



CARDEN

“Carden” is an automotive design concept of biophilic car interior built space which controls emotional driving may include experience of mental health benefits that have a positive impact on their driving.



PRIMARY RESEARCH

Emotional driving is a serious issue that affects drivers of all ages and experience levels. It can lead to dangerous behaviors on the road, such as aggressive maneuvers or distracted driving, which can result in car accidents and fatalities. It might be a fear of being hit by another vehicle, or possibly a large truck. It might also include a fear of causing injury to others due to a collision. It is distinct from hit-and-run OCD, which is the fear that one has hit a pedestrian or animal.

PROBLEM ANALYST

Anything that interferes with a driver's thought processes could lead to a car accident. **The effects of panic and stress on virtually any driver make it more likely for an accident to occur.**

Panic is especially bad because it means you have lost control of your emotions and likely are not thinking clearly. **When you panic while driving it can affect your driving inputs and cause an overreaction.**

PROPOSED SOLUTION

"Carden" is a Biophilic car design impact on driving experience, **Incorporating biophilic design in car boosts relaxing properties, reduces stress, anxiety, and even enhances well-being.** It transforms the travel experience, prioritising comfort, natural air freshener, and atmospheric elements.

Seeing plants can help us feel calmer and reduce anxiety. We look at some of our favourite plants to help support our mental health.

SECONDARY RESEARCH

Biophilia is the inherent human inclination to **affiliate with nature that even in the modern world continues to be critical to people's physical and mental health and well-being** (Wilson 1986, Kellert and Wilson 1993, Kellert 1997, 2012). The idea of biophilia originates in an understanding of human evolution, where for more than 99% of our species history we biologically developed in adaptive response to natural not artificial. **The human body, mind, and senses evolved in a bio-centric not human engineered or invented world.**

SYSTEM THINKING

Spending time in natural settings helps speed up recovery from mental fatigue, slow down heart rate, **reduce high blood pressure, and lower anxiety.**

Biophilic design does not require a large budget or versatile space; there are many simple ways to apply biophilic principles to a space, whether it is leased or owned.



TARGET DRIVERS

According to our analysis **emotional driving is a serious issue that affects drivers of all ages and experience levels.** It can lead to dangerous behaviors on the road, such as aggressive maneuvers or distracted driving, which can result in car accidents and fatalities

- Emotional driving contributes to more than 56% of road accidents in UK.
- Teen drivers with ADHD are 36%
- Emotional driving contributes to around 48% of aggressive driving incidents.

Emotional driving is a serious issue that affects drivers of all ages and experience levels.



MODIFICATION

This car anti slip pad is made of durable PVC material, which can withstand high and low temperatures. It is durable and non slip, ensuring that your items are secured in place even on bumpy roads. In addition, it is also easy to clean, allowing you to remove and clean it at any time.

An adhesive pad design that can be easily installed on any smooth surface such as the dashboard or windshield, without the need for any other tools or adhesives, and will not fall off while driving. **Washable and can be used multiple times.**



MOOD CONDITIONING

Since the introduction of automatic air-conditioning in cars in 1954 when the Nash Ambassador rolled out of the manufacturing line 1, **automated car systems have been on the rise to cope up with the various demands that the consumer fancies.**

Similar plants that is always at the top of the list as a natural anxiety buster. **It controls moods many benefits when inhaled,** such as improvement in short-term memory, stress relief and relaxation. Its floral smell is effective at decreasing anxiety.



PROBLEM

Emotional driving is one of the most notable symptoms as a result of a car accident. **Travel anxiety can take various forms, some people have a build-up symptoms inside the car.** Others experience panic attacks and have difficulty breathing while they are sitting in a car.



PROCESS

Having a thoughtfully **plants in car have a positive impact on journey**, Another point to consider here is that they are less likely to be off car sick, so if you are still on the fence about adding **biophilic elements to your carspace**, consider the impact it could have on reducing anxiety in your car.



PROPOSAL

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Growing plants in a car is possible? The answer is definitely yes, if you follow a few simple guidelines. Plants can beautify your car, provide a more pleasant environment, and also purify the air inside your car. not only can plants survive in cars, but they might actually thrive with a little attention.



PLANTS HELP WITH OVERCOMING ANXIETY

Phytochemicals potentials in tackling anxiety.

BIOPHILIC CAR

Plants help for Travel anxiety and relaxation in driving wellbeing. Incorporate biophilic design principles into automotive design



Lavender

It boasts many benefits when inhaled, such as improvement in **short-term memory, stress relief and relaxation.**



Jasmines

This delicious fragrance is known for helping to ease the body from **anxiety.**



Lemon balm

They have strong relaxing properties and are used to **combat stress, anxiety and insomnia.**



Gerbera daisy

This is why gerberas are great for offering **anti-anxiety and relaxation benefits.**



Snake Plant

the snake plant can effectively **reduce anxiety, respiratory problems and headache symptoms.**

Travel with Garden
Is Carden

Plants could stop
anxiety caused accidents



SOCIAL IMPACT

If you have anxiety about traveling alone, bring a Plant.

Depression can be caused by the trauma of the accident, the injuries and pain that a person suffers and/or **the disability that results from a person's motor vehicle crash-related injuries.**

Pain can wear a person down, interfering with sleep, causing stress and, thus, affecting his or her mood. It reduced contact with reality, which is referred to as psychosis. **Atypical features such that sufferers can experience an improved mood as a result of positive events occurring in their environment.**

VIABILITY

Plants generally need three things to survive — water, sunlight, and air. These can surprisingly be achieved inside your car if you choose your plants carefully. Your first consideration needs to be your climate. If you live somewhere warm year-round, then a permanent 'carden' may not be out of the question. However, if you live somewhere that experiences cold winters, you may want to opt for plants that can be removed.

Sharing your space in car with living, "breathing" plant life can make your **cabin a happier, healthier place to travel.**

ENVIRONMENTAL IMPACT

Some mental disorders affect the incidence of road collisions. Considering the importance and sensitivity of driving behavior, it is necessary to evaluate multiple psychological factors influencing drivers.

A calm emotional state, you will scan for hazards and maintain awareness of what is happening further down the road.

Emotional driving is a growing problem. 2021 was the deadliest year for road rage, with an average of 44 people per month killed or wounded during a road rage shooting.



"PLANTS VENDING MACHINE AT THE PETROL STATION "

A novel approach to making plants more accessible to individuals in urban and suburban environments. Traditionally, individuals looking to purchase plants would visit a nursery or garden center, which may not always be convenient or accessible. The Plants Vending Machine seeks to address this issue by providing a convenient and accessible way for individuals to purchase a variety of plants, ranging from small potted plants to larger specimens.

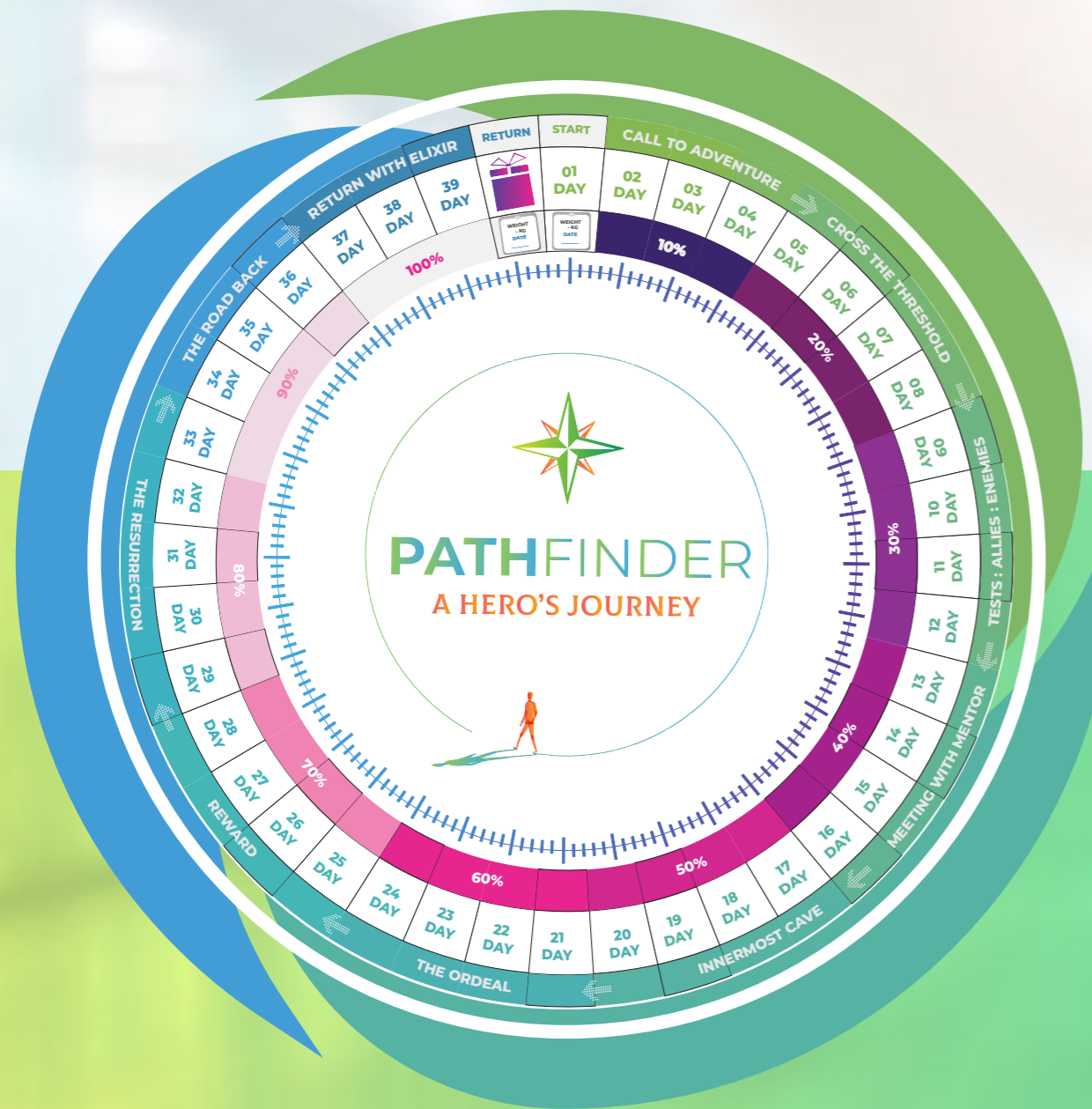
Design and Functionality

The design and functionality of the Plants Vending Machine are crucial aspects to consider when evaluating its potential impact. The machine would need to be designed to accommodate a variety of plant sizes and types, including different pot sizes, soil requirements, and watering needs. Additionally, the machine would need to be equipped with a system for maintaining the health and vitality of the plants, such as a climate-controlled environment and a watering system. The interface of the machine should be user-friendly, providing information about the plants available for purchase, care instructions, and pricing.

Future Implications & Environmental Considerations

Looking ahead, the introduction of Plants Vending Machines could have far-reaching implications for the way in which plants are distributed and integrated into various environments. As the technology and design of these machines continue to evolve, there is potential for them to become more sophisticated and versatile, offering a wider range of plant species and customization options. Additionally, the data collected from the use of these machines could provide valuable insights into consumer preferences and trends related to plant purchasing behavior.

The concept of Carden presents an exciting opportunity to make plants more accessible and integrated into a car interior. While there are challenges and considerations to address, the potential benefits for individuals and the car environment make this an idea worth exploring further.



THIS IS A HEALTH AND FITNESS JOURNEY

THIS 40 DAY HEALTH AND FITNESS PLANNER HAS BEEN BROKEN DOWN INTO TEN SECTIONS: GOALS, CHECK-IN AND MEASUREMENTS.

PATHFINDER

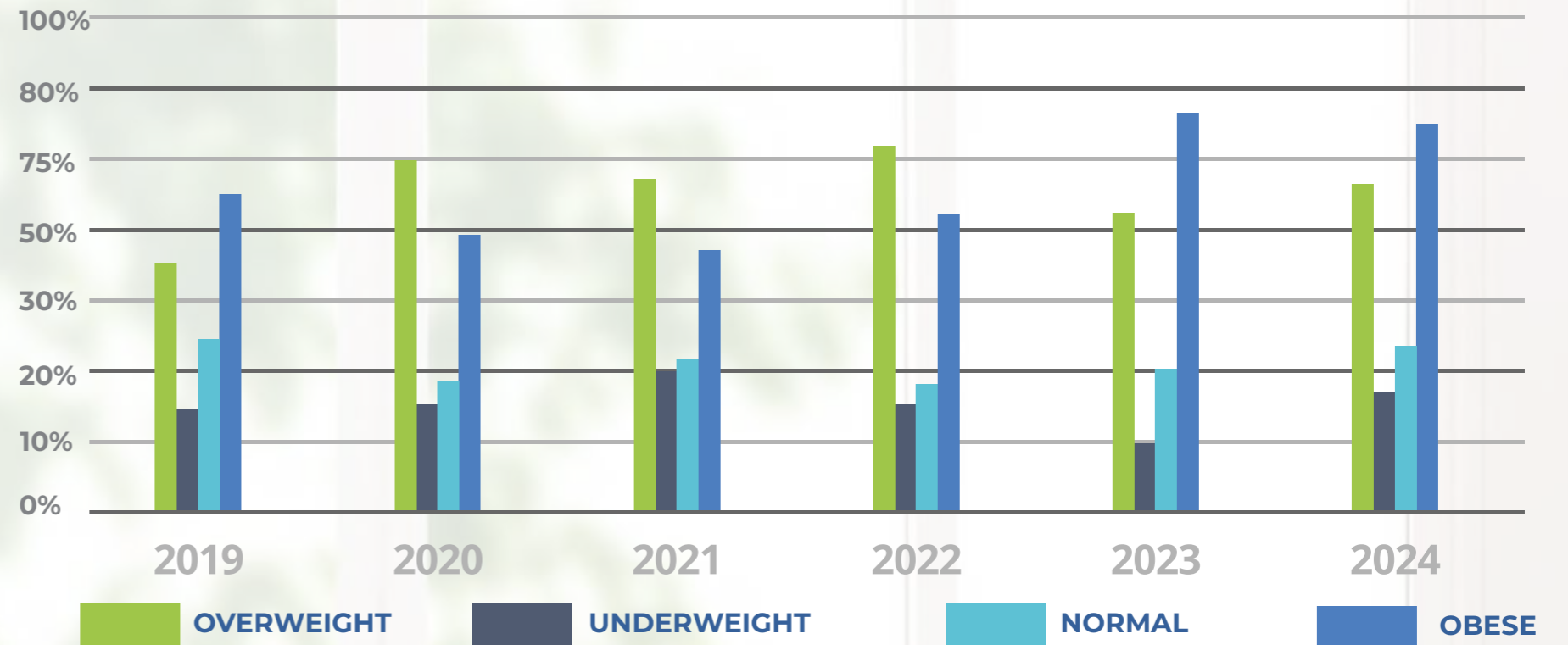
A HERO'S JOURNEY

OBESITY

Obesity is a major public health problem, both internationally and within the UK. Being overweight or obese is associated with an increased risk of several common diseases including diabetes, cardiovascular disease and some cancers.

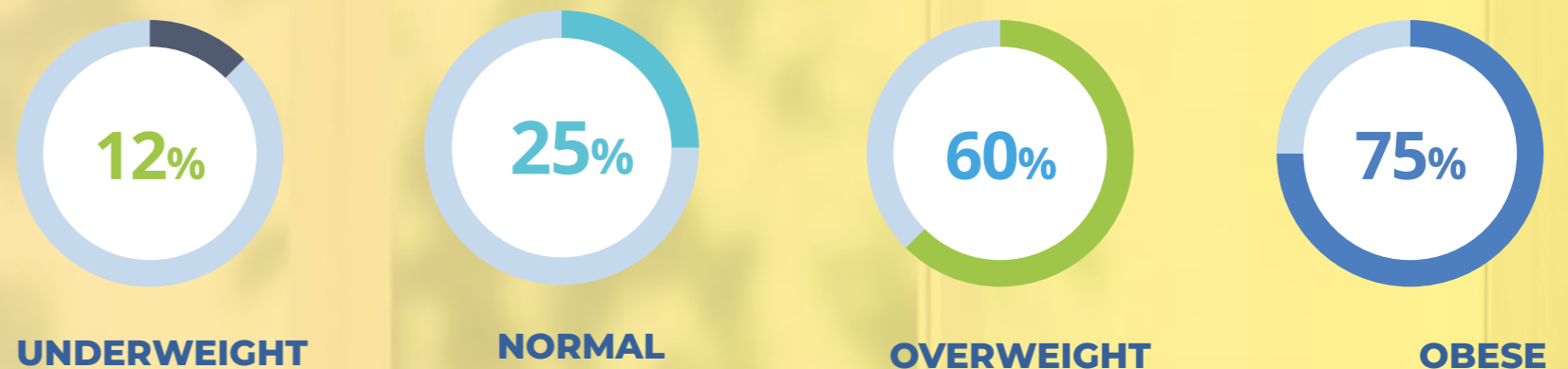
Tackling obesity: empowering adults and children to live healthier lives, which outlined policies to support healthy eating and expand NHS weight management services.

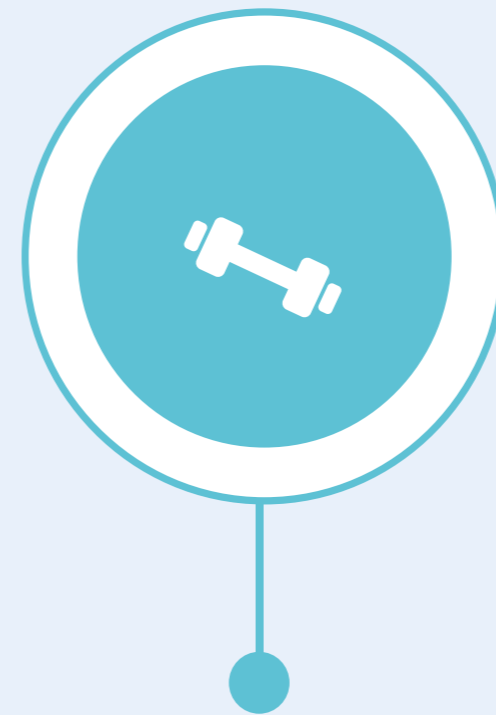
ADULTS WHO ARE OVERWEIGHT AND OBESE CHANGED OVER TIME IN UK ?



NHS DIGITAL, HEALTH SURVEY FOR ENGLAND

The Health Survey for England collects height and weight measurements from a representative sample of the general population, which are used to calculate body mass index (BMI) statistics.





BEGIN

The first steps and committed to this journey

CHANGE

Change your health, fitness and body.

CHALLENGE

Exercise, and to stay motivated when not exercising regularly

SUCCESS

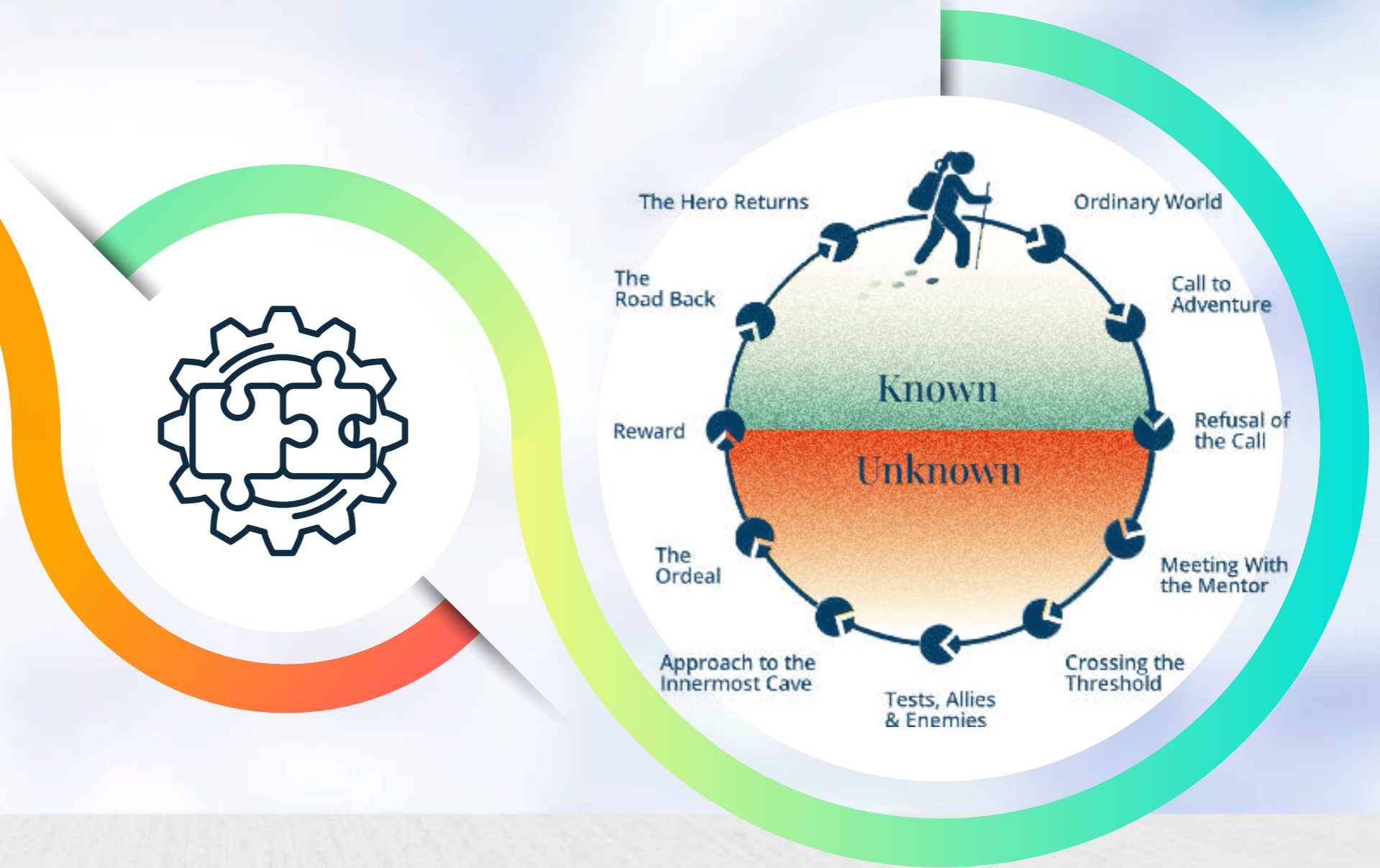
knowledge, workable plan and support

LONG TERM CONDITIONS



More than 15 million people in England lives with one or more long term conditions, according to the department of health (2017).

HERO'S JOURNEY



The hero's journey, also known as the monomyth, is a story structure where a hero goes on a quest or adventure to achieve a goal, and has to overcome obstacles and fears, before ultimately returning home transformed.

Summary

THESE 'NOT-SO-SPECIAL' POPULATIONS ARE LIKELY TO GROW IN FUTURE YEARS, AS LONG-TERM CONDITIONS ARE HERE TO STAY.

| | HERO'S JOURNEY | SEPARATION | INITIATION | RETURN |
|--------------------|-------------------------|------------------------------|-----------------------------|-----------------------------|
| ACTIVE LIVING | IMPROVED ENERGY | BETTER SLEEP | WEIGHT MANAGEMENT | HEART HEALTH |
| ACTIVE TASK | STRESS MANAGEMENT | IMPROVED MENTAL HEALTH | ACTIVE LIFESTYLE | ANALYSIS FEATURES |
| ACTIVE RE CREATIVE | MOTIVATION | COST-EFFECTIVE | SET REALISTIC GOALS | EATING HEALTHY |
| ACTIVE COMPETITIVE | PERSONAL ACCOUNTABILITY | INTEGRATE INTO DAILY ROUTINE | CONVENIENCE & ACCESSIBILITY | INDIVIDUALLY TAILORED GOALS |

1

FITNESS GOALS

Setting fitness goals has many benefits. They allow you to exercise discipline, focus, and determination all of which can be used in different areas of your life.

2

HEALTHY HABITS.

Your goal should be realistic and achievable within a particular time frame, and specific to your exercise routine or training habits.



3

40 DAYS CHALLENGE

The journey is 60 days long and it is totally transformative. When you have really traveled the hero's path and have gone through your quest and doubt along with excess body weight.

4

BODYWEIGHT TRAINING

It's 100% bodyweight training, requires no equipment and it can be done anywhere you want.



FITNESS TRACKER

It also helps you plan and maintain your focus, which can help to make your workouts more intentional.

FITNESS LEVEL

Before you can make a fitness plan, you will need to determine your current fitness level.

25%



FITNESS GOALS

Before you start tracking your progress, you need to know where you're looking to go.

25%



25%



Plan when you will work out on which days, when your workout plans will reach the final goal, and what you will do to get there.

PLAN YOUR GOALS

25%



What you eat plays a major role in your overall fitness levels. When you see your food habits in writing or in notes, they can be illuminating.

FOOD GOALS



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PATHFINDER

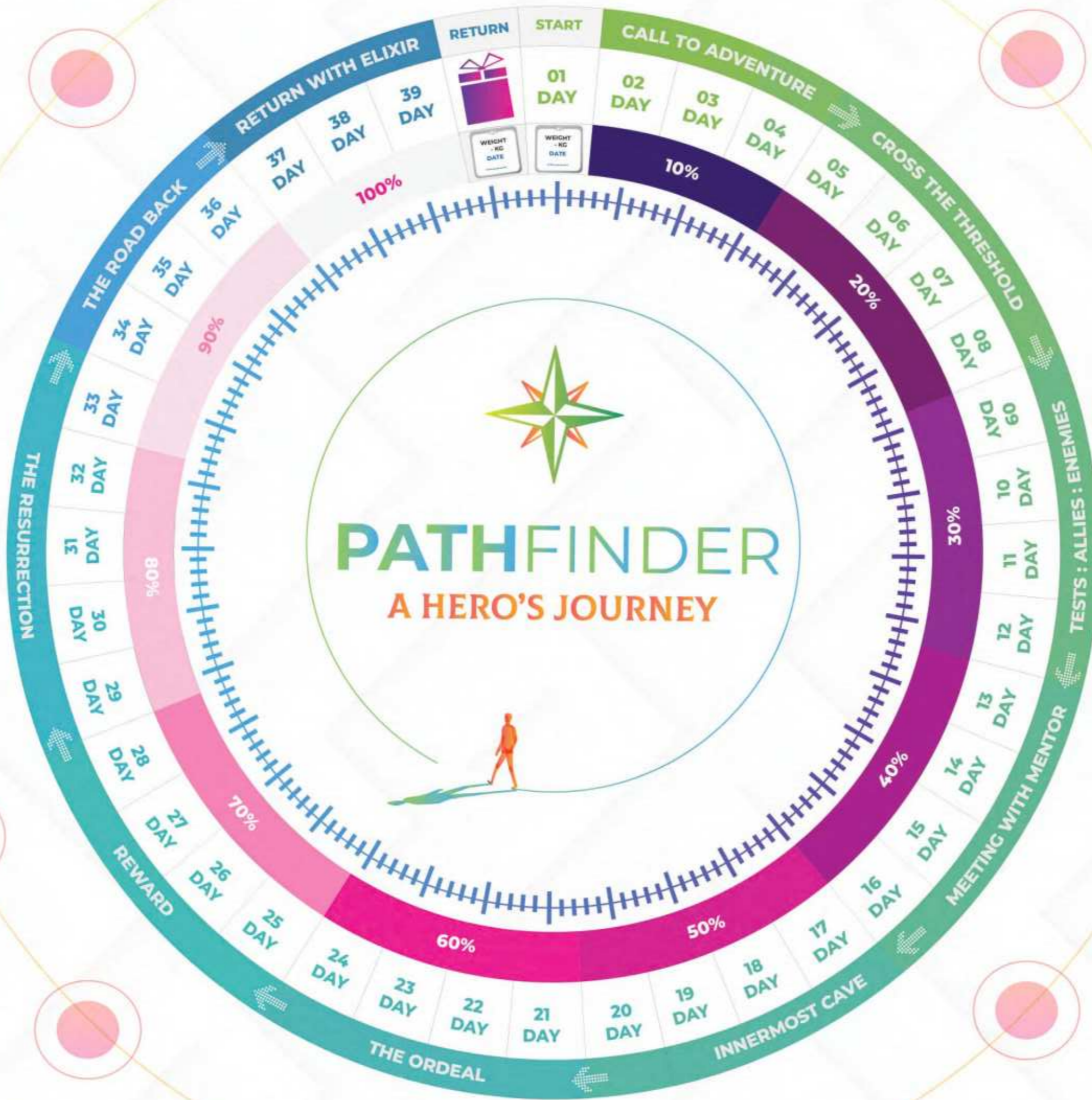
The 40 Days of hero's journey is a steady results long-term illness. It is designed to completely revolutionize how you approach chronic disease such as Obesity, Diabetes, heart disease, and stroke, making it part of your everyday life over the course of 3 stage of trails getting you in a better shape in the meantime.

Need To Start a Hero's Journey?

- Setting Clear Goals
- Tracking Progress
- Setting Realistic Milestones
- Staying Accountable
- Prioritizing Recovery

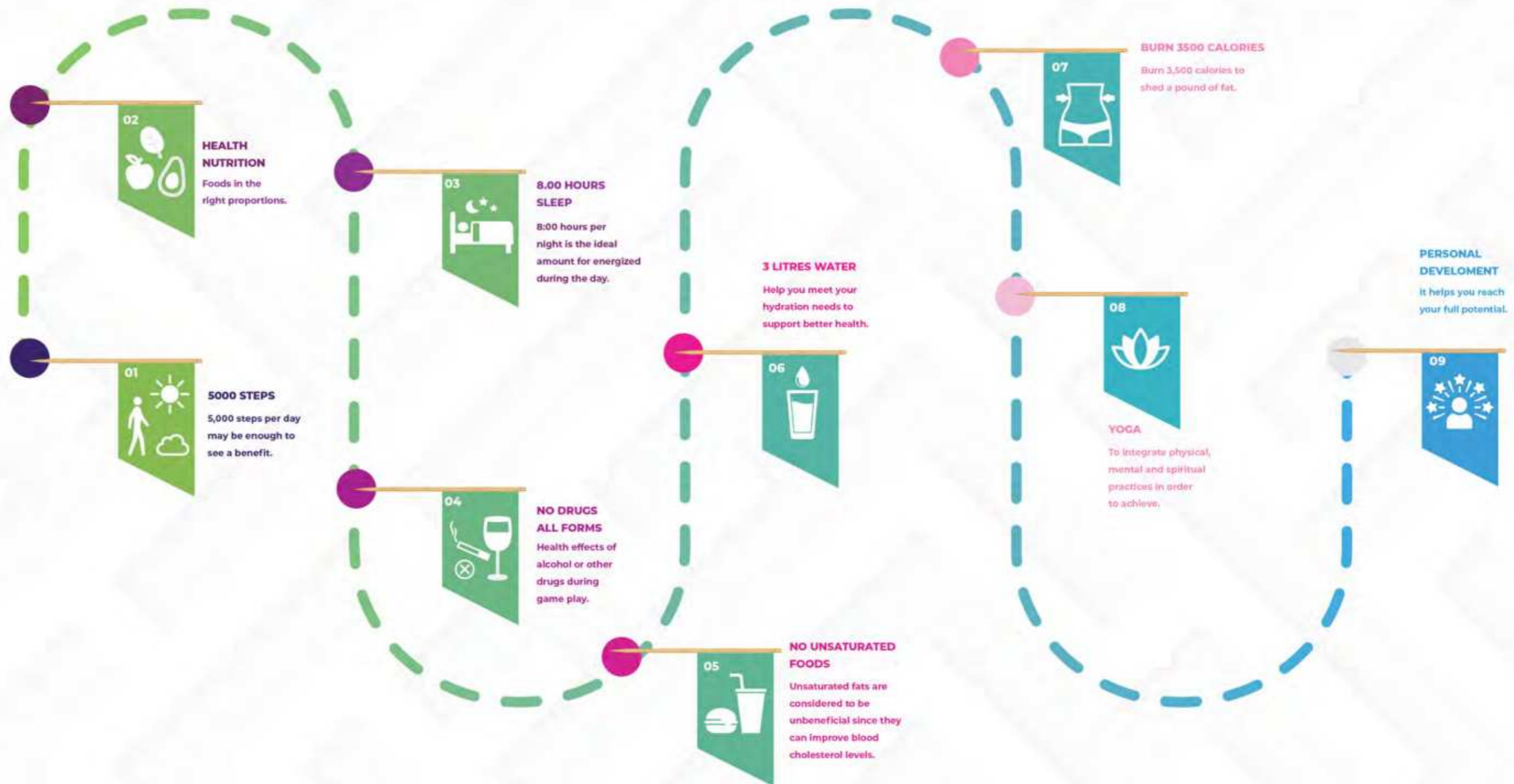
PATHFINDER

A HERO'S JOURNEY



ITS IS A GAME **PATHFINDER** KEY TO LONG TERM HEALTH

PRIMARY GOALS TO BE ACHEVED IN A DAY TO ACCOMPLISH YOUR HERO'S JOURNEY FOR 40 DAYS FOR REAPING THE HEALTH BENEFITS AND A GIFT CARD



IMMUNE SYSTEM

BETTER LIFESTYLE

WEIGHT MANAGEMENT

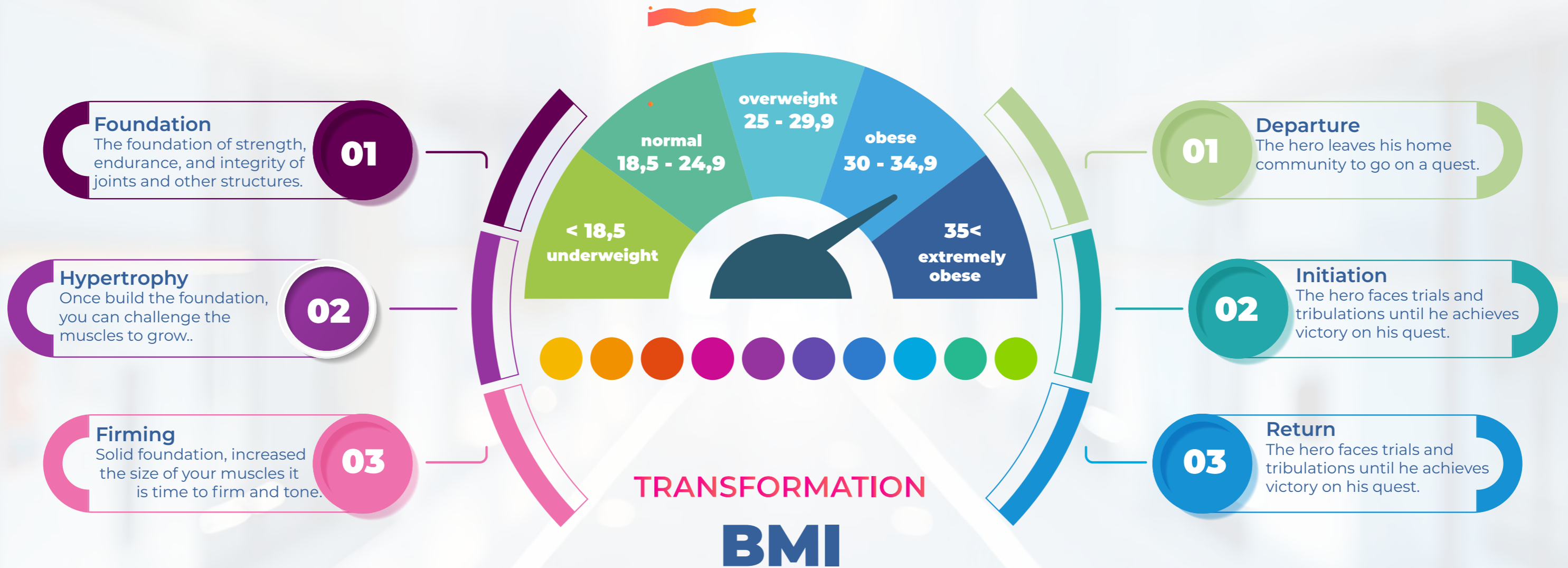
SLEEP QUALITY

CARDIOVASCULAR HEALTH



TRANSFORMATION

THE PROOF THE HERO'S JOURNEY ON FICTION'S IS THE FAMOUS 3-STAGE TRANSFORMATION



By combining the precision and immediacy of body-tracking and monomyth chart with standard assessments and analysis, Hero transforms complex movement data into tangible insights.



HERO'S JOURNEY: A FITNESS QUEST

ACCEPT YOUR CALL TO ADVENTURE AND PUT YOUR BODY TO THE TEST AS YOU EMBARK ON A JOURNEY TO DEFEAT THE WICKED AND BRING HOME YOUR PRIZE.

YOU WILL HAVE FORGED A NEW CHARACTER OUT OF YOURSELF, BUILD STRENGTH AND ENDURANCE AND DEVELOPED POWER. YOU WILL STAND CONFIDENT IN WHO YOU ARE AND WHAT YOU CAN DO: A TRUE HERO TO YOURSELF.

