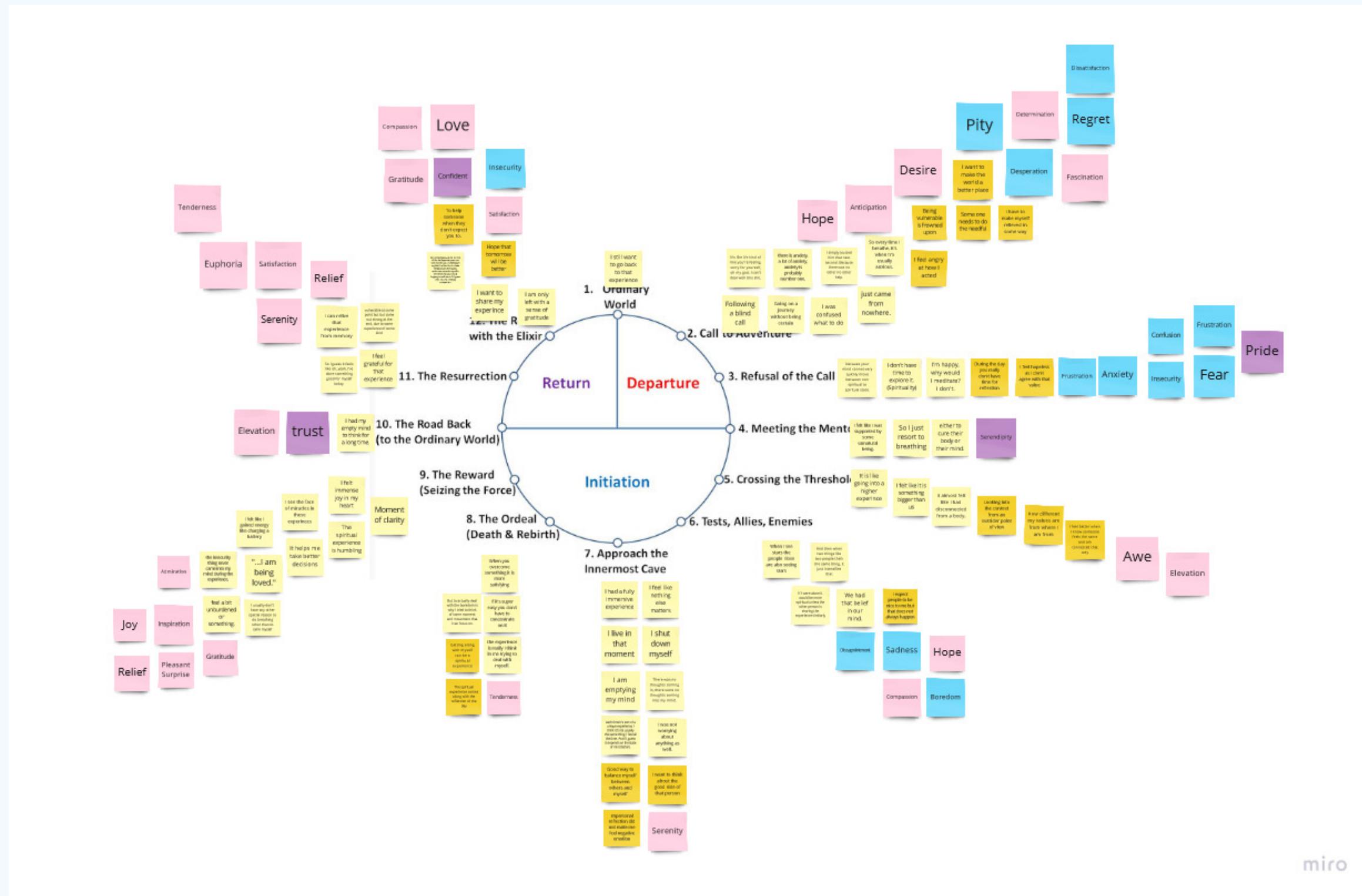


Appendix

Appendix 1- Analysis for the Formulation of the Student's Journey



Appendix 2 - Spiritual Wellbeing Questionnaire Results



Appendix 3 - The Neurofeedback enabled Experience

The participant in this test had responded in a manner I was not expecting. Resonant breathing does produce a dominance of lower frequency brain waves because of which I was expecting results closer to a calm state. A minute or 2 further, she found herself sobbing without control. As the person conducting the test, I was also concerned as to why this is happening. The external mentor of this project had told me that there could be situations where the participants could potentially unlock hidden or stored emotions. The literature on holotropic breathing and rebirthing had also suggested strong visions and sensations.

In this particular case, I would like to illustrate the experience as I believe the details of the experience to be indispensable.

Below is a short version of internal visions that the participant had during the session. I would be shortening and paraphrasing the experience also as the participant spoke in her native tongue.

"Initially, I was quite distracted. I did not expect to feel overwhelmed at all. In fact, I was playing around, if you might have noticed. As I followed the bell sound for a while however and was breathing accordingly, my head felt like it was going backwards. After this moment, the wind evoked a feeling of solitude. I saw a grey landscape within which there was a baby. This made me very sad. The rain sound initially was very disturbing. It made me think that I am being separated from those I love. I wanted it to not think about it after which I focused on the bell sound and the breathing. At a later stage, the rain reminded me of beautiful memories from my past like floating paper boats in the rain.... I don't know what any of this means. I felt really alone but at the same time, I understood why God loves me. It is because I am really alone. I felt grateful for his presence in my life..." When I asked how she would describe this experience and if she wanted to revisit this again, she said that she does not know. Later in the day, she mentioned that she wanted to know what all this means from someone who could know and that crying has now made her feel better somehow. But when I asked again what this means to her, she kept saying she doesn't know.

Appendix 4 - TU Delta Article Copy

SCIENCE
06 juli 2021 - 09:30 door Annebelle de Brujin

Design Researchers Develop a Data Supported Breath Practice Aimed at Your Journey Towards Inner Peace



Students at TU Delft have reported increasing levels of stress and even instances of burnout. Seeing this, an Industrial Design Engineering student, Arun Abraham John, looked at whether this would be mitigated by looking at Breathwork and Spiritual Well-being in his graduation project. The challenge that he took up was one that addressed spiritual well-being in a secular society.

Spiritus: A Data Supported Breath Practice

'Spiritus is a data supported breath practice that is aimed at aiding TU Delft students to foster a sense of Inner Peace.'

Appendix 5 - Pages of the Spiritus Booklet

His research resulted in the creation of Spiritus. Spiritus is a data supported breath practice that is aimed at aiding TU Delft students to foster a sense of inner peace. This is done getting students started with a breath practice where they introduce students to how their body responds to the breath through their own bio-sensor data with a particular focus on respiratory and electroencephalogram (EEG) data. In his graduation project, he has discovered that through the data supported reflection, students start their breath practice with a far greater appreciation and awareness of what the breath entails. It also helps them see first hand how their thoughts and feelings are represented in the data.

Watch the video below to get an idea of how Spiritus is structured.



Would you like to start this practice yourself?
Visit www.project-vital.org/spiritus to book an appointment with them.

Project Vital: A Research Platform aimed at generating knowledge about Breath-enabled experiences for better well-being

Spiritus, Arun says, is the beginning of a lot of projects to come. His research has led to the formulation of Project Vital, which is a research platform aimed at generating more insight about what breath based experiences might entail. Through observing the qualitative and quantitative data that is produced through the products and services created through Project Vital, a clearer understanding into what characterises these experiences would be gained.

As a first step, the data collected through Spiritus already indicates that through the biosensor data and specifically neural data, it could be possible to characterize the nature of the breath. They hope to establish this and more by actively conducting more research and by collecting more data.

Watch the video below to get to know the process followed at Project Vital.

WHAT IS SPIRITUS?

Spiritus is a breath practice that was designed and developed to aid you on your journey towards inner peace.

Spiritus was developed with TU Delft students as its focus. Through our conversations with students, we realize the a majority of students want to change their world around for the better. Students earnestly feel that they would want to work towards building their competence to do exactly this. This admirable goal however at times does lead to increasing accounts of stress and anxiety.

From ancient texts to recent medical studies, many people praise the ability of the breath to contribute to well-being. Our research uncovered the ability of the breath to calm a brain clouded with thoughts in a very short period of time. With this aim in mind, we have created a practice which enables you to find peace within when you most need it. We want to encourage you to take a moment to...Breathe.

The practice was developed through thorough qualitative and quantitative research to explore the effect it has on the students' well-being. We have been able to see the remarkable effects of this practice on the brain and on the well-being of students. We are immensely glad to be sharing this with you.

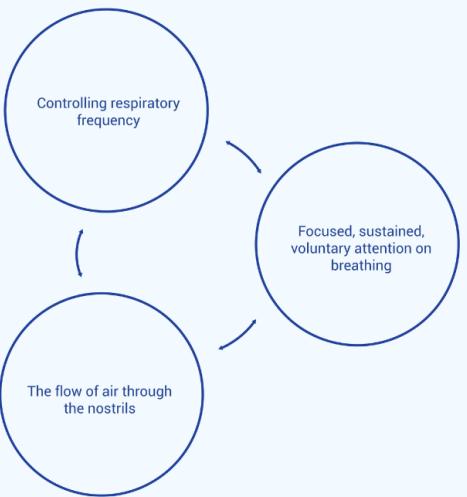
Through starting this practice, you too are now actively developing this practice and helping us uncover even more aspects of Spiritus and the power of the breath.

Through starting this practice, you too are now actively developing this practice and helping us uncover even more aspects of Spiritus and the power of the breath.

We welcome to start this journey with us.

THE ELEMENTS

Three main elements enable you to access inner peace through the breath they are...



The above-mentioned elements come together to bring about a change in the state of mind. As you start to breathe slowly specifically through your nostrils, your entire mind and body start to calm down. This is because regions in your brain start to oscillate according to your breath. To further sustain and deeply experience a state that can be identified as one of peace, it is important to sustain your attention on your breath.

The *Spiritus* practice adopts a breathing pattern that involves 6 breaths in a minute with the inhalation and exhalation being of equal duration. This breathing technique has the amazing capability to almost immediately quiet down the brain. This was confirmed in our research as well and we will guide you through the specific aspects that will enable you to reach this state of mind. At this breathing rate, along with your brain, many other systems also start to synchronize such as the cardiovascular system. This physical response leads to relief from stress and anxiety.

In the next section, we will mention a few aspects that you can keep in mind to improve your practice.

TO REMEMBER

There are a few aspects that are important to remember as you start your journey

YOUR MIND IS YOUR ALLY

While we do mention that focus is important, remember that it is completely normal to have a multitude of thoughts as you start. Do not judge yourself or feel bad about the same. Just remember to not engage with the thoughts and to focus on your breath. If you find this difficult, pay attention to the tones to help guide you to your breath.

FIND YOURSELF COMFORTABLE

Whenever you practice at home, find a place where you can sit freely and can rest your arms comfortably. Just ensure that the place you choose enables you to sit upright and in a relaxed manner. Choose a time of the day that you can relax as well. When you are about to start, please ensure that all notifications and distractions are removed.

CONSISTENCY IS KEY

A deep state of peace comes about when all the 'elements' mentioned previously come together and interact with one another. On some days this integration can bring about a deep state but on others, you might find it harder to focus. Please do know that this practice is meant for your own inner peace and attaining it is a journey. The important thing is to accept and appreciate yourself for starting this journey.

Appendix 6 - Questionnaire developed for Spiritus

Date: ___ / ___ / ___

What is your current state of mind?

Please note down your reflections after your session.



Welcome!

You are being invited to participate in a research study conducted by Project Vital.

The purpose of this research study is to explore what effects breath enabled experiences have on well-being, and will take you approximately 20 minutes to complete. The data will be used for evaluating the session you would be participating in.

Your participation in this study is entirely voluntary and you can withdraw at any time.

Please note that the data you provide would be used for the purposes of this research study.



Have you participated in any type of meditation practice before?

Yes

No

How old are you?

How pleasant do you feel now?



Before starting the session video please make sure to set aside 10 minutes of time without any distractions. Please start the video in full-screen and mute your device notifications before starting the video.



Continue the survey after the session is complete.



Please rate your experience on the scales below.

pleasant	<input type="radio"/>	unpleasant						
isolating	<input type="radio"/>	connective						
practical	<input type="radio"/>	impractical						
likable	<input type="radio"/>	disagreeable						
cumbersome	<input type="radio"/>	straightforward						
undemanding	<input type="radio"/>	challenging						
rejecting	<input type="radio"/>	inviting						
simple	<input type="radio"/>	complicated						

Please evaluate the statements below based on your experience of the session you participated in.

Disagree Neutral Agree
1 2 3 4 5 6 7

My sense of time is slower than real time during the session	<input type="radio"/>						
I pay attention to my emotions during the experience	<input type="radio"/>						
I feel like I can think more clearly	<input type="radio"/>						
I feel peace inside	<input type="radio"/>						

My state of mind has changed compared to what it was before starting the experience.

Yes

No

I feel certain sensations (e.g., vibrations, heartbeats) in my body during the session

Yes

No

How pleasant do you feel after the experience?



Please write 3 words to describe this experience

How is this session different from the practices that you have followed?



How has this experience contributed to your well-being?

When would you practice this during the course of your day?

How do you think this experience can be improved?

Is there anything more you would like to add/comment?

Appendix 7 - Project Brief

**DESIGN
FOR our
future**

TUDelft

IDE Master Graduation

Project team, Procedural checks and personal Project brief

This document contains the agreements made between student and supervisory team about the student's IDE Master Graduation Project. This document can also include the involvement of an external organisation, however, it does not cover any legal employment relationship that the student and the client (might) agree upon. Next to that, this document facilitates the required procedural checks. In this document:

- The student defines the team, what he/she is going to do/deliver and how that will come about.
- SSC E&SA (Shared Service Center, Education & Student Affairs) reports on the student's registration and study progress.
- IDE's Board of Examiners confirms if the student is allowed to start the Graduation Project.

USE ADOBE ACROBAT READER TO OPEN, EDIT AND SAVE THIS DOCUMENT
Download again and reopen in case you tried other software, such as Preview (Mac) or a webbrowser.

STUDENT DATA & MASTER PROGRAMME
Save this form according the format: "IDE Master Graduation Project Brief_familname_firstname_studentnumber_dd-mm-yyyy". Complete all blue parts of the form and include the approved Project Brief in your Graduation Report as Appendix 1 !

family name [REDACTED] initials [REDACTED] given name [REDACTED]

student number [REDACTED] street & no. [REDACTED]

zipcode & city [REDACTED] country [REDACTED]

phone [REDACTED] email [REDACTED]

Your master programme (only select the options that apply to you):

IDE master(s): IPD Dfl SPD

2nd non-IDE master: [REDACTED]

individual programme: [REDACTED] (give date of approval)

honours programme: Honours Programme Master

specialisation / annotation:

Medisign

Tech. in Sustainable Design

Entrepreneurship

SUPERVISORY TEAM **
Fill in the required data for the supervisory team members. Please check the instructions on the right !

** chair Lomas, D. dept. / section: DA

** mentor Sonneveld, M.H. dept. / section: AED

2nd mentor Niekerk, E.A.J. van

organisation: BreathWorks

city: Den Bosch country: The Netherlands

Chair should request the IDE Board of Examiners for approval of a non-IDE mentor, including a motivation letter and c.v.

Second mentor only applies in case the assignment is hosted by an external organisation.

Ensure a heterogeneous team. In case you wish to include two team members from the same section, please explain why.

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TUDelft

Procedural Checks - IDE Master Graduation

APPROVAL PROJECT BRIEF

To be filled in by the chair of the supervisory team.

chair Lomas, D. date [REDACTED] signature [REDACTED]

CHECK STUDY PROGRESS
To be filled in by the SSC E&SA (Shared Service Center, Education & Student Affairs), after approval of the project brief by the Chair. The study progress will be checked for a 2nd time just before the green light meeting.

Master electives no. of EC accumulated in total: [REDACTED] EC
Of which, taking the conditional requirements into account, can be part of the exam programme [REDACTED] EC

List of electives obtained before the third semester without approval of the BoE [REDACTED]

YES all 1st year master courses passed

NO missing 1st year master courses are: [REDACTED]

name [REDACTED] date [REDACTED] signature [REDACTED]

FORMAL APPROVAL GRADUATION PROJECT
To be filled in by the Board of Examiners of IDE TU Delft. Please check the supervisory team and study the parts of the brief marked **. Next, please assess, (dis)approve and sign this Project Brief, by using the criteria below.

• Does the project fit within the (MSc)-programme of the student (taking into account, if described, the activities done next to the obligatory MSc specific courses)?

• Is the level of the project challenging enough for a MSc IDE graduating student?

• Is the project expected to be doable within 100 working days/20 weeks?

• Does the composition of the supervisory team comply with the regulations and fit the assignment ?

Content: APPROVED NOT APPROVED

Procedure: APPROVED NOT APPROVED

[REDACTED] comments

name [REDACTED] date [REDACTED] signature [REDACTED]

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Initials & Name [REDACTED] Student number [REDACTED]

Title of Project Vital: Realizing transcendence through breath

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Personal Project Brief - IDE Master Graduation

fUDelft

Vital: Realizing transcendence through breath

Please state the title of your graduation project (above) and the start date and end date (below). Keep the title compact and simple. Do not use abbreviations. The remainder of this document allows you to define and clarify your graduation project.

start date 15 - 02 - 2021 20 - 07 - 2021 end date

INTRODUCTION **
Please describe, the context of your project, and address the main stakeholders (interests) within this context in a concise yet complete manner. Who are involved, what do they value and how do they currently operate within the given context? What are the main opportunities and limitations you are currently aware of (cultural- and social norms, resources (time, money, ...), technology, ...).

The field of positive design aims to design for human wellbeing (Desmet and Pohlmeier, 2013, p.7). As spiritual wellbeing is considered to be part of wellbeing (Ellison, 1983, p. 331), how might we approach designing for spiritual wellbeing?
The subjective nature of spiritual well-being makes it challenging to design for. In order to approach this, affectable indicators of spiritual well-being would have to be defined (Ellison, 1983, p. 331). Secularization has led also to the increasing need for indicators not based on religion.
The spiritual dimension presents itself in the form of 'peak experiences' during which individuals see themselves from a higher perspective. These experiences often result in people being strengthened in their daily life (Maslow et al., 1987, pp. 165).
Practices such as holotropic breath-work have shown to aid people in reaching altered states of consciousness which present a gateway for people to explore their own spiritual dimension (Grof, 2014, p.8). The readily controllable aspect of breath and the proven relation between breath and internal emotional states (Jerath & Beveridge, 2020, p. 4) potentially define it as an accessible, affectable indicator. It also goes without saying that everyone alive is continuously breathing.
This study will focus on breath and breath-work as a means to increase spiritual well-being. In order to comprehend the subjective experiences that accompany breath enabled altered states, biofeedback could be utilized. This could enable individuals to have more control over the aspects of the spiritual experience. It also aids them and breath-work facilitators in understanding the causes of the experience as well further making these experiences more accessible. Several modalities such as vision, touch and sound could be used for the same.
The stakeholders of the project would be:
1. Consumers who could utilize breath-work enabled immersive experience to improve their spiritual well-being.
2. Breath-work facilitators who can utilize the results of this study to empirically evaluate altered states and could use a potentially novel data-enabled modality.
While spiritual well-being has shown to improve well-being for people in general, this study aims to focus on students at TU Delft. Students at TU Delft have reported high stress levels and instances of burnout. Several studies point at the importance of spiritual well-being for students to cope effectively with high stress levels (Deb & Strodl, 2018, p. 401).

References:
Desmet, P. M., & Pohlmeier, A. E. (2013). Positive design: An introduction to design for subjective well-being. *International journal of design*, 7(3).
Ellison, C. W. (1983). Spiritual Well-Being: Conceptualization and Measurement. *Journal of Psychology and Theology*, 11(4), 330-338.
Maslow, A. H., Frager, R., Fadiman, J., McReynolds, C., & Cox, R. (1987). *Motivation and Personality*, 3rd Edition (3rd ed.). Longman.
Grof, S. (2014). Holotropic breathwork: A new experiential method of psychotherapy and self-exploration. *Journal of Transpersonal Research*, 6(1), 7-24.
Jerath, R., & Beveridge, C. (2020). Respiratory Rhythm, Autonomic Modulation, and the Spectrum of Emotions: The Future of Emotion Recognition and Modulation. *Frontiers in Psychology*, 11, 1-7.
Deb, S., & Strodl, E. (2018). Quality of Life and Spirituality in Indian University Students. *Applied Research in Quality of Life*, 14(2), 393-408.

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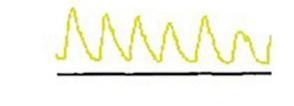
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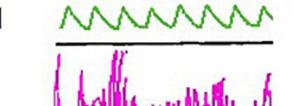
Personal Project Brief - IDE Master Graduation

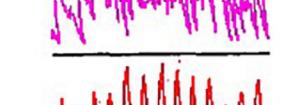
fUDelft

introduction (continued): space for images

Meditation  **Vagal Dominance**

Joy  **Neutral State**

Normal 

Fear  **Sympathetic Dominance**

Anger 

image / figure 1: Affective states are shown alongside the dimension of respiratory rhythm

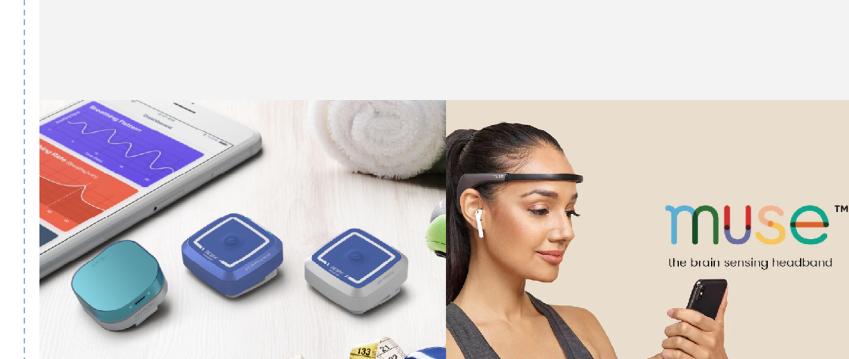
 **muse™**
the brain sensing headband

image / figure 2: Products providing biofeedback marketed as positive well-being wearables

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TU Delft

Personal Project Brief - IDE Master Graduation

PROBLEM DEFINITION **
Limit and define the scope and solution space of your project to one that is manageable within one Master Graduation Project of 30 EC (= 20 full time weeks or 100 working days) and clearly indicate what issue(s) should be addressed in this project.

The following aspects would be looked into within the scope of the project:
How should designers approach the design of spiritual experiences in a secular context?
This addresses the subjective nature of spirituality presents designers as they attempt to design spiritual experiences in a secular society.

- How might we design data feedback loops to assist breath-work? What data might characterize spiritual or transcendental experiences?
Personalized feedback could prove to be valuable given that breath-work affects each individual in a different manner. An exploration of the data could help in the data-driven classification of spiritual experiences in association with breath. For the scope of this project, respiratory data and EEG data would be explored.

- Can breathwork help TU Delft students achieve greater spiritual well-being?
A lack of spiritual well-being among students is shown to decrease their ability to handle high stress they encounter on a regular basis. Recently, students are seen to resort to meditation and other practices especially during the COVID-19 pandemic. The project would aim at to explore whether immersive breath-work experiences can improve their spiritual well-being.

ASSIGNMENT **
State in 2 or 3 sentences what you are going to research, design, create and / or generate, that will solve (part of) the issue(s) pointed out in "problem definition". Then illustrate this assignment by indicating what kind of solution you expect and / or aim to deliver, for instance: a product, a product-service combination, a strategy illustrated through product or product-service combination ideas, . . . In case of a Specialisation and/or Annotation, make sure the assignment reflects this/these.

1. Researching and defining what spirituality and spiritual experiences mean in the context of breath
2. Create a framework to explore thoracic movement and EEG data in tandem
3. A Personalized Experience Aimed at Exploring One's Spiritual Dimension

The project would draw from previous graduation projects and research done at the Vibe Research Labs specifically on areas such as neural entrainment and multi-modal experiences and its effects. Further, literature pertaining to the possible modes of feedback would be conducted as well.
1. Defining what spirituality and spiritual experiences mean in the context of breath: A combination of literature research and qualitative research methods would be used to define indicators of spiritual well-being and aspects of spiritual well-being that are associated with breath.
2. Defining a Framework for Data Exploration: This would enable positioning and identifying relationships between breath patterns and EEG in an understandable manner. This addresses the opportunity of data-driven diagnosis and prognosis brought about by human-technology collaboration. In order to define this, research through data collection and analysis would be paramount. To give the data meaning from the participants view point, interviews would be conducted as part of the data collection.
3. A Personalized Experience Aimed at Exploring One's Spiritual Dimension: An experiential prototype that collects data and creates an immersive experience as a response would be created. This aims to address the need for spiritual well-being. Through prototyping and the data collected from the tests, the most appropriate experience for the same would be defined. The system should ultimately facilitate spiritual exploration and reflection for which the qualities would be revealed through prototyping and supported by relevant literature.

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TU Delft

Personal Project Brief - IDE Master Graduation

PLANNING AND APPROACH **
Include a Gantt Chart (replace the example below - more examples can be found in Manual 2) that shows the different phases of your project, deliverables you have in mind, meetings, and how you plan to spend your time. Please note that all activities should fit within the given net time of 30 EC = 20 full time weeks or 100 working days, and your planning should include a kick-off meeting, mid-term meeting, green light meeting and graduation ceremony. Illustrate your Gantt Chart by, for instance, explaining your approach, and please indicate periods of part-time activities and/or periods of not spending time on your graduation project, if any, for instance because of holidays or parallel activities.

start date 15 - 2 - 2021 end date 20 - 7 - 2021



As shown in the chart:
I will start by conducting literature research about spirituality, breathwork, neural entrainment and aesthetic resonance. During the first week, I aim to build the thoracic breath sensor to collect respiratory patterns. During this phase I would, through qualitative methods understand what spirituality means to people in a secular society and especially from those whom I plan to recruit for user tests later to have a baseline. As I also plan to explore EEG signals, figuring out how the system works and creating a pipeline for the same is important. By this stage I want to define a data exploration framework that utilizes EEG and respiratory patterns to provide meaningful insights. With this understanding this data stream would be collected through several quick prototypes during which the nature of the potentially enabled spiritual experience is understood.
On assimilating the insights from the prototypes, the modalities for the feedback would be defined and the first version of this system would be presented during the midterm presentation.
An iterative method of prototyping would be followed where improvements would be incorporated into the next so as to facilitate the envisioned experience. At each of the stages the quantitative and qualitative data collected would be simultaneously analyzed to validate the improvements.
A final design would then be detailed which would be presented during the greenlight. An expert evaluation of the same would be conducted to propose future recommendations.

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Appendix 7 - Notion Pages for the Project

Personal Project Brief - IDE Master Graduation

TU Delft

MOTIVATION AND PERSONAL AMBITIONS
Explain why you set up this project, what competences you want to prove and learn. For example: acquired competences from your MSc programme, the elective semester, extra-curricular activities (etc.) and point out the competences you have yet developed. Optionally, describe which personal learning ambitions you explicitly want to address in this project, on top of the learning objectives of the Graduation Project, such as: in depth knowledge a on specific subject, broadening your competences or experimenting with a specific tool and/or methodology, Stick to no more than five ambitions.

I hope and have structured this project as a starting point to understand how the lives of people can be made better using affective technologies. While I do not believe that technology is the solution to everything, I do think technology is undeniably a part of our lives. Because of the same, I intend to learn how to better integrate technology not as a means to solving issues of convenience alone but also as a way to introduce aspects that make us more human.

I would like to use the skills I have learnt during the masters which have enabled me to understand people in context and see them help me in answering the questions I had previously mentioned in the brief. I am thoroughly excited by philosophy and I see how and if technology can perhaps stimulate thought and its implications in daily life. Most people do not engage with questions more than they do with answers. I personally think often times the asking the right questions paves the road to a better life. I would like to see if this resonates with other people specifically the people I design for. The Design for Interaction Master track has, in my opinion, definitely equipped me with the insights and skills to attempt to start this process.

More concretely:

1. I would also like to explore whether the project provides a firm footing to start (in terms of being the ground work for a PhD proposal) or to begin to consider a PhD programme. I am deeply interested in inter-disciplinary research and hence would like to see if a PhD would be the right way to go about it.
2. Use the skills gained in an elective semester which I had used mostly focused on understanding to integrate technology to gather data from people. This is to gain expertise in data collection and analysis and if time permits to explore machine learning methods and see how that fits into a human centred design project.

FINAL COMMENTS
In case your project brief needs final comments, please add any information you think is relevant.

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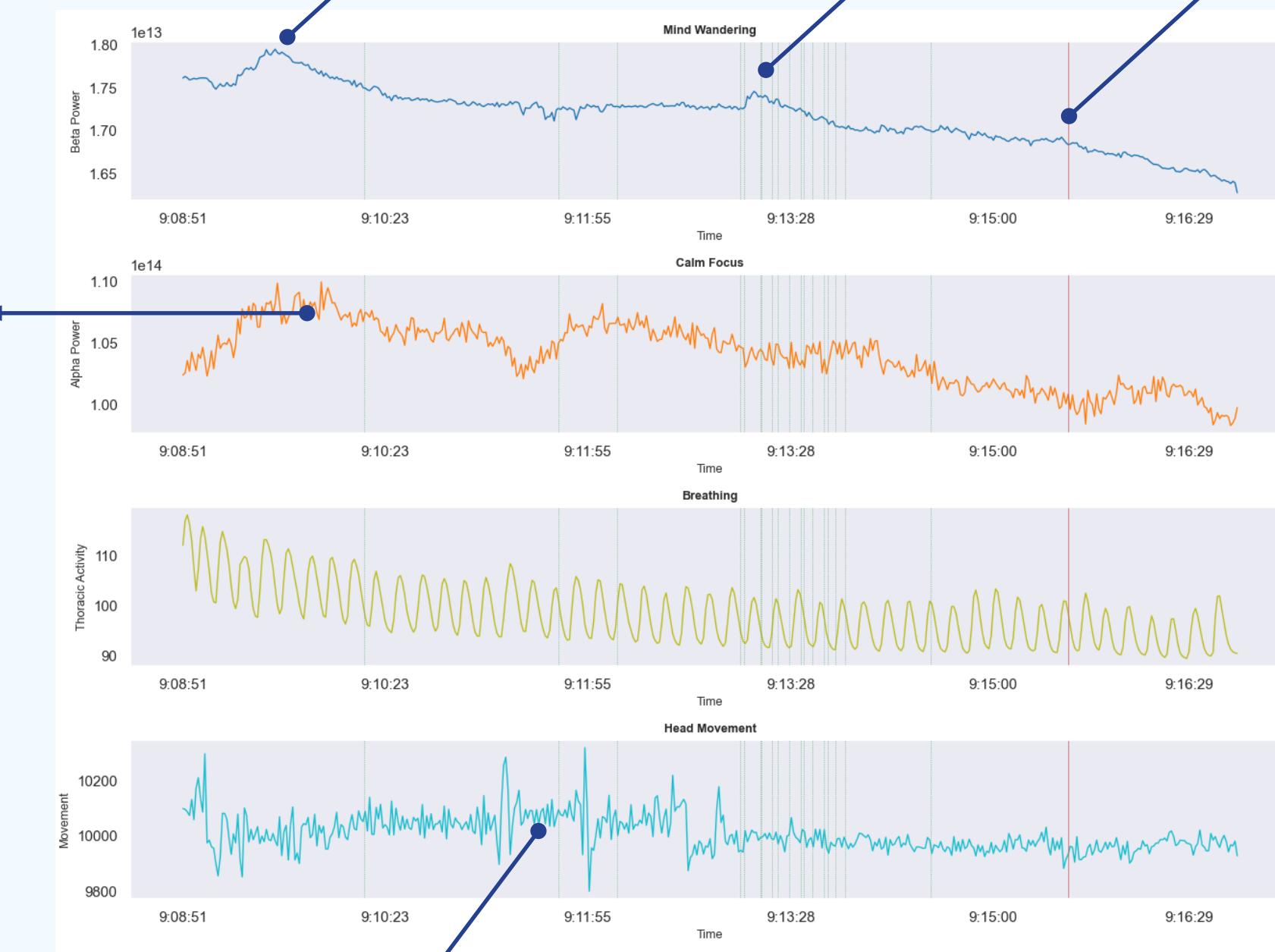
Appendix 8- Examples of how participants interact with the reflection dashboard

"I was really engaged with the rhythm of the guidance at this point..from then on I got used to it."

"I had thoughts about my graduation project and I was just stressed. There was a tightness in my chest which started becoming loose."

"I started getting thoughts about my graduation project again..but I started to focus on the guidance."

"I feel calm at this point..I did not have many thoughts at all..as the session ended though thoughts started returning..but I still feel less stressed now than I began."



"I was aroused by thoughts about a person I met at a wedding I had attended."

Participants looked for correlations with the data and its associated characteristics as they reflected.

The looked at trends in the data of a particular feature and then made associations with how it could be related to the other data features.

