

CARE PACKAGE



Across RCA : Caring
Team name: TIME

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Introduction

In the era of globalisation and fast-paced living, stress and mental health issues are increasingly becoming the focus of attention. As an interdisciplinary collaborative team, we are committed to creating a unique Caring Package aimed at providing users with a space to alleviate daily stress and achieve self-healing through comprehensive sensory experiences.



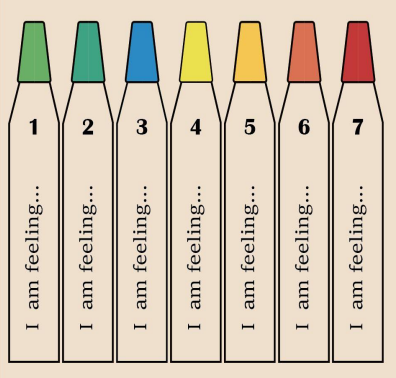
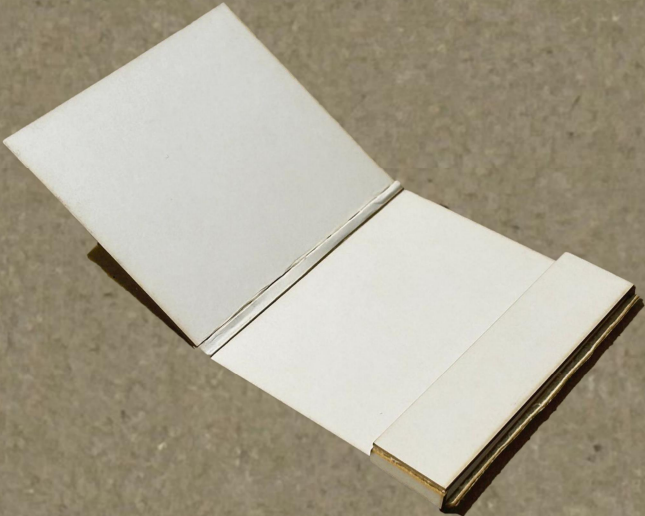
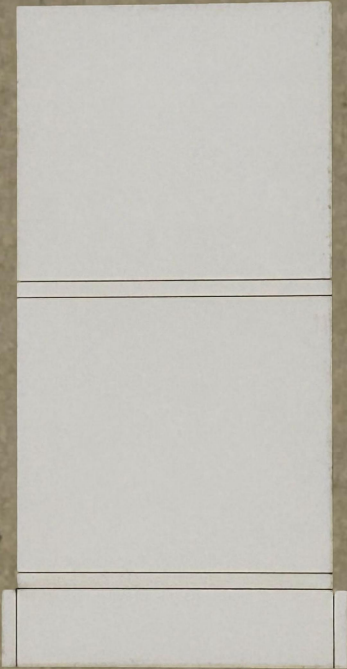
Development_Mood Box

My inspiration comes from the scene of blowing out birthday candles and making wishes. After making a wish, people blow out the candles, which helps us shift our attention and let go of inner anxiety. I hope to create a sense of ritual for people, analogous to this scene, where they can use matches to express their inner troubles and anxieties and then blow them out, symbolizing letting go of negative emotions. I aim to provide a psychological way to cope with time anxiety.

Additionally, different colors of matches represent different moods. People can choose candles based on their emotions, and they can also be used in conjunction with an Aroma Clock



Development_Mood Box



Development_Aroma Clock

Aroma clock brings calmness and relaxation through scent, with its biggest highlight being the blurring of time. Consisting of two parts, the backflow incense cone and the time container, the aroma clock represents time through the dissipation of smoke, allowing people to focus more on their present feelings rather than the tense passage of time. This innovative way of displaying time, combined with the traditional Chinese incense therapy formula, not only relieves stress but also inherits traditional culture.



Ingredient: Sandalwood, rosemary, water



常法		蘭遠香 <small>稱</small>	沉香 <small>一兩</small>	速香 <small>一兩</small>	黃連 <small>一兩</small>
甘松 <small>一兩</small>		丁香皮 <small>五錢</small>	紫勝香 <small>五錢</small>		
右為細末以蘇合油和作餅子焚之					
木樨香 <small>一</small>					
降真 <small>一兩</small>		檀香 <small>一錢另為</small>	臘茶 <small>半勝碎</small>		
右以紗囊盛降真香置磁器內用新淨器					
盛鵝梨汁浸二宿及茶候軟透去茶不用					
香乘					
卷十八		十三			
沉香 <small>半兩</small>	檀香 <small>一兩</small>	茅香 <small>一兩</small>			
右為末以半開桂花十二兩擇去蒂研成					
泥搜作劑入石臼杵千百印出當風陰					
幹燒之					
吳彥莊木樨香 <small>武</small>					
沉香 <small>半兩</small>	檀香 <small>二錢五分</small>	丁香 <small>十五粒</small>			
腦子 <small>少許另研</small>	金顏香 <small>另研不</small>	麝香 <small>少許茶</small>			
木樨花 <small>五錢已開未披者次入腦屑同研如</small>					
右以少許薄面糊入所研三物中同前四					

I used formula in the Chinese ancient fragrance dictionary as references.

Development_Aroma Clock



Development_Aroma Clock

The lid is made of pottery clay, and the transparent jar is a storage jar I bought from the supermarket. Then I started thinking about whether the container could have decorations in the middle.

When the user starts to use the product, they can see that as the smoke increases, the Chinese dragon in the middle gradually disappears into the mist, which can also visually assist the user in judging the passage of time.



DEVELOPMENT _ COLOUR IN POSTER

Looking at time as a healer is a mindfulness concept because at the core it allows you to find your strength and light on your own, embracing the passage of time.

Coloring in picture books and illustrations has been proven to help alleviate anxiety and stress, within all ages. All you need is yourself, a pack of crayons, and some time to enjoy the process.

For our care package, I would like to create a color in poster that aids with mindfulness and promotes self-care all the while giving the user a relaxing experience of coloring and drawing.

TIME & CARE

TIME IS A HEALER ON ITS OWN

CARE PACKAGE

↳ a package that could help soothe anxieties and pains of life with just time.

MY INPUT

↳ a colouring print, ready to be filled in with time + colour. proved to be good at alleviating anxiety, no matter the age



the process + research

For research, I looked at different coloring books as well as purchased one called "Enchanted Forest" by Johanna Basford which is an adult coloring book. While coloring in the bits I noticed that using a crayon and coloring in within the lines was very calming, but at times my mind would wander. I decided to include both color-in or traditional fill-me-in elements as well as prompts and empty spaces that would encourage the user to create an image or a reflection of their own. I started to create different elements and see how I interacted with them before creating a poster that blended all of the elements. I wanted to tie into the notion of stepping away from time and using it for self-care.



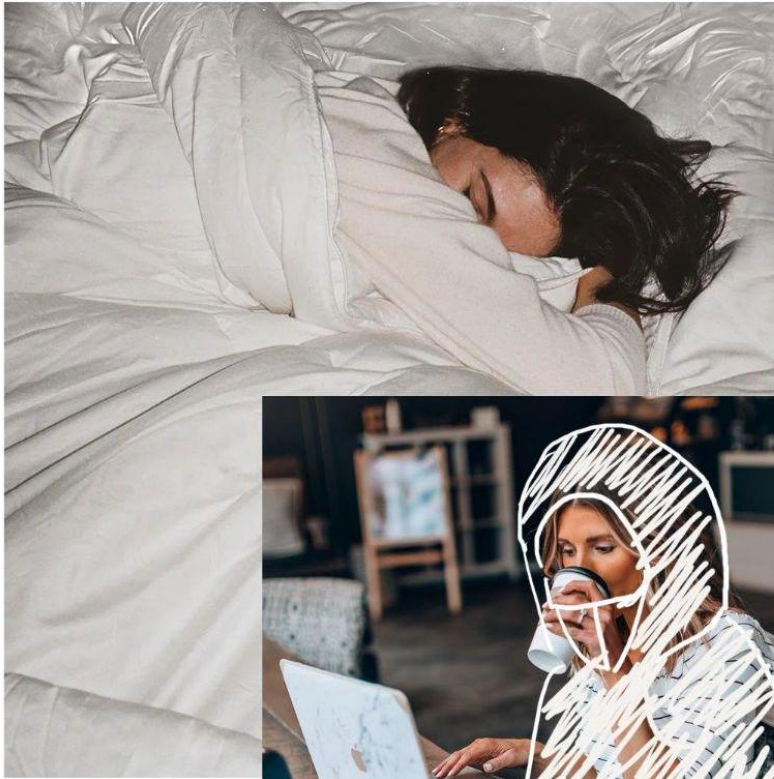
the POSTER



Looking at time in a non linear way, using it as guidance and a tool for self care and reflection has been the goal for creating the CARE PACKAGE.



CUSTOMER RESEARCH





Comfort Design
Multi Functional
Texture / Colour
Soothing Fabric
Adaptability

put on a removable pillow on the sleeve to provide a better feeling for those who are pressed for time when resting

Make sure your throw pillow is lightweight and comfortable in construction, choosing soft, comfortable materials to provide good support and comfort. Make sure the size and shape of the pillow provide enough support and comfort so that the person can be well supported when they need to rest.

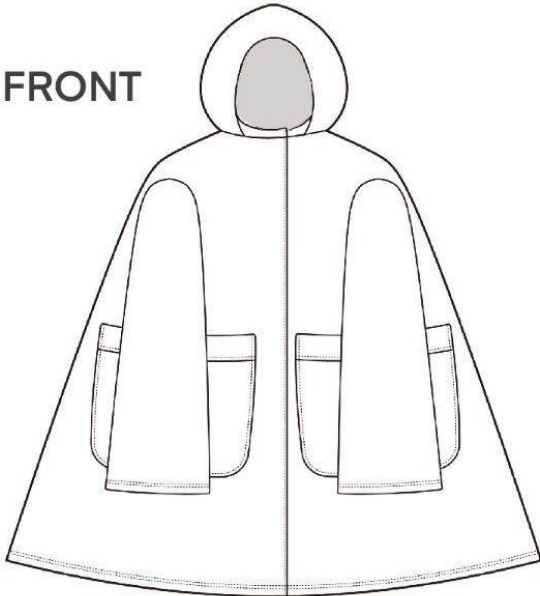
Such design creativity can provide busy people with an option to relax at any time when needed, making it easier for them to face their busy lives.



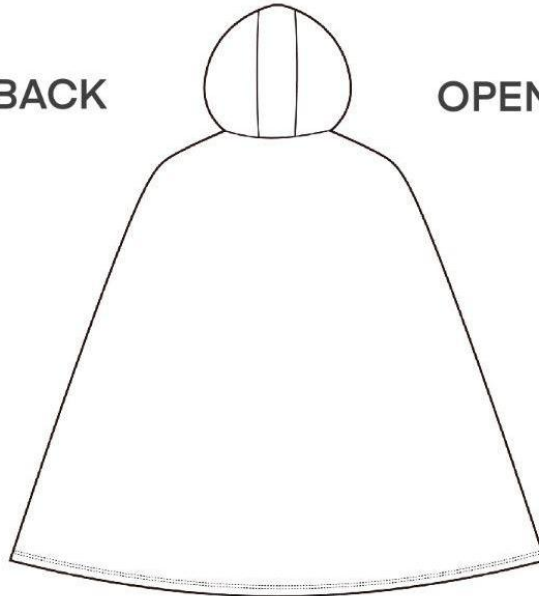
FIRST TOILE

FLAT DRAWING AI

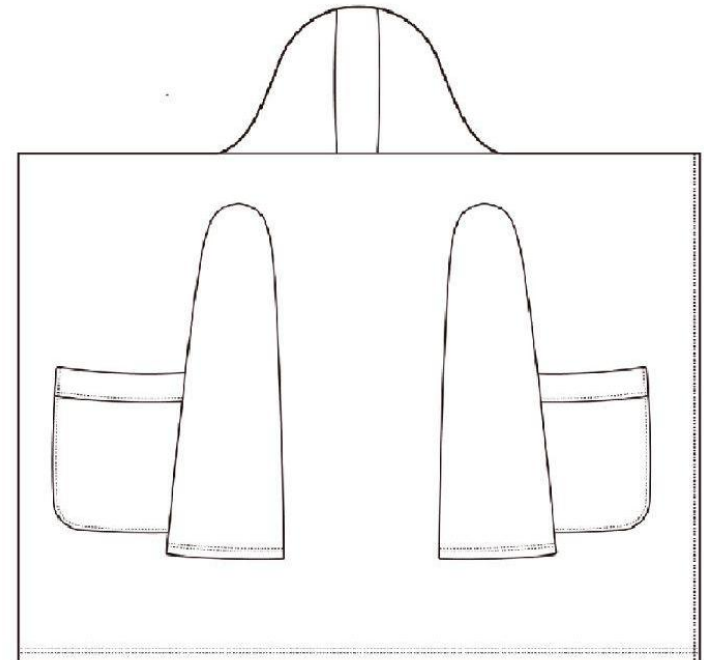
FRONT



BACK



OPEN



FINAL OUTCOME



Lay plan

