

Meditation Bathroom

Design For Mental Health
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“Hiding in the bathroom”

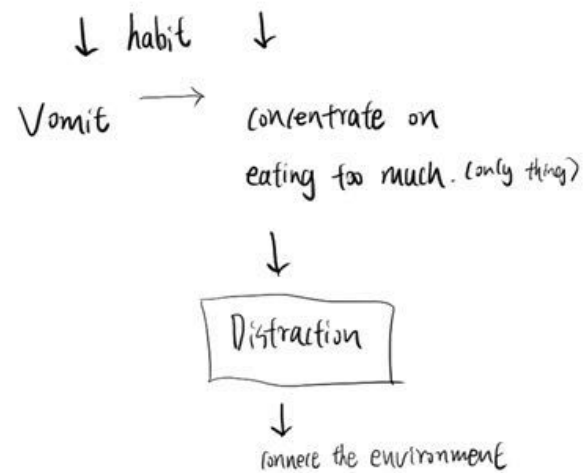
"Hiding in the bathroom" has become my shorthand for hacking and faking my way to appearing like a typical successful businessperson.

One new media CEO whose viral videos have garnered over a hundred million views told me that she experiences major anxiety being in a room where she doesn't know anyone. "I go straight into awkward middle schooler mode," she confessed. The founder of a biotech firm who just received Series A financing confessed that she hides in the bathroom at conferences, "usually because I am crying." A former Wall Street banker who now runs a successful tech start-up has to "take beta-blockers for public speaking."

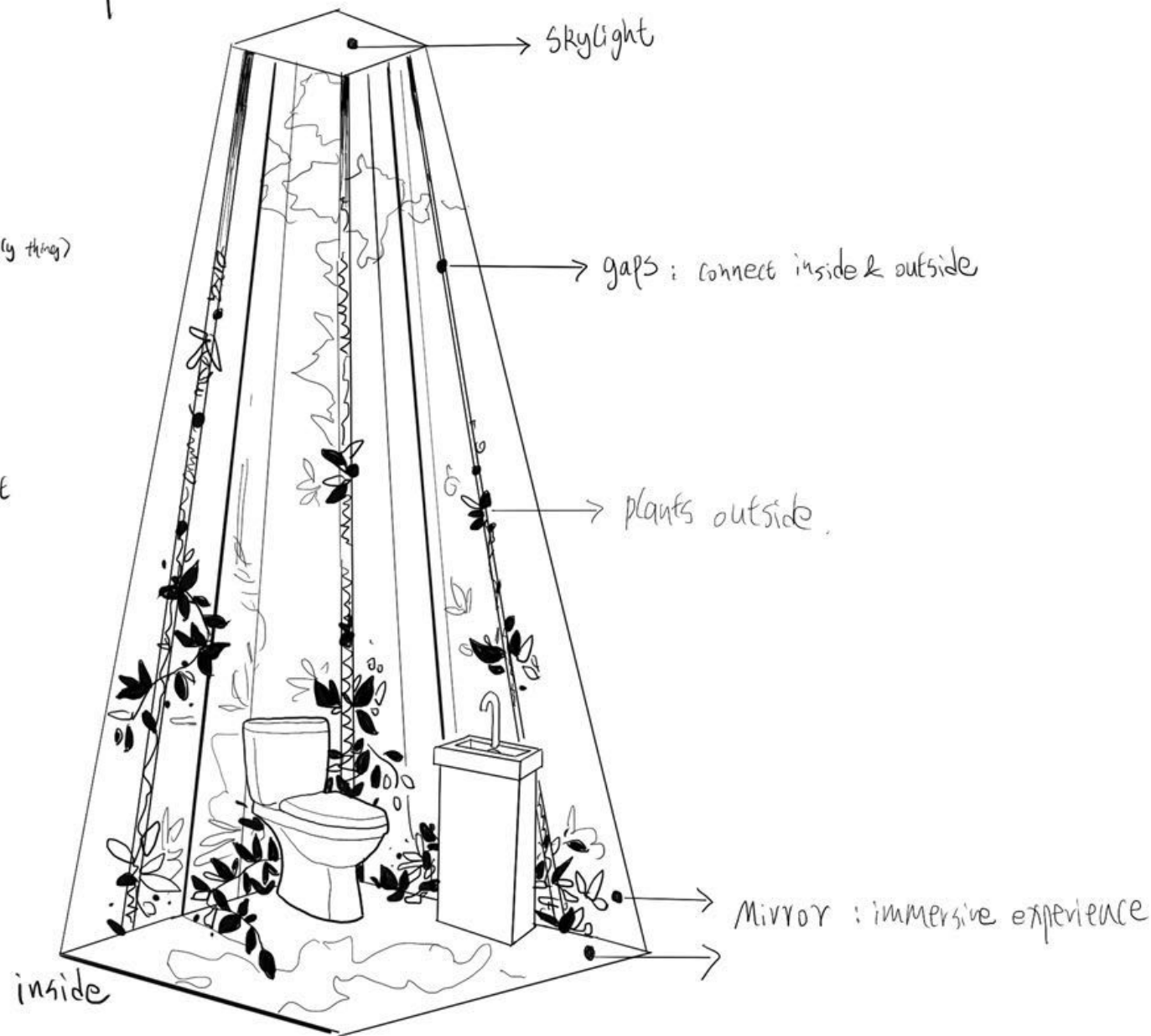
Aarons-Mele, Morra, and Morra Aarons-Mele. "9 Tips for Managing Your Anxiety at Work (When You'd Rather Be Hiding in the Bathroom)." Health.com, 26 Sept. 2017, www.health.com/condition/anxiety/manage-anxiety-at-work-hiding-in-the-bathroom.

Meditation + Public Bathroom

Eating Disorder

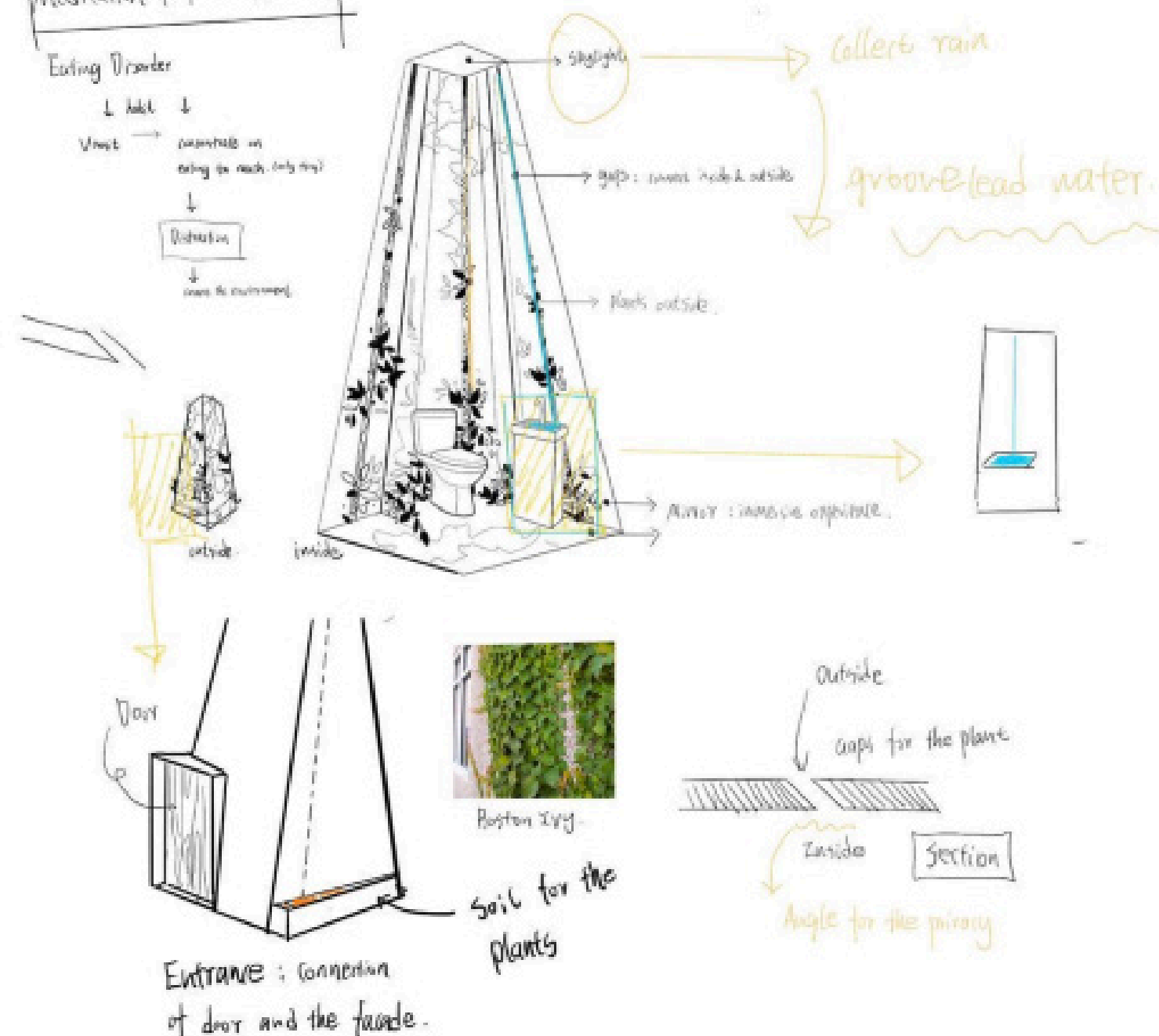


outside.



Meditation + Public Bathroom

Eating Disorder



Plantation & Water Flow



Meditational Bathroom

The meditation bathroom is constructed by water tubes and joints. The flowing water can attract the user's attention. It will take them away from their anxiety and help them to meditate.

Applying the green leaves background, the bathroom brings people a natural feeling and bring them a shelter to hide from the stressful society.



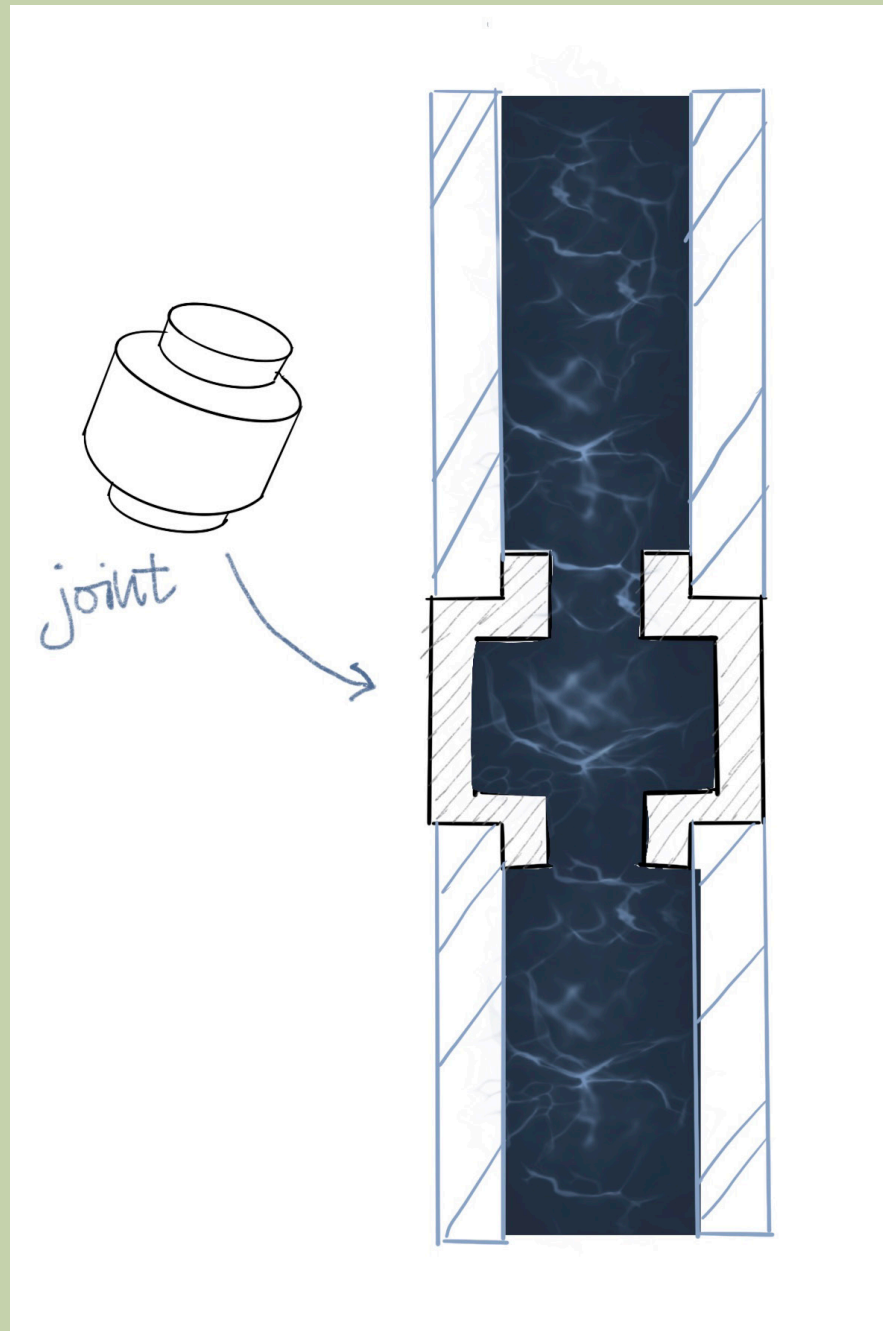
Assembled Structure

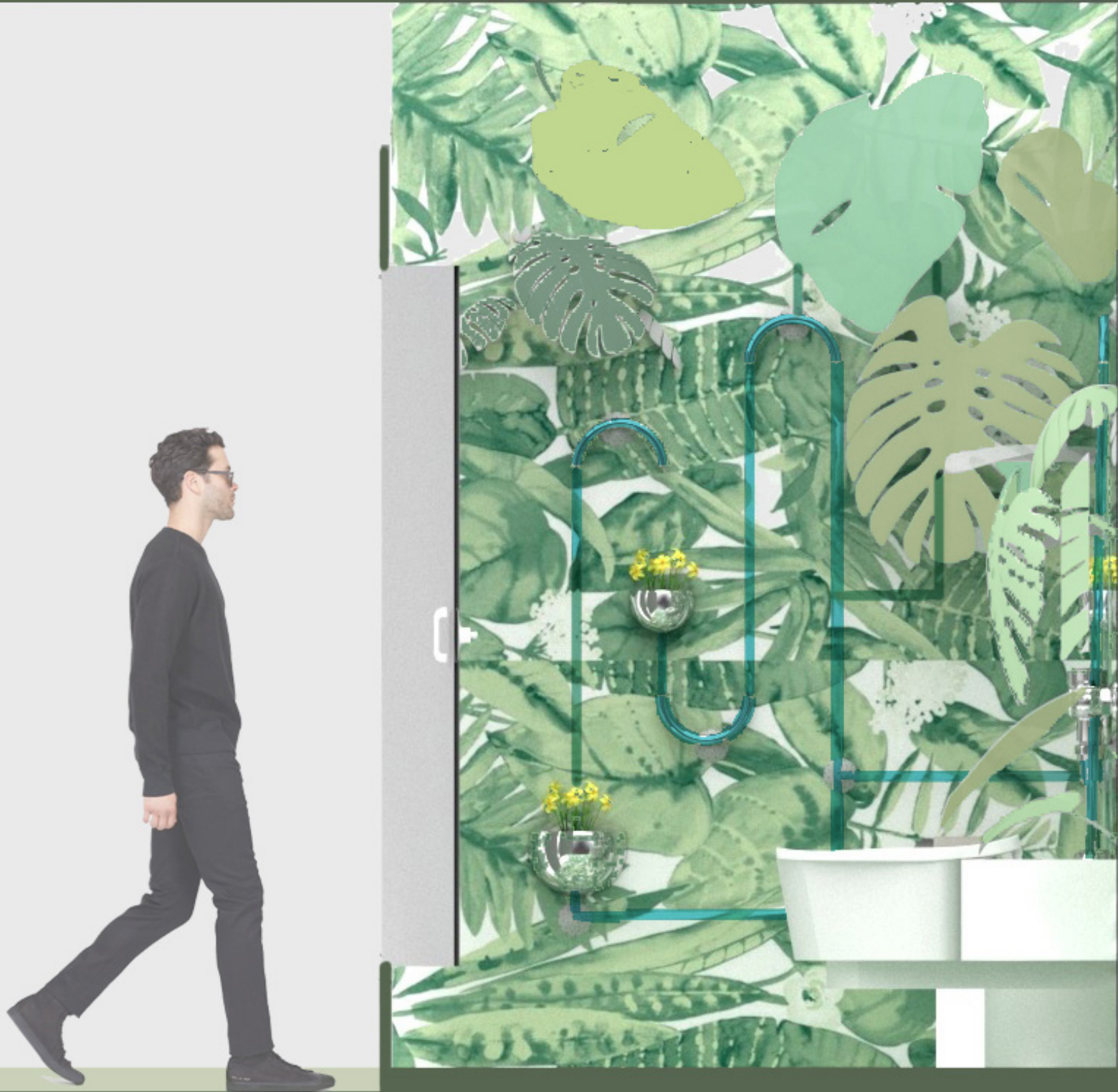
Curved tubes are hard to be manufactured. We made the tubes into constructable tubes with curved connections, so that it can be easily assembled or modified in any bathroom stall.

Seamless Joints & Wall Paper

To make the joints seamless, we construct the joints with narrower tips.

We also tested different wall papers to fill the whole environment with a natural tone.





Bring Your Stress In

Meditation Bathroom





Meditate & Relax

Meditation bathroom



