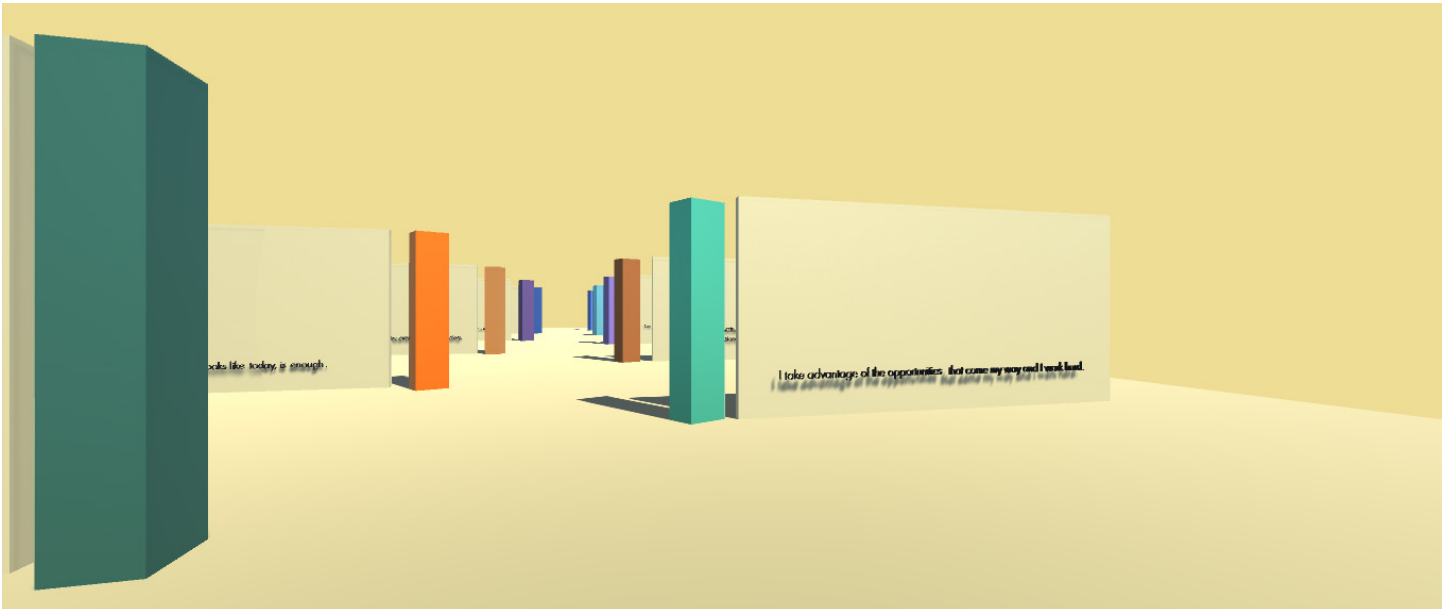
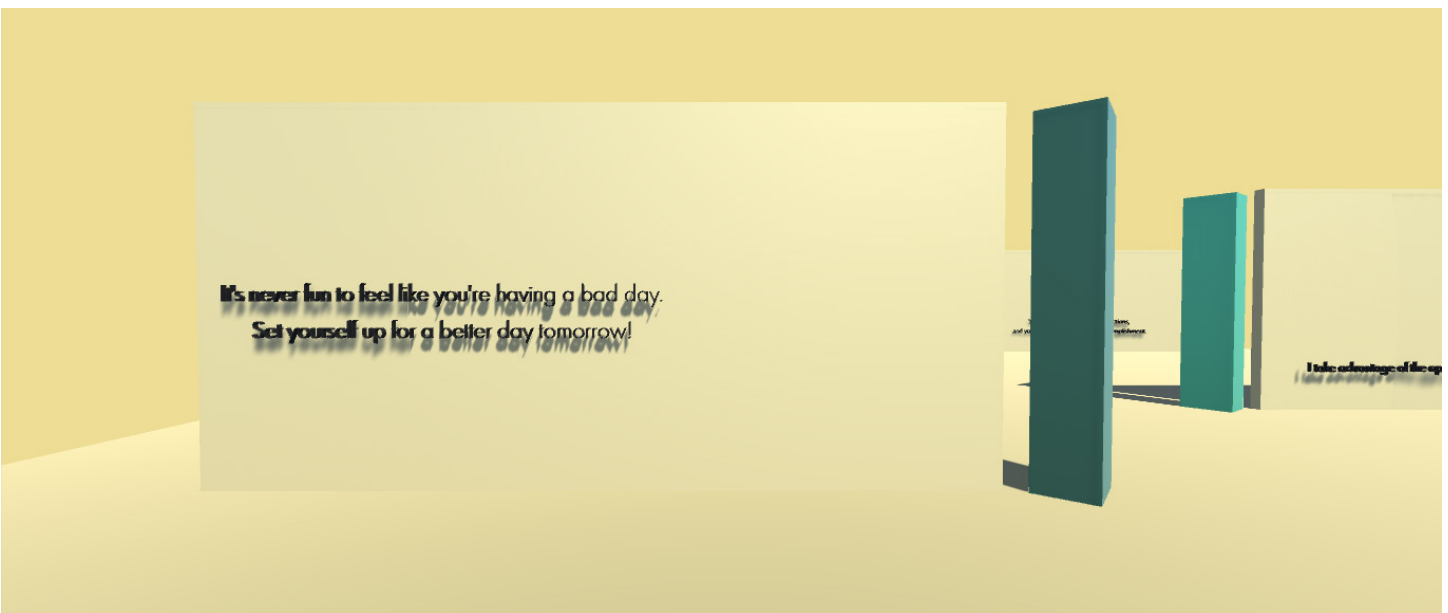


Self-love

Joanna Apolinar



Why is self-love important? Most of the time we are too hard on ourselves, we do it because we are driven by the desire to do everything right and excel in what we do. With this we entail a lot of self-criticism, and tell ourselves how we could've done things better. Having higher risks of illnesses, both physical and mental, and self-compassion and self-love free us from that grip.



My project aims to educate people about self-love through positive affirmations. This is done with the use of typography, the use of audio, and interactions. To illustrate this I created an environment that looks like a museum showcasing all the affirmations and a brief description of the things one can do to connect to it.



While exploring the environment at first the person will only see the walls with the description of the phase and when pressing (Q key letter) the wall will turn a black color (the key letters change for every wall) and the affirmation will show up. This with the intention of making the phase stand out. The audio creates a more calm atmosphere so the person can enjoy everything with calmness and a sense of learning new things.

Credits

<https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2#1>

https://www.medicalnewstoday.com/articles/321309#_noHeaderPrefixedContent

<https://isfglobal.org/what-is-self-care/>