MOOD BOOTH
Coping with menstruation at university through resilience-focused mood regulation

The lighting inside the Mood Booth guides 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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