

Approximately 20% of female students at any university is menstruating at any given time. Many of them go through major physical and psychological discomforts during their time of the month. These women are often in need of rest, withdrawal and under-

standing of others. Yet, they mostly keep quiet about their menstruation, while going to their university without taking a break. They fear to look weak in their monthly battles against mother nature, yet their refusal to take time for themselves often influences their

moods negatively. The Mood Booth is designed for menstruating women to take a break whilst working at university. Not because they are weak, but because they could be even stronger. Their mental health should not have to suffer from their period.

MOOD BOOTH

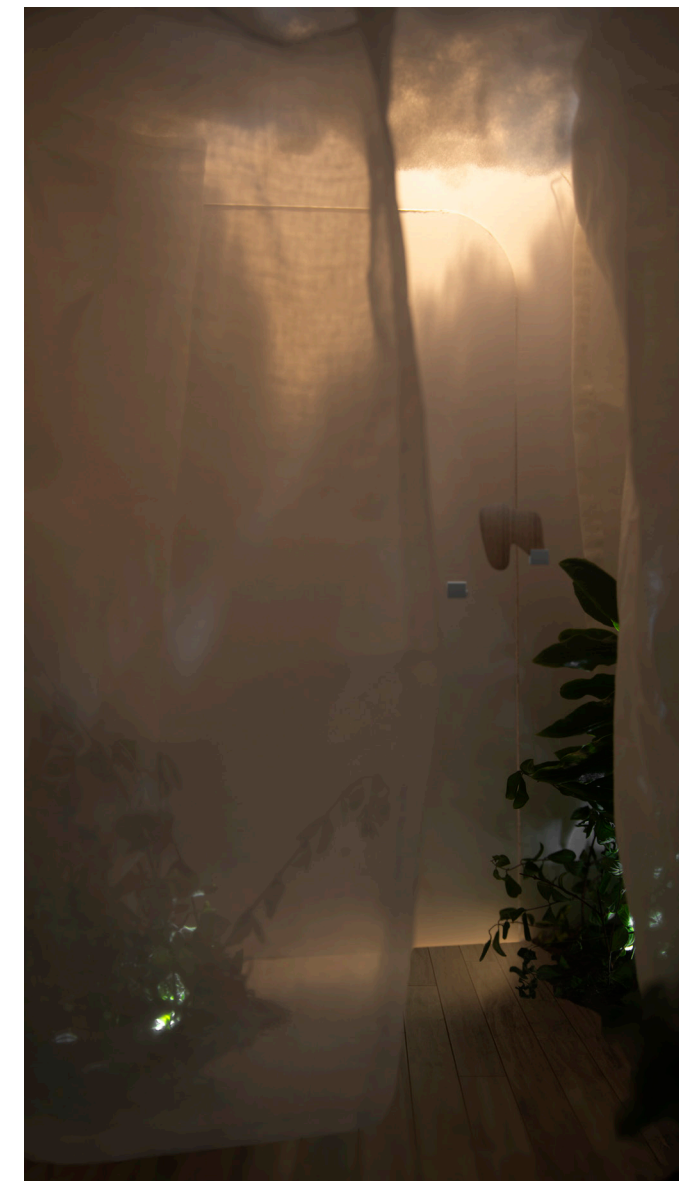
Coping with menstruation at university through resilience-focused mood regulation



The lighting inside the Mood Booth guides the menstruating students through a ritual. They spend some time embracing their mood in a dark and silent space, after which much more light and a breeze with bird



sounds occupies the room and the negative thoughts. The user will open up to positivity and empty the mind of its negativity, to finally be content and ready to face their work, their university and all stimuli involved.



The outside of the Mood Booth, both a statement and an invite. The Mood Booth is placed centrally in communal spaces of universities. It attracts attention and conversation. Through its existence, menstruation will be more openly spoken about. The message on the Mood Booth invites menstruating women to use the Mood

Booth when they are not feeling well, to take an efficient break, to recharge. Most importantly, to be at their most productive during their menstruation, to improve their negative moods. Others are asked to support the women who need the Mood Booth, not through pity, but through understanding.

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Design for mood resilience: how to stimulate female university students to practise resilience-focused mood-regulation strategies through design
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Design for Interaction

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