

smART Transitions | Every Thought Matters  $\Phi$



# The Approach

smART Transitions follow the principle:  
Surrounding - stress factors + need fulfillment =  
Thoughts ♡  
Feelings ☺  
Behavior ∞

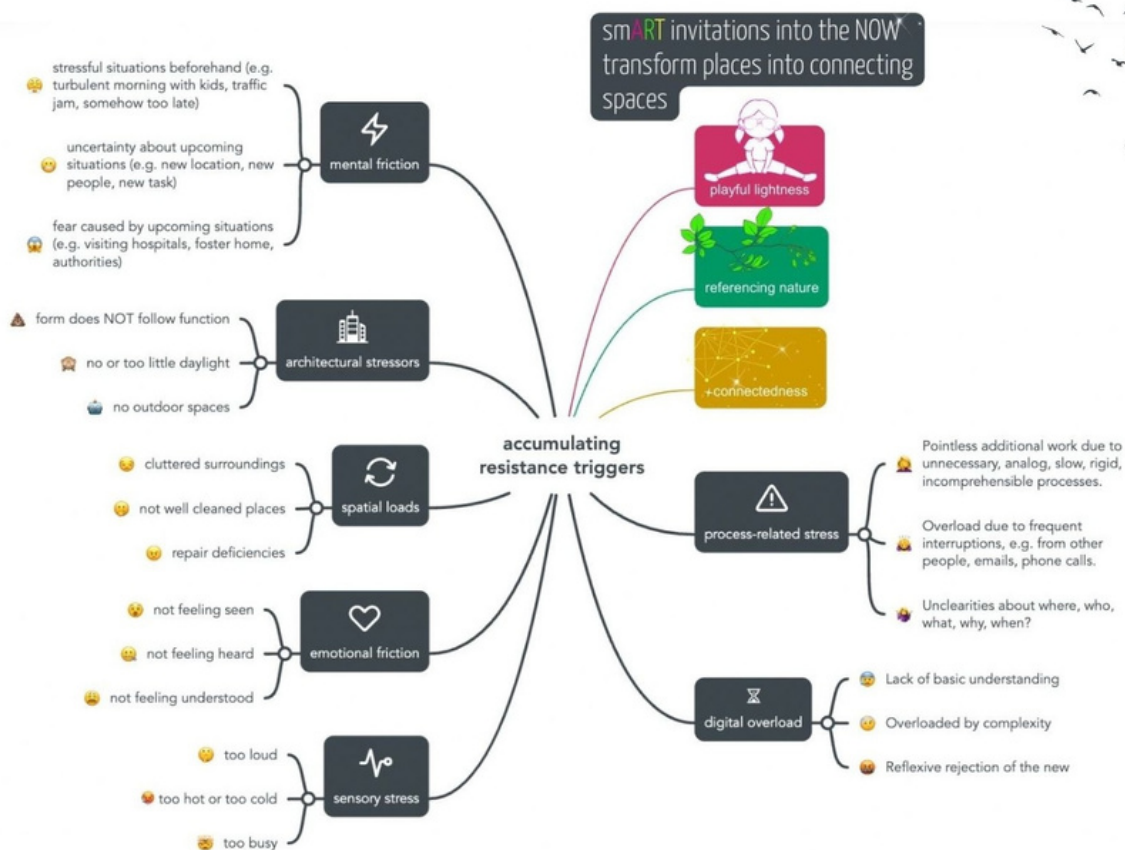
An approach to passively strengthen resilience by conscious design while asking: How can perceptual impulses:

- reduce negative thoughts?
- foster positive impulses?
- create connectedness?



# Mood Impacting Factors

Transitions to new situations – virtual or physical - accumulate stressors turning into resistance triggers. Due to countless perceived impulses it is hard to identify main cause(s) of felt resistance. Common forms of unconsciously accumulating stressors with an impact on mood, well-being and therefore on health are:



# Ways to Connect

smART Transitions promote resilience and a sense of connectedness by reducing, eliminating or balancing stressors. As well by seeing, honoring and fulfilling needs.

To balance existing stressors (e.g. mental load, uncertainty, noise) smART Transitions offer bridges into conscious awareness by combining:

- playful lightness
- reference to nature
- awe inspiring impulses from reflections, light and shadow.

To transport perceptual impulses through the reticular activating system - the part of the brain that filters information - into consciousness smART Transitions combine

- unexpectedness
- visual memory
- meaning or inspiration triggering impulses

Every thought matters

## smART Transitions - Bridges into Presence

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