

SAY NO TO ANXIETY WITH AN EAZY BREATHE

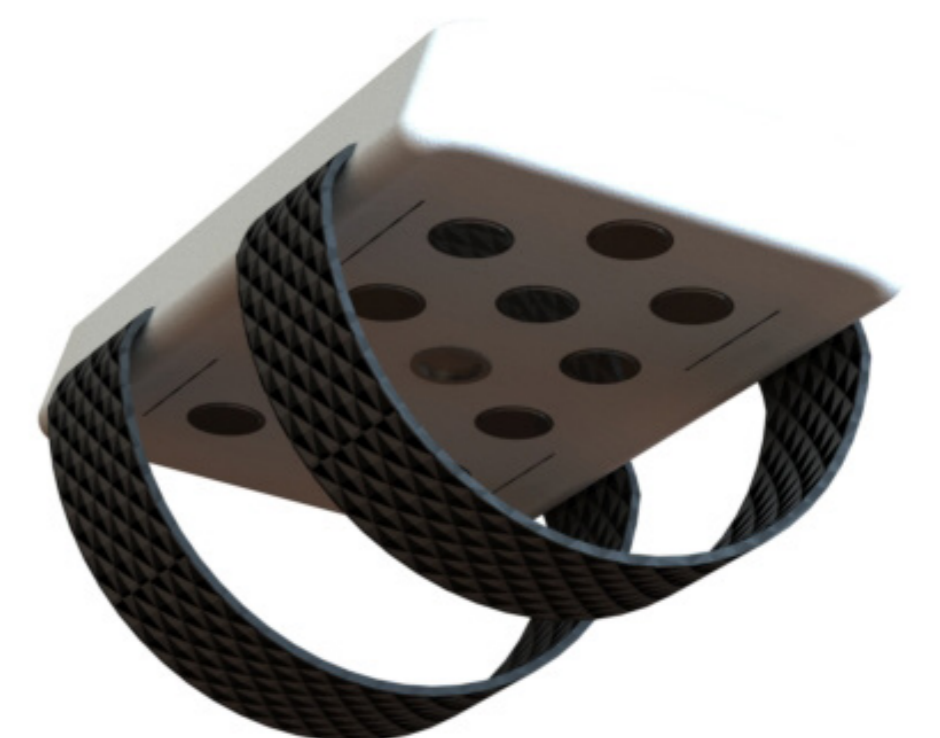
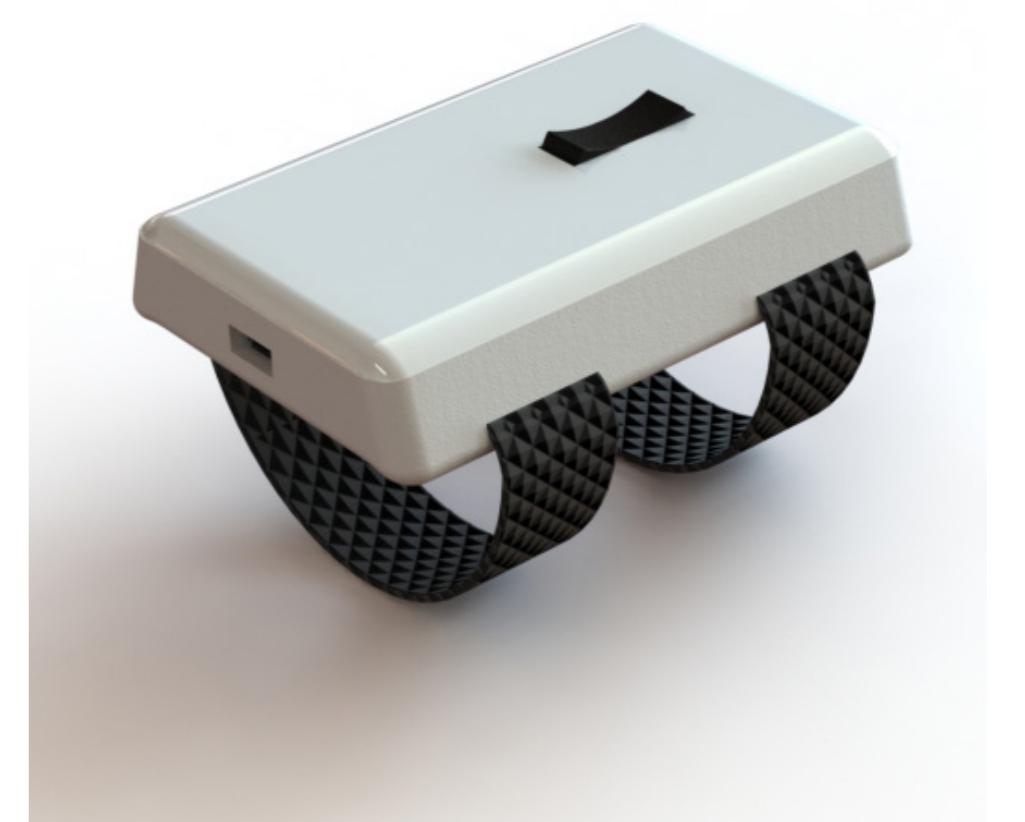
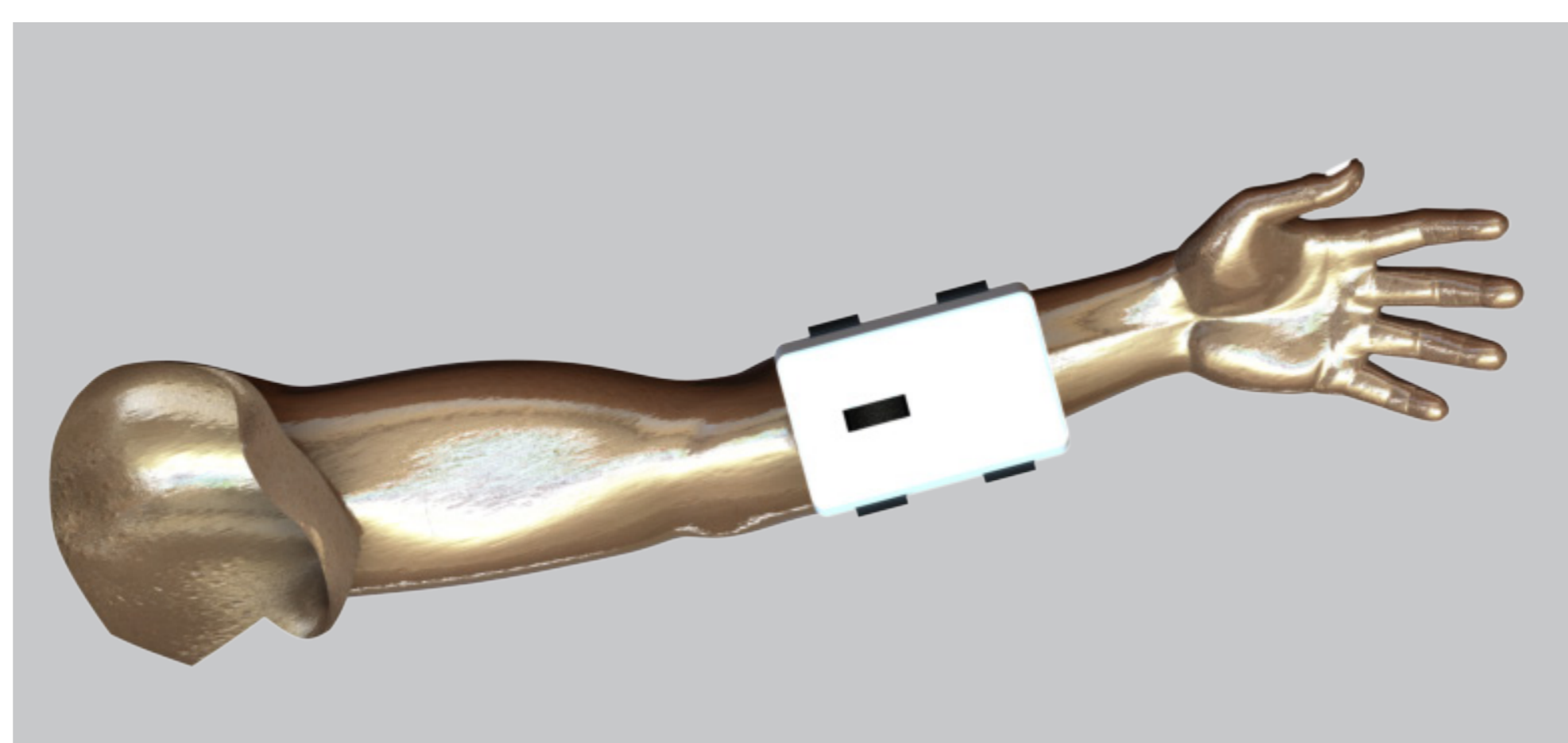
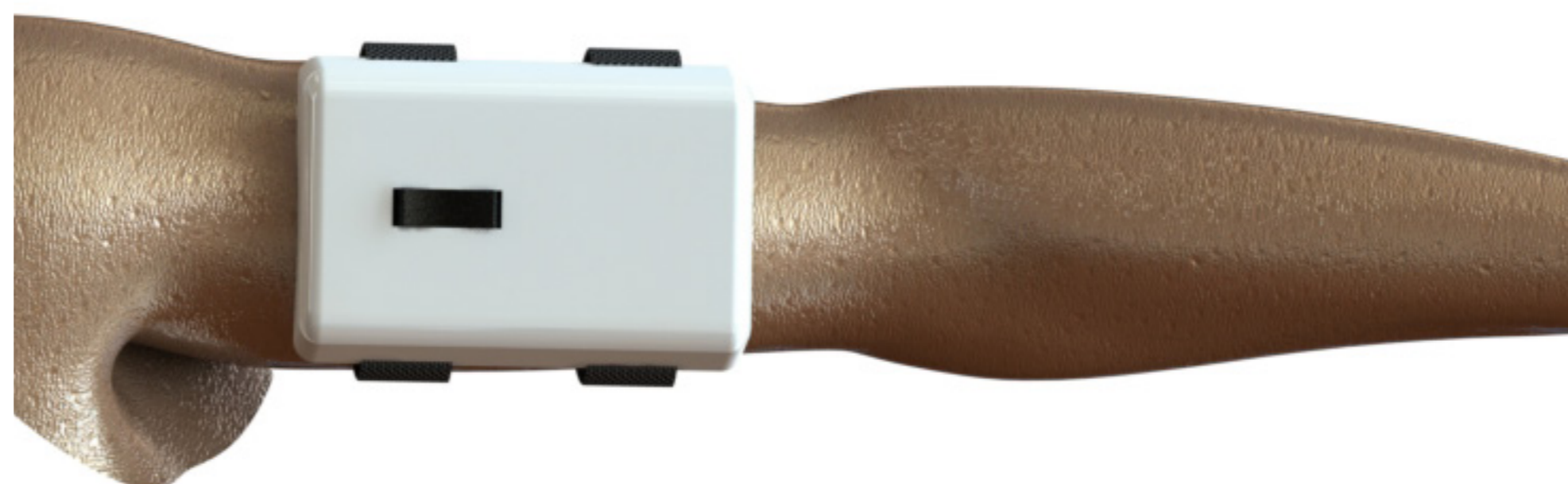


Eazy Breathe Creates an entirely new experience for educators. The continual development of which is crucial for the sustainability and adaptability of learning in the future, as well as the teaching experience for educators. This device was developed by looking at the main problems faced when speaking, these were technology failure, general nervousness and unease and overall speaking ability of the user. If we improve the teaching experience, we can better educate our next generation, which is imperative to the future of our world. Helping people understand that by improving teaching instruments, both the delivery and receiving of information becomes better and it can reduce anxiety that people experience.

Education is the passport to the future, for tomorrow belongs to those who prepare for it today- Malcolm X

The system works by calculating the average heart rate per minute (heart rate sensors), which allow for analysis and deconstruction of the heart rate that coincides with increased anxiety. When this happens, Eazy Breathe uses haptic actuators to create dynamic vibrations that simulate the feeling of an empathetic touch. These haptic actuators are programmable by the app and have an option for lower frequencies for adaptability. This device also utilises an app which will be able to connect with the education community for self-betterment purposes and to be able to track your levels of anxiety/ heart rate. Having an interconnected community helps further development of the app and create better feedback. This interconnect is imperative to the longevity of the product and the ability for better user feedback.

Helping people understand that by improving teaching instruments, both the delivery and receiving of information becomes better and it can reduce anxiety that people experience. This project hopes to allow designers to better explore this issue through the research, findings and recommendations surrounding the development of teaching instruments. Improvements in these areas tend to be limited, which makes this a more viable and beneficial project. Further with respect to the aforementioned it will provide benefit to the education sector, as a whole and businesses in general if the communication and comprehension levels are improved - all by virtue of improvements to the teaching instrumentation.



EAZY BREATHE

