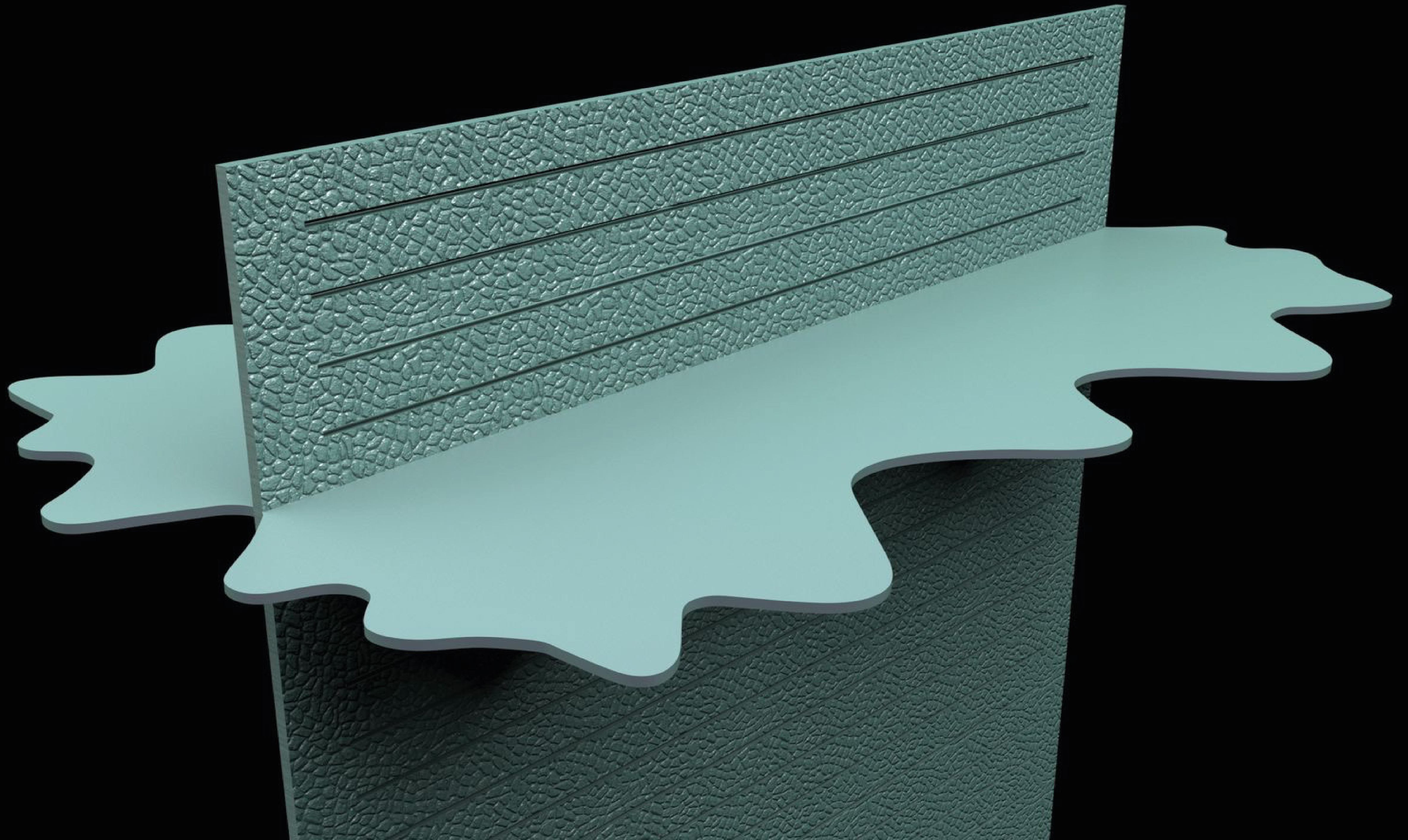


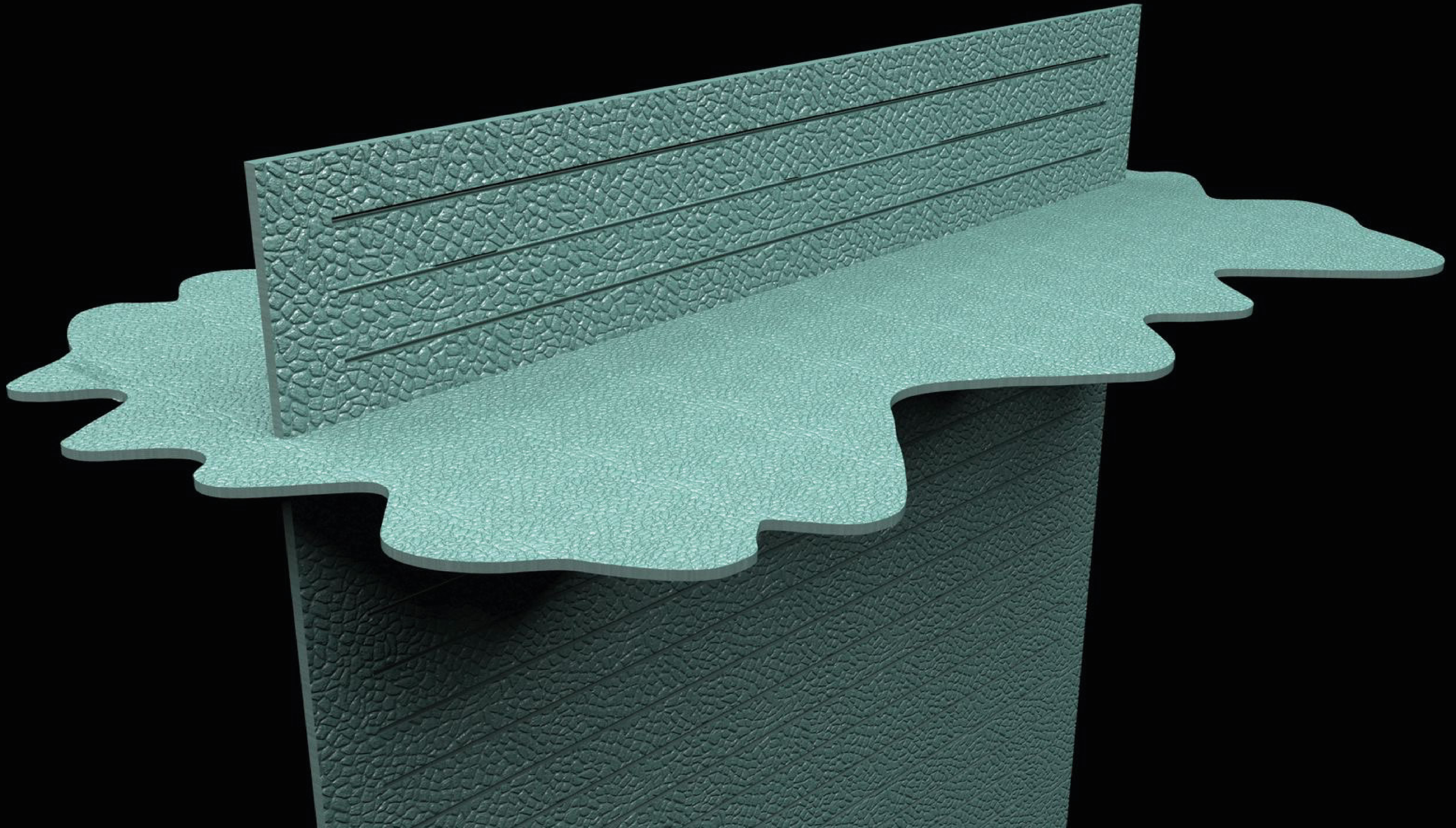
Slits

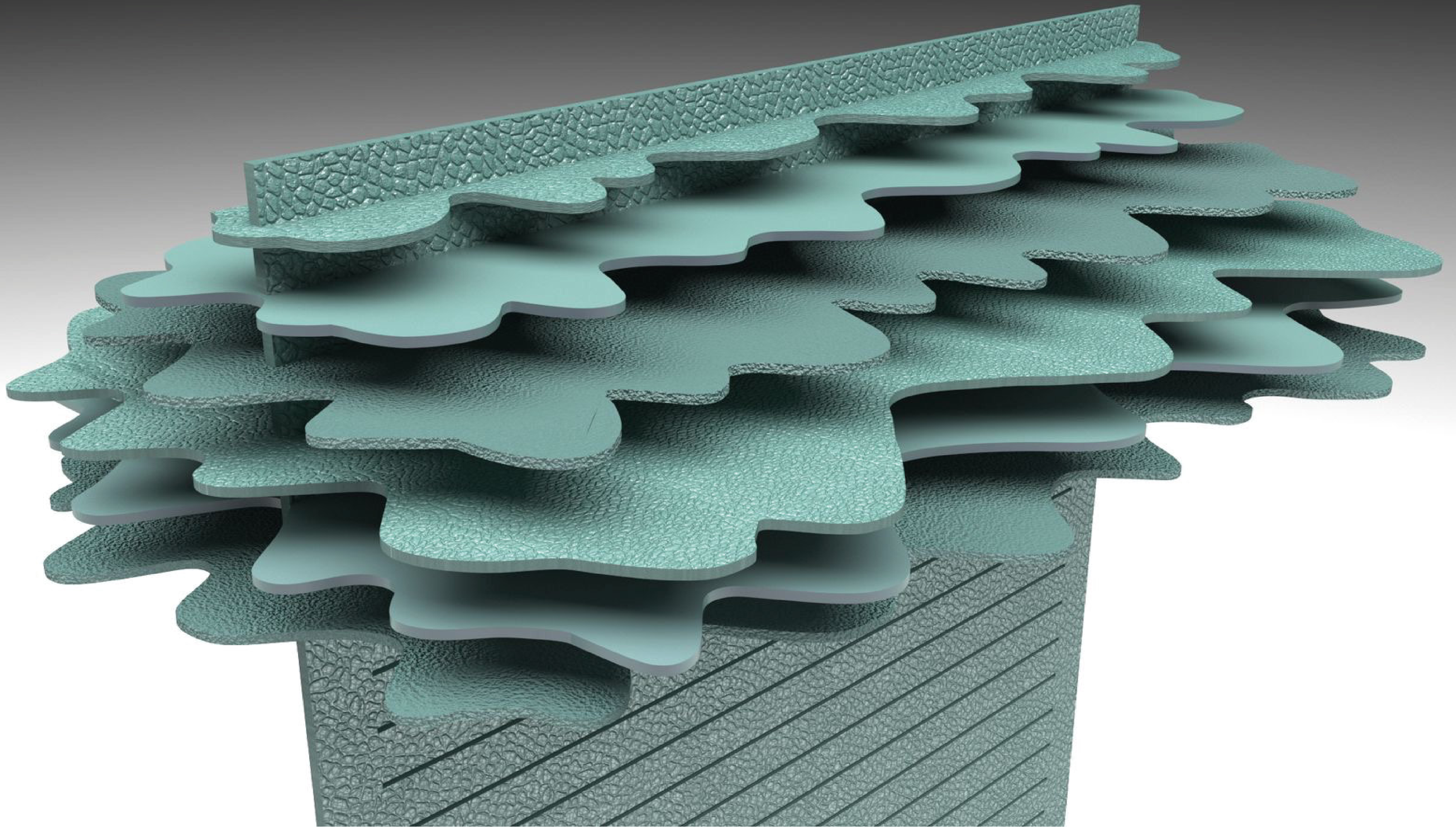


















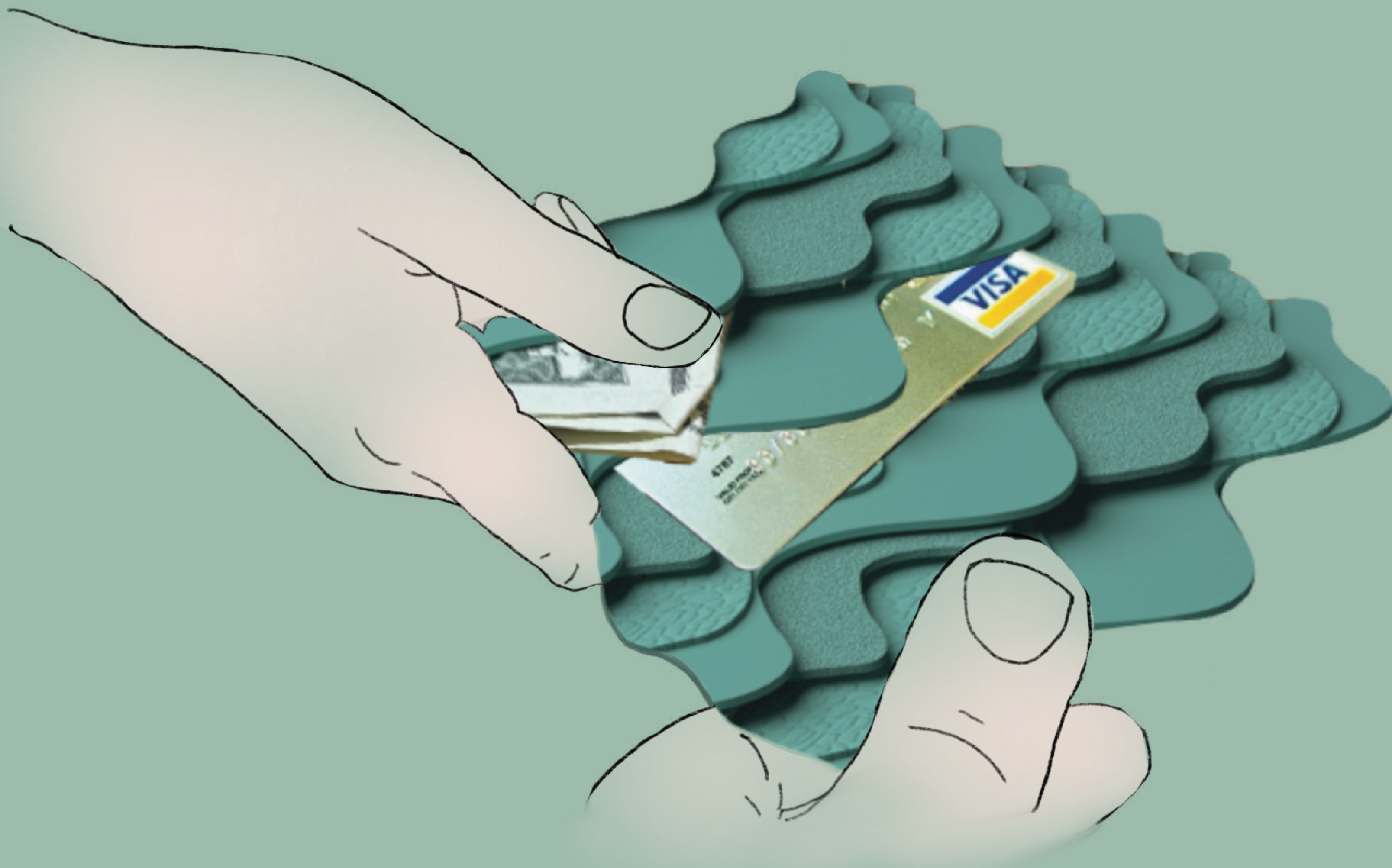








Wallet



Thank you

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