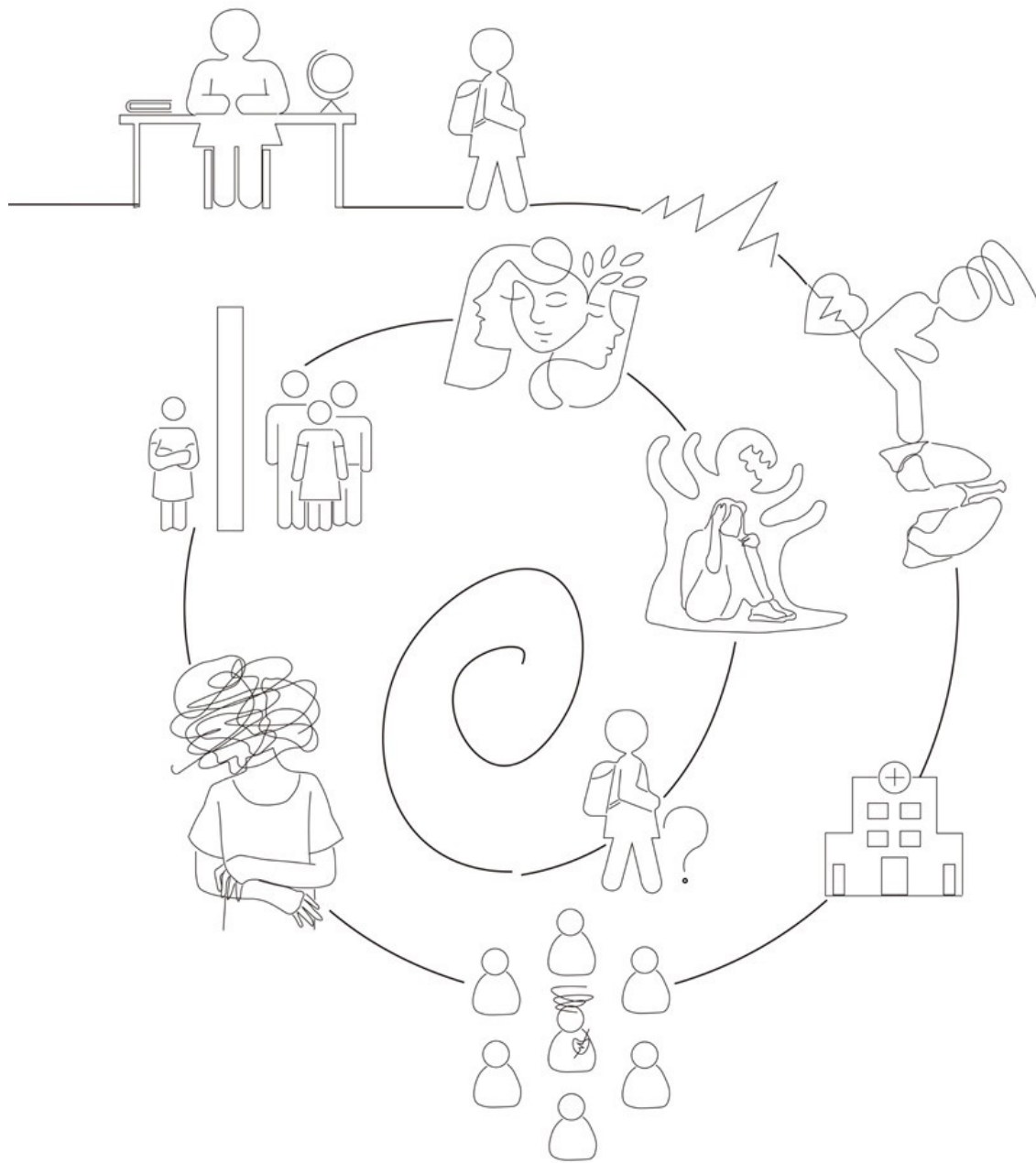# 5-4-3-2-1 CALM

PANIC ATTACK

Sensory Perception

Could a short, guided journey in Dungeness provide a therapeutic experience to cure panic attack?

PANIC ATTACK SPIRAL

SYMPTOMS

	Symptoms	Anxiety attack	Panic attack
emotional	apprehension and worry	✓	
	distress	✓	
	restlessness	✓	
	Fear of dying or losing control	✓	✓
	A sense of detachment from the world (derealization) or oneself (depersonalization)		✓
	a sense of detachment from the world (derealization) or oneself (depersonalization)		✓
physical	heart palpitations or an accelerated heartrate	✓	✓
	chest pain	✓	✓
	shortness of breath	✓	✓
	tightness in the throat or feeling like you're choking	✓	✓
	dry mouth	✓	✓
	sweating	✓	✓
	chills or hot flashes	✓	✓
	trembling or shaking	✓	✓
	numbness or tingling (paresthesia)	✓	✓
	nausea, abdominal pain, or upset stomach	✓	✓
	headache	✓	✓
	feeling faint or dizzy	✓	✓

STRATEGY METHOD

The 5-4-3-2-1 method

Panic attacks can make a person feel detached from reality. This is because the intensity of the anxiety can overtake other senses.
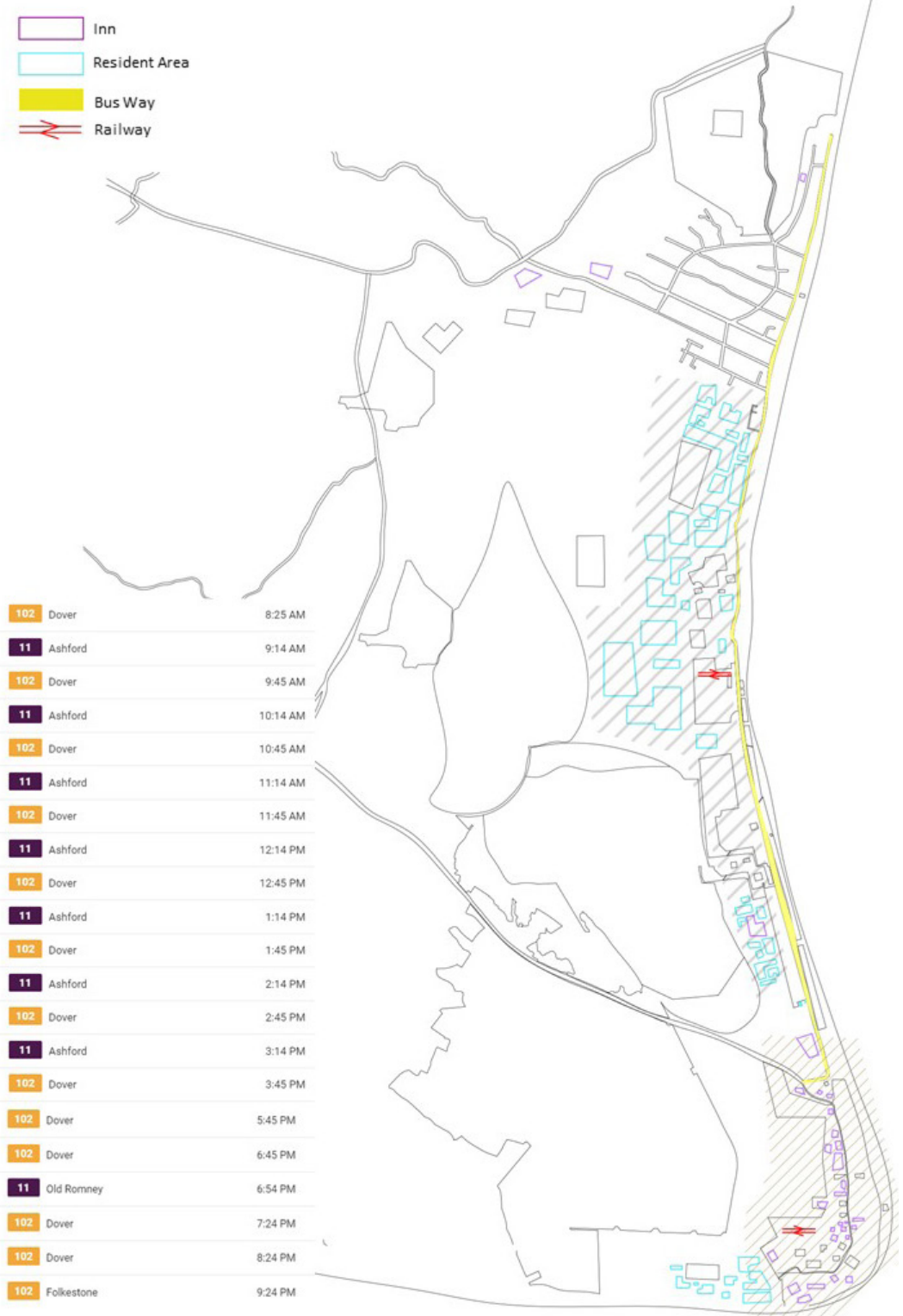
The 5-4-3-2-1 method is a type of grounding technique and a type of mindfulness. It helps **improve people's sensory perception to away from sources of stress.**

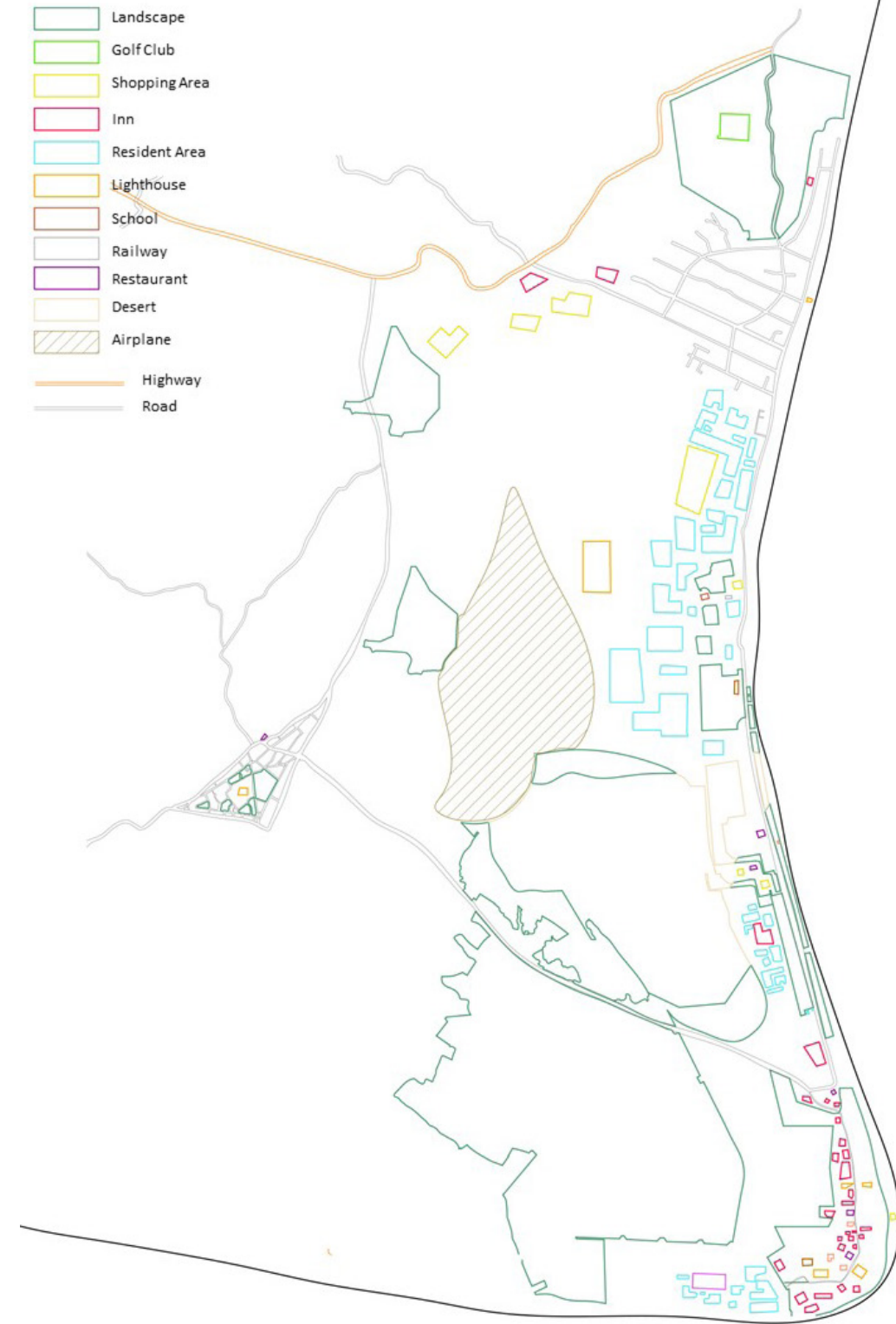To use this method, the person should complete each of the following steps slowly and thoroughly:

- **Look at 5 separate objects.** Think about each one for a short while.
- **Listen for 4 distinct sounds.** Think about where they came from and what sets them apart.
- **Touch 3 objects.** Consider their texture, temperature, and what their uses are.
- **Identify 2 different smells.** This could be the smell of your coffee, your soap, or the laundry detergent on your clothes.
- **Name 1 thing you can taste.** Notice whatever taste is in your mouth, or try tasting a piece of candy.

DUNGENESS-Transportation

Inn		
Resident Area		
Bus Way		
Railway		

102	Dover	8:25 AM
11	Ashford	9:14 AM
102	Dover	9:45 AM
11	Ashford	10:14 AM
102	Dover	10:45 AM
11	Ashford	11:14 AM
102	Dover	11:45 AM
11	Ashford	12:14 PM
102	Dover	12:45 PM
11	Ashford	1:14 PM
102	Dover	1:45 PM
11	Ashford	2:14 PM
102	Dover	2:45 PM
11	Ashford	3:14 PM
102	Dover	3:45 PM
102	Dover	5:45 PM
102	Dover	6:45 PM
11	Old Romney	6:54 PM
102	Dover	7:24 PM
102	Dover	8:24 PM
102	Folkestone	9:24 PM

DUNGENESS-Zone

Landscape	
Golf Club	
Shopping Area	
Inn	
Resident Area	
Lighthouse	
School	
Railway	
Restaurant	
Desert	
Airplane	
Highway	
Road	

ATMOSPHERE

FISHING

Harpoon
Food
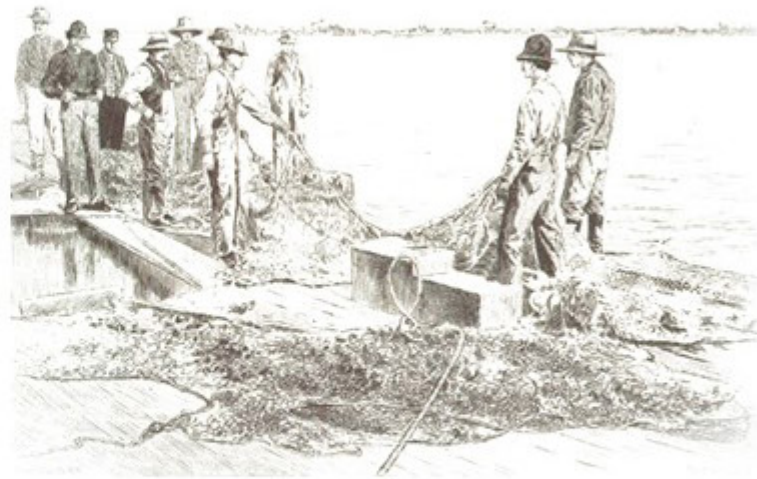
Fishing Net
Trade

Fishing Rod
(Bamboo)
Recreational Fishing
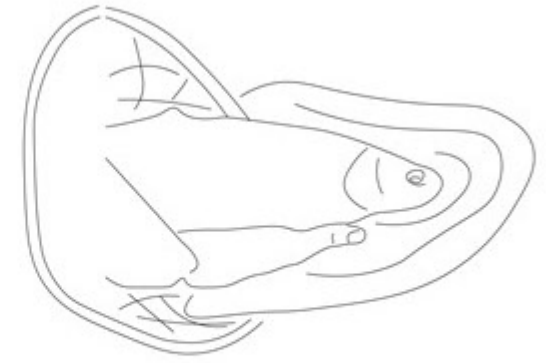
Catch and Release Fish

FISHING TRAWLER   FISHING ROD   FISHING STATION   FISHING REEL   FISHING STAND   FISHNET BLASKET   FISHNET LINE   FISHNET FLOAT

FISHNET BAIT

FISH KIOSK

MATERIAL BOARD

Concrete
Stripe Wood
Stone
Aluminium
Grass Protection Mesh
Navy color

Could a short, guided journey in Dungeness provide a therapeutic experience to cure panic attack?

LINK HOUSE

N

Landscape

Sea

250m

200m

100m

30m
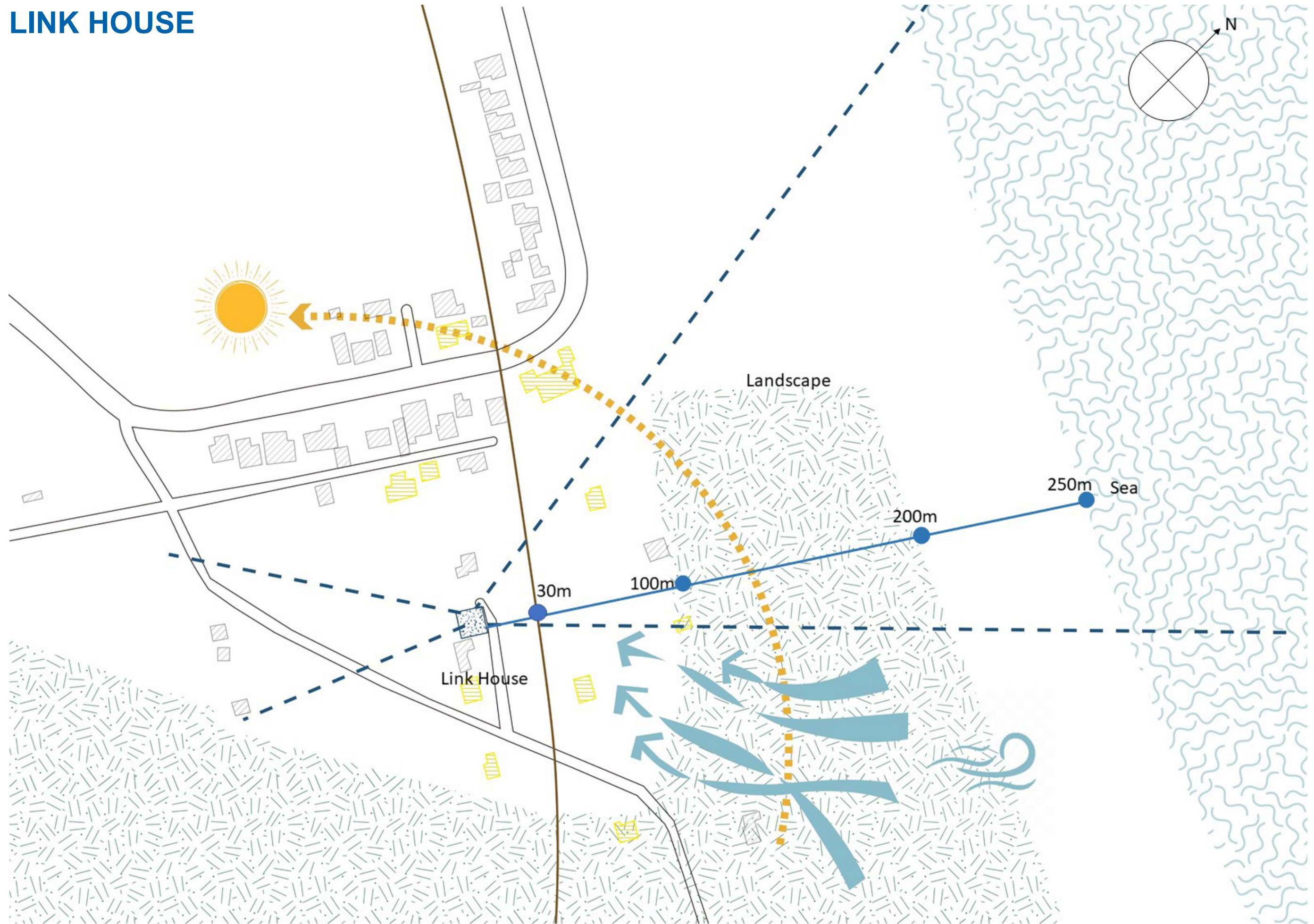
Link House

LINK HOUSE

South Flank Elevation

250m

4.5m
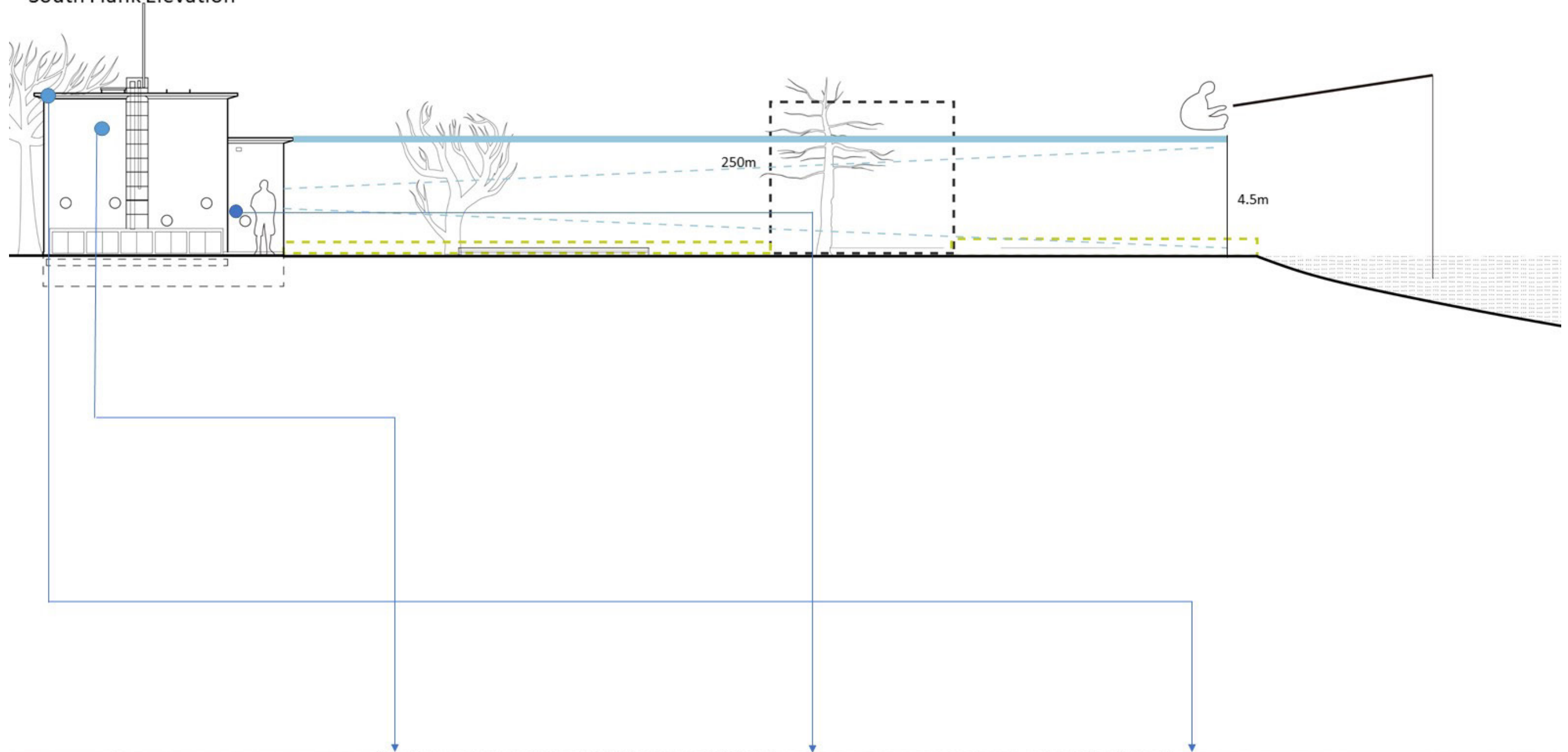
EXSITING PLAN

EXSITING SECTION

N
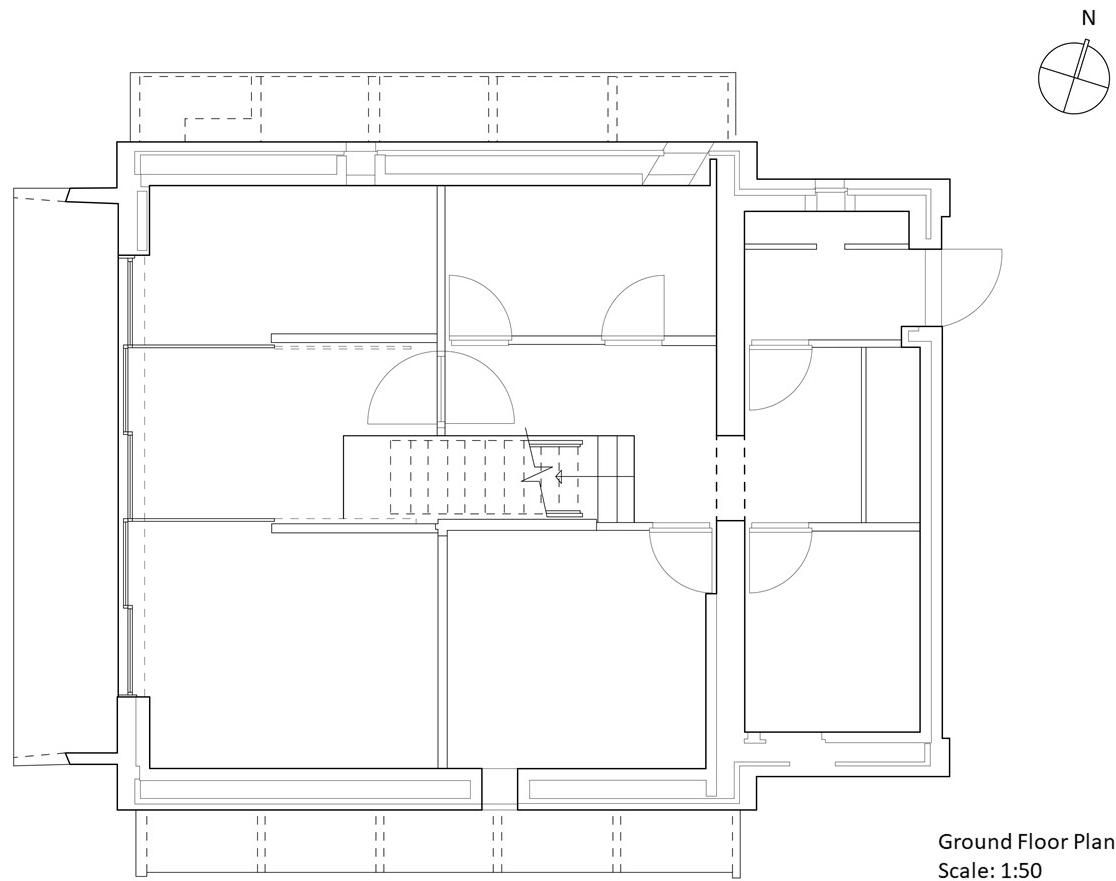
Ground Floor Plan
Scale: 1:50
Proportion: 70m²
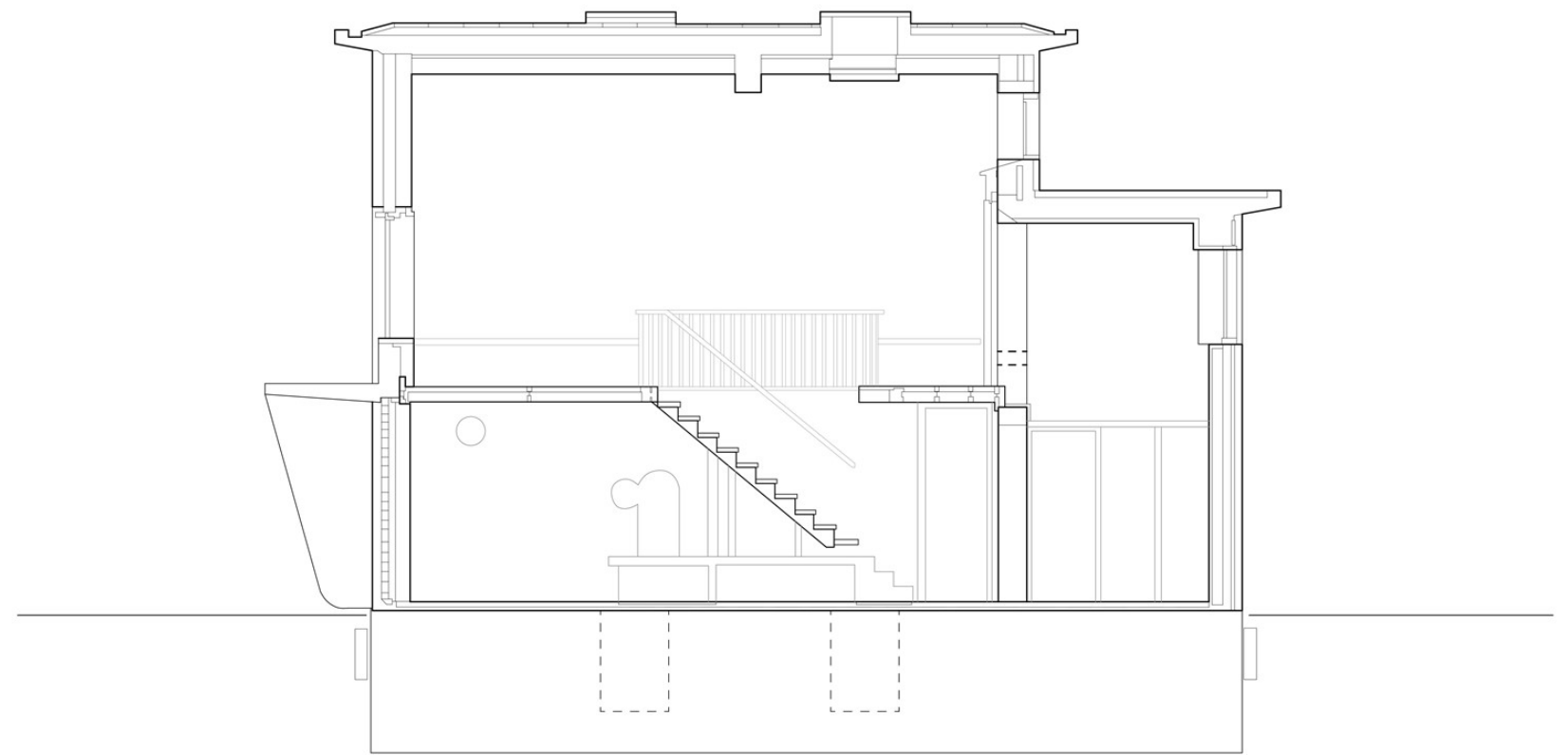
East-West Section
Scale: 1:50

MOTIF

People get stuck in fishing net.

blurred and
muddled
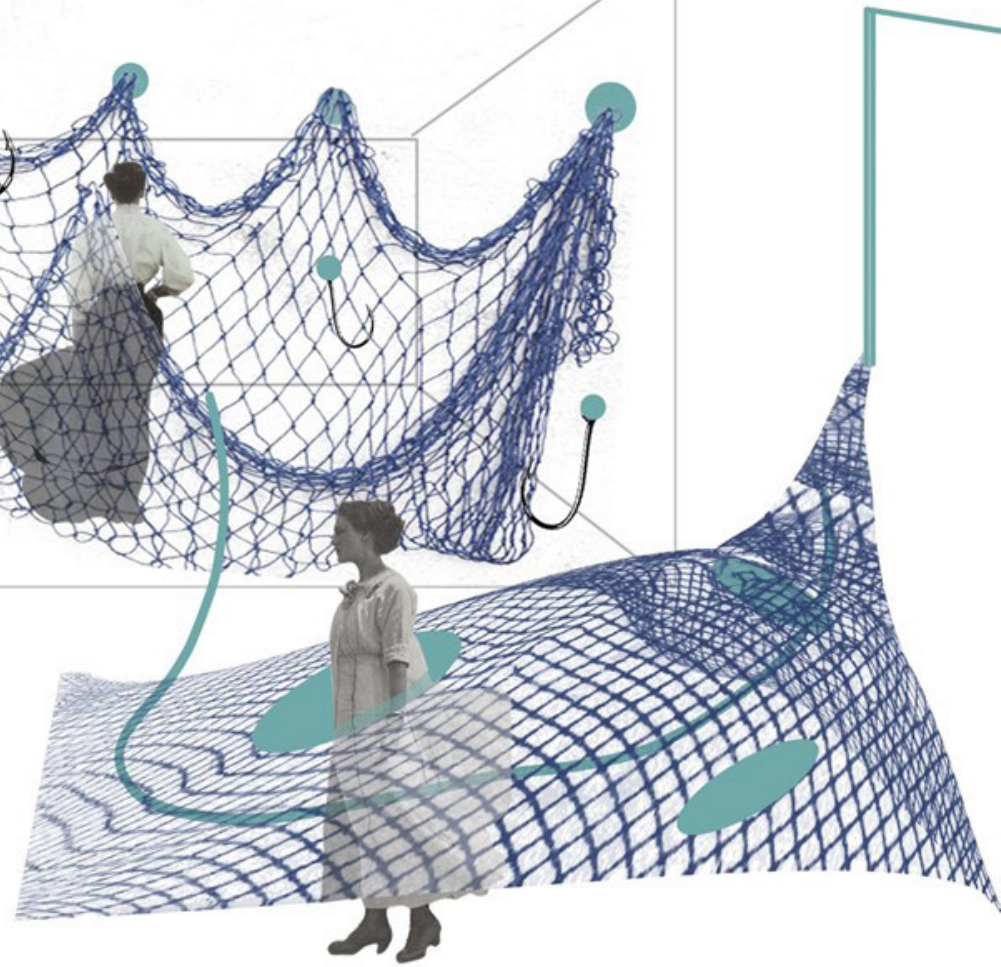
Fishing situation.

People destroy fishing net.

Transition Space.
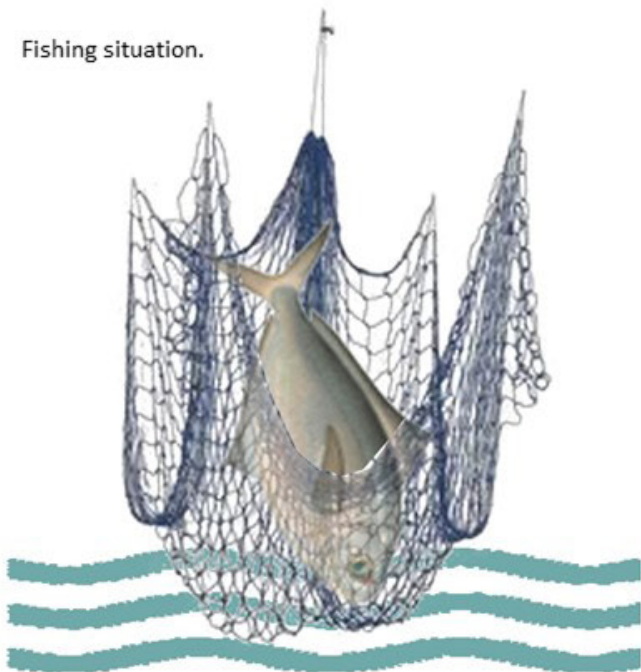
People close their sense.
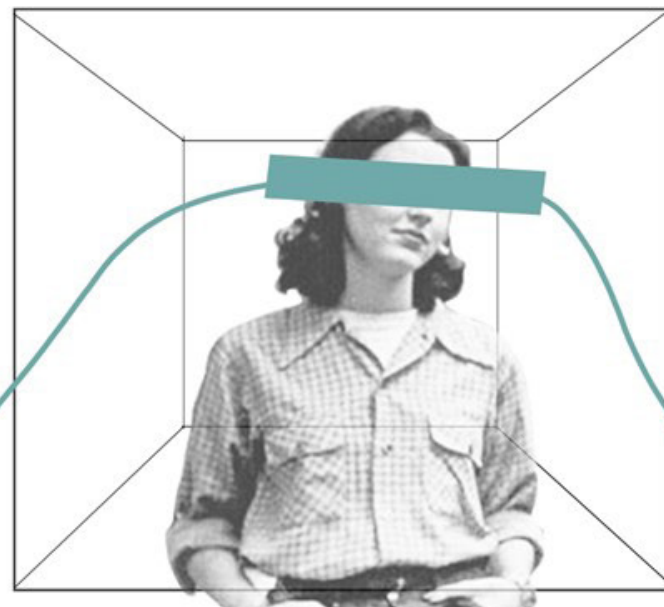
Enjoy calm down.
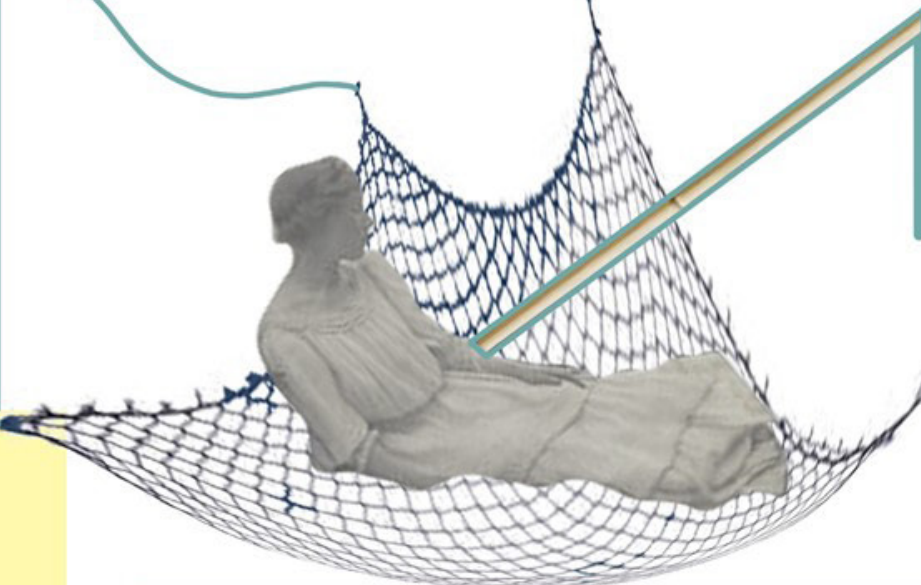
TRANSFORMATION
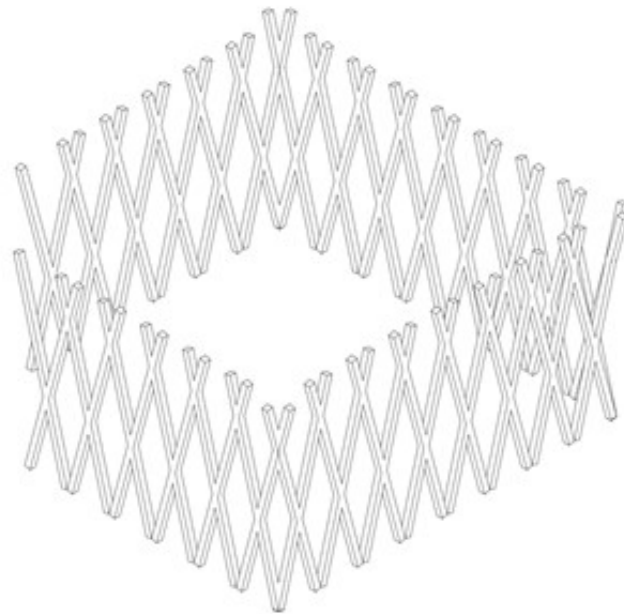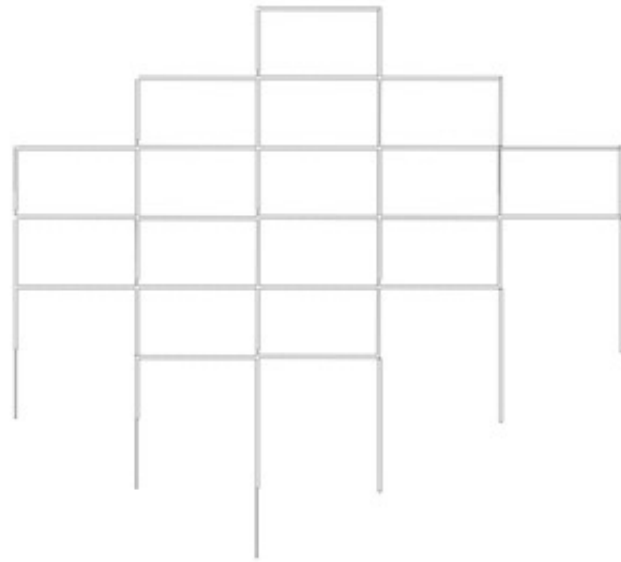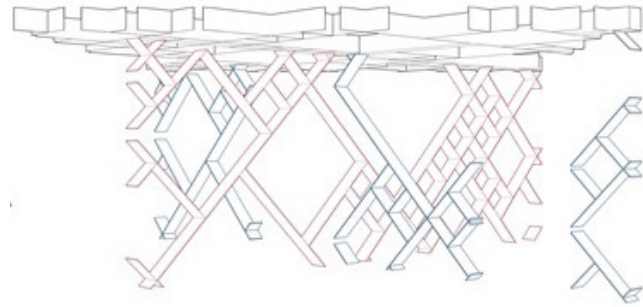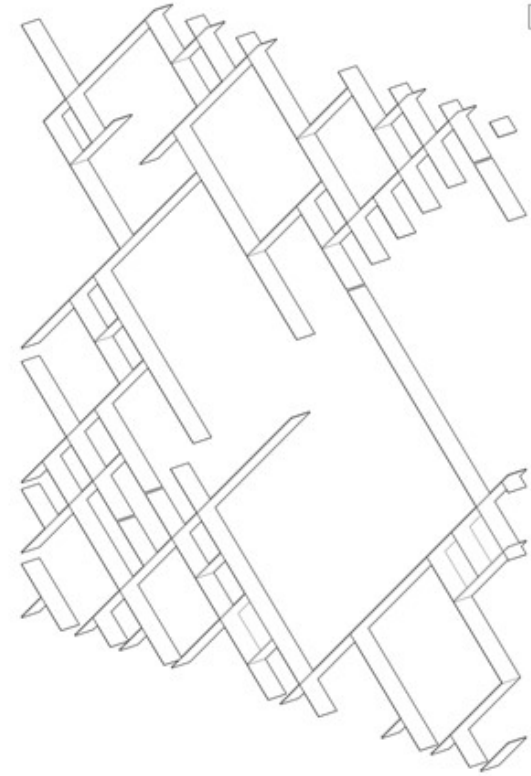
PROPERTIES
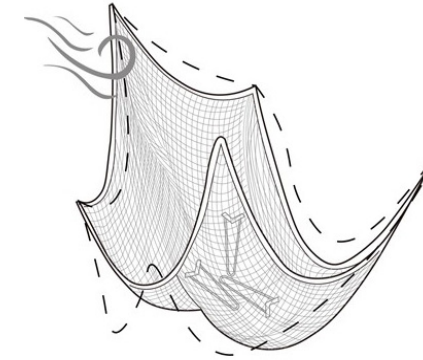
Listen-wind chimes
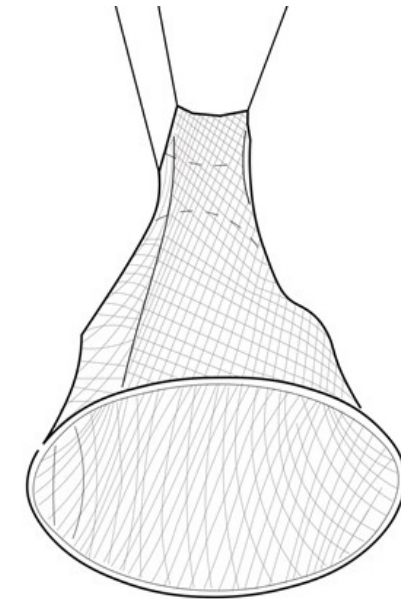
Touch-elasticity and pull
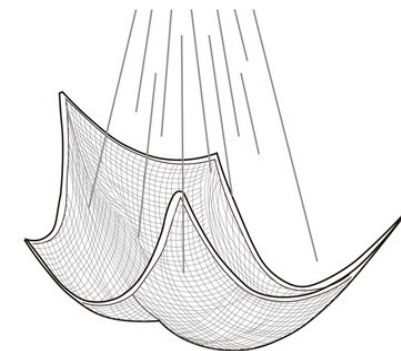
Look-nature lighting

REFERENCE

Balisa Therapy Tools help patients visualize their Healing Process
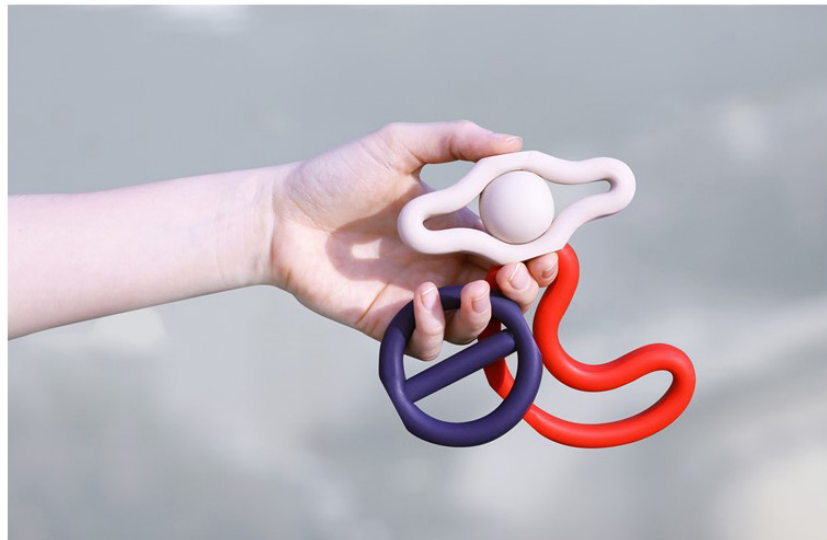
Karl Lenton designs egg-shaped movable therapy pods for prisons

IDEA

Entrance   Footpath   Resting Area   Footpath   Fishing Station

250m
10mins

16m/min
5mins

40m
2.5mins

80m/min

ATMOSPHERE

Look
Nature Light

Listen
Wind Bell

Touch
Hug

Smell
Garden

Taste
Fish
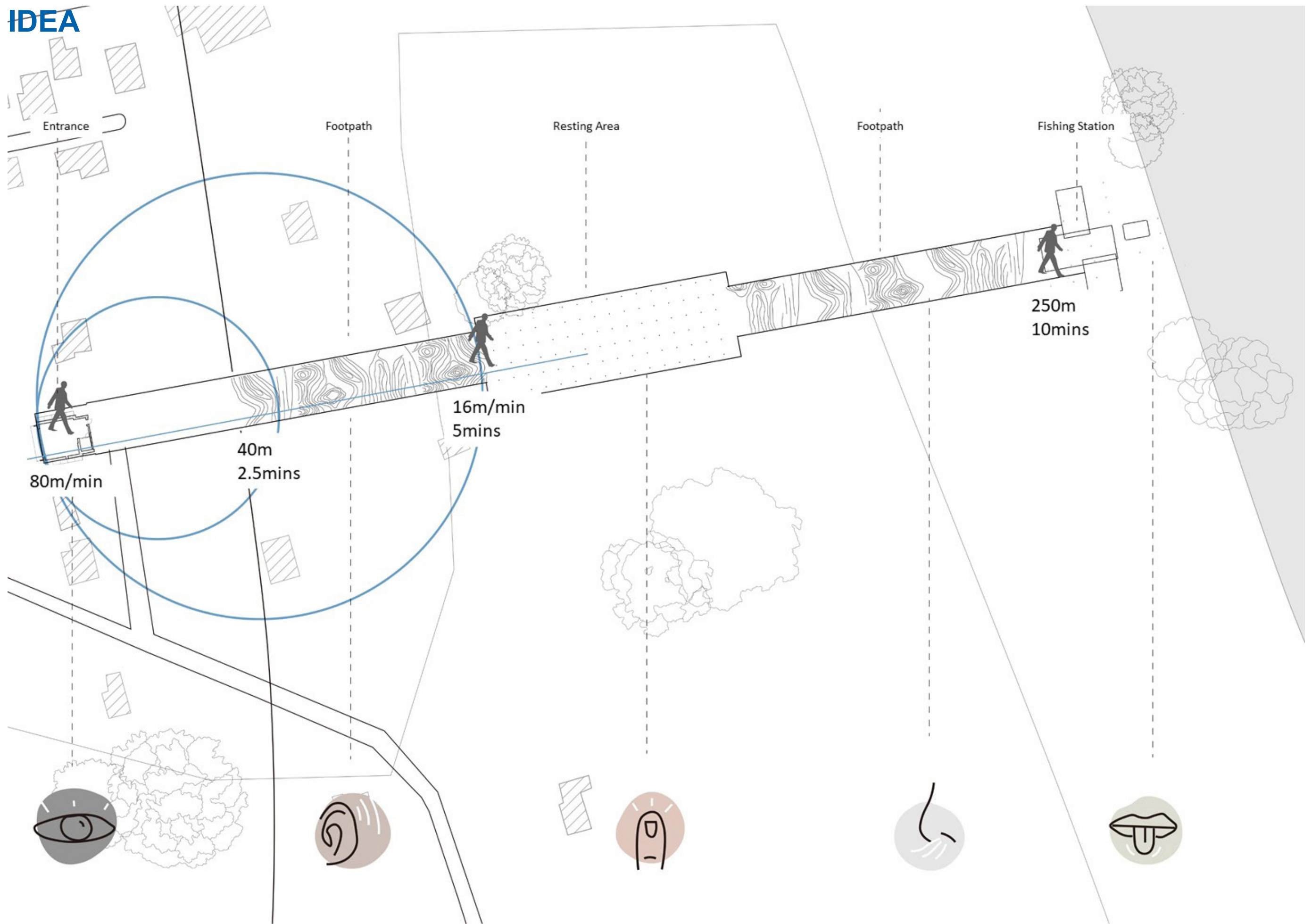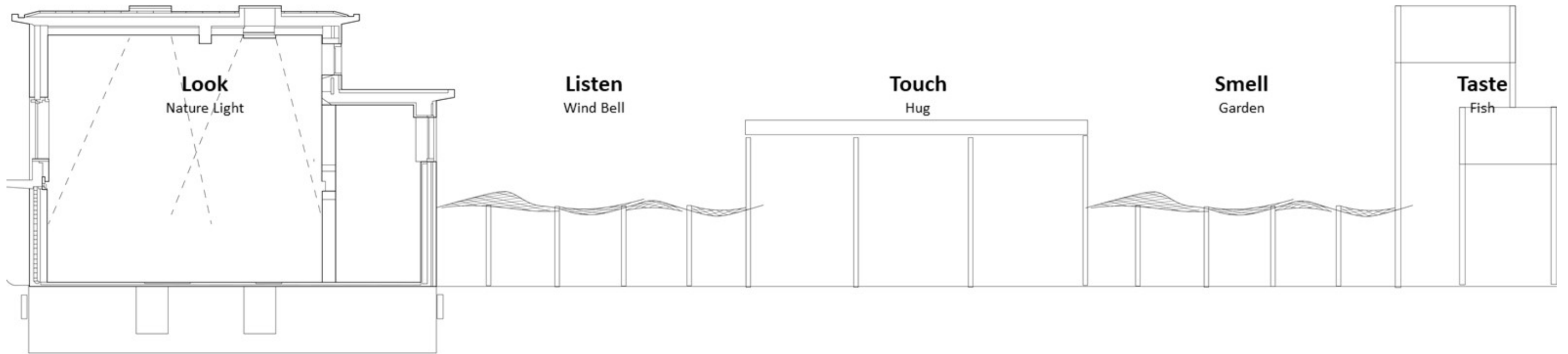
CREATIVE ASSET - HEALING (REPAIR)
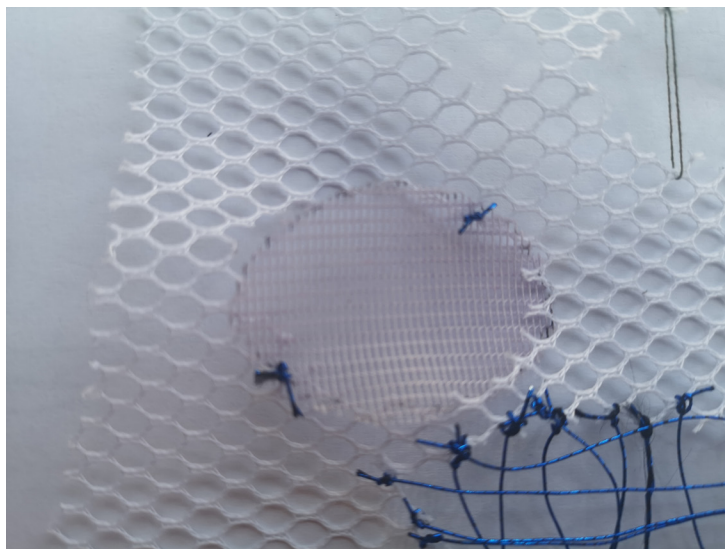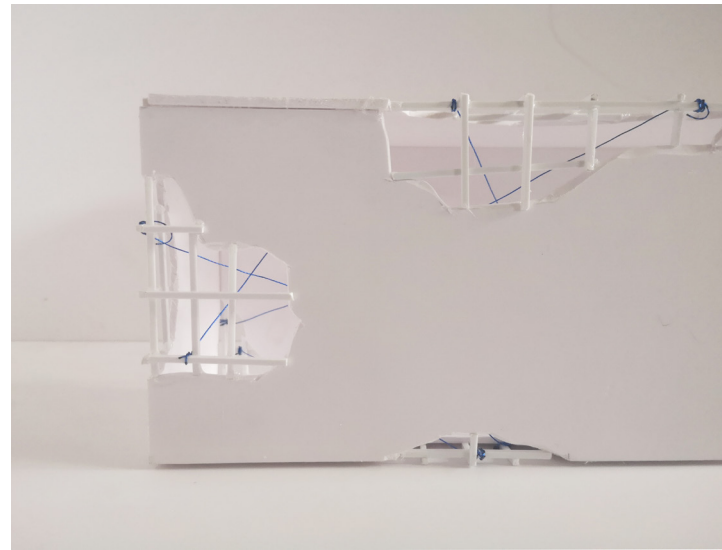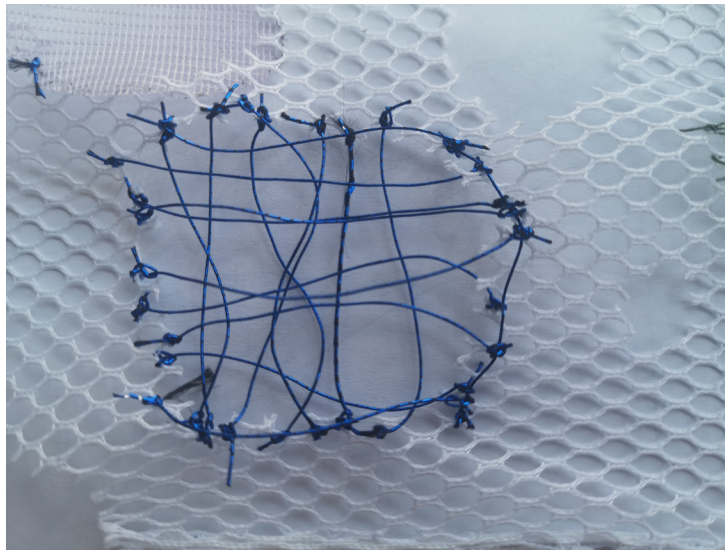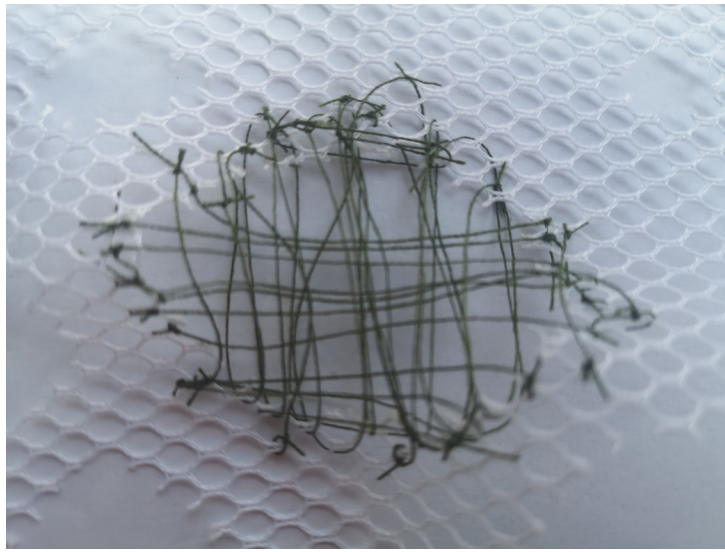
Rops can repair broken fishing nets, just like dilapidated houses can be repaired with net structures, which can introduce light and wind like windows. And the use of plants and bells indoors can improve people's sensory experience.

CIRCULATION
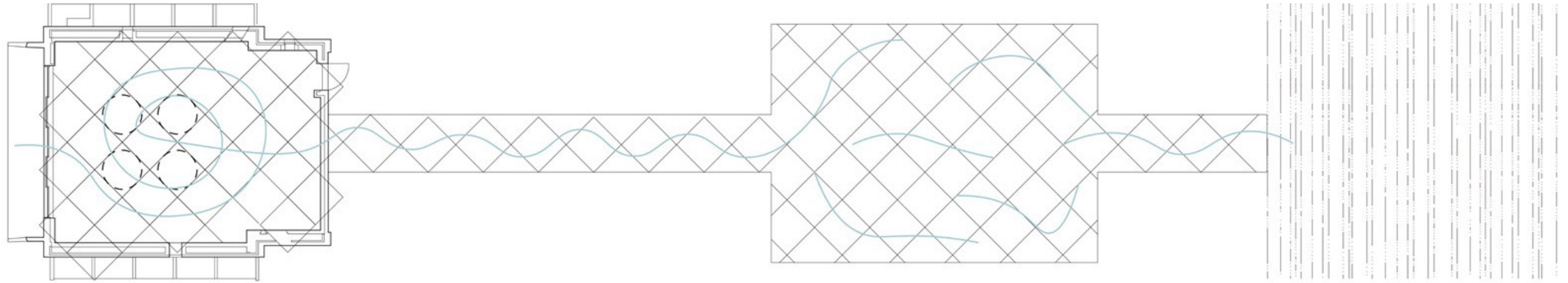
Confused

Explore

Medication

Colorful

Ringing

Protection

Fragrant

Relaxing
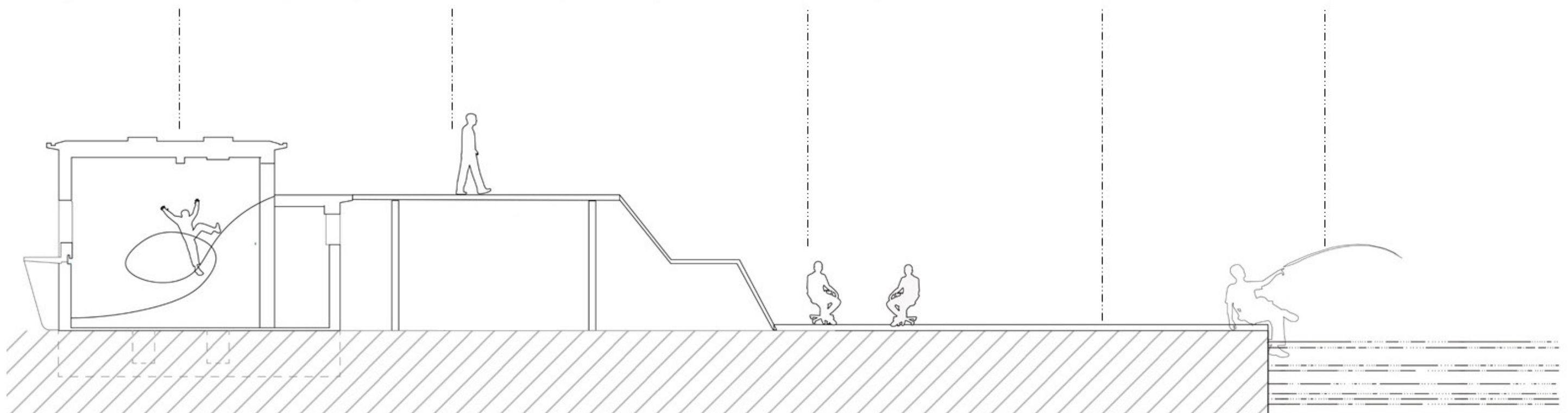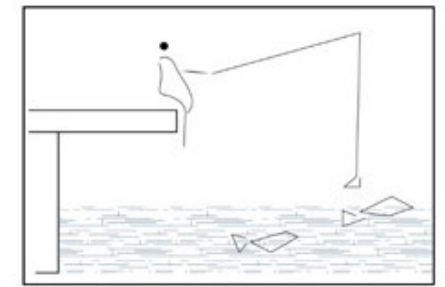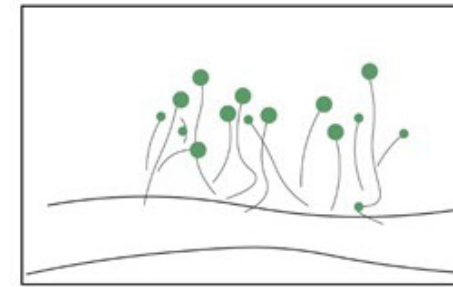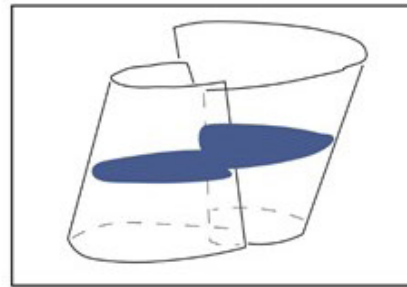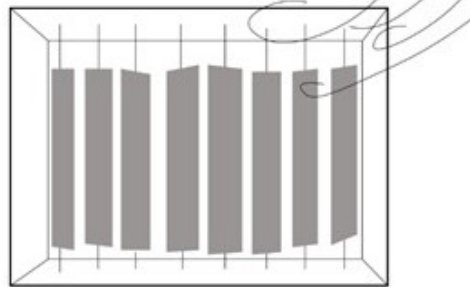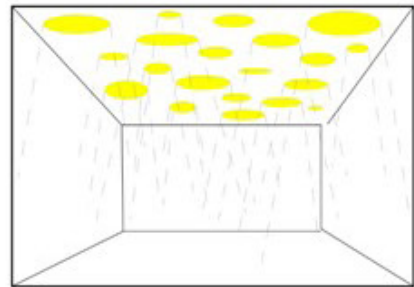
FORM

LOOK
Using net structure build staircase to emphasis original skylight
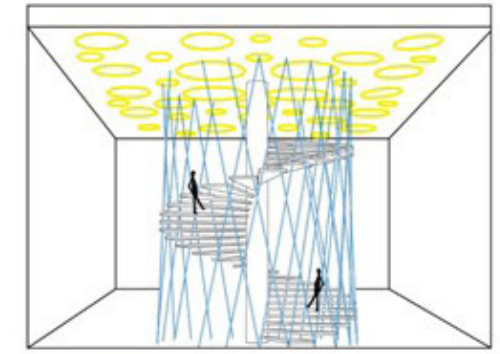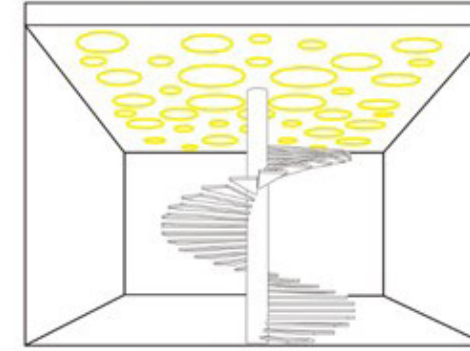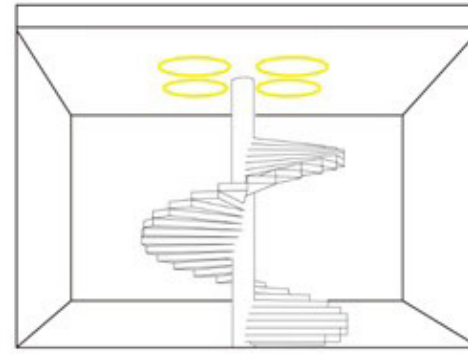
LISTEN
Using steel pieces design bridge to make wind bell
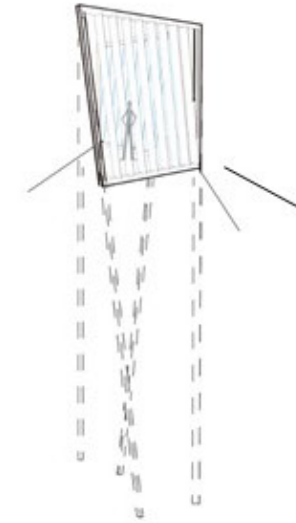
TOUCH
Using surrounding structure make people feel warm to be communication space
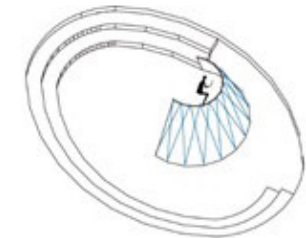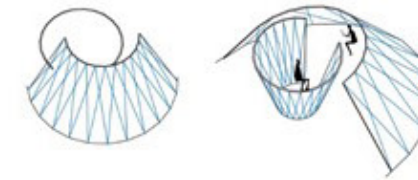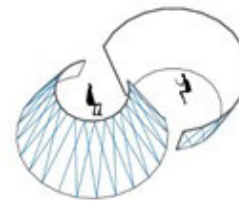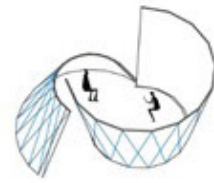
SMELL
Using flavour shape design showcase of flower
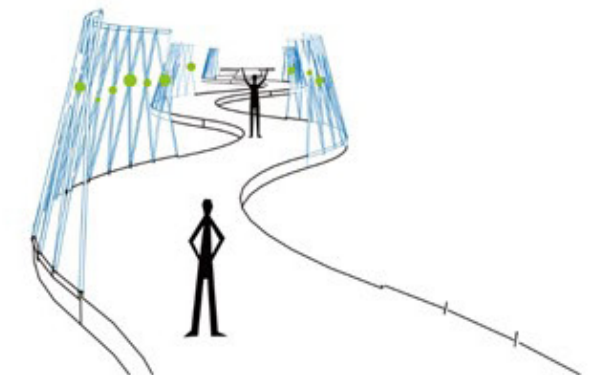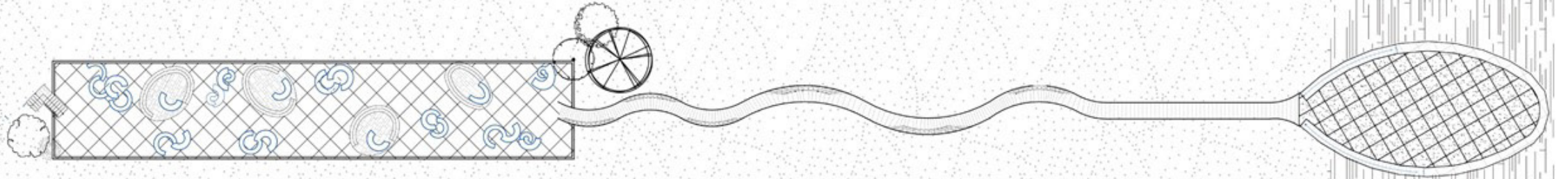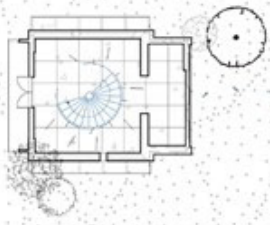
TASTE
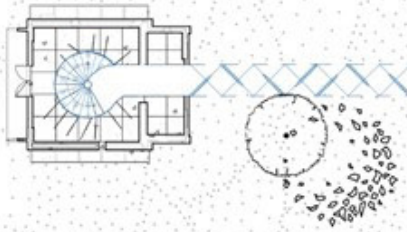Using flavour shape design showcase fof lower
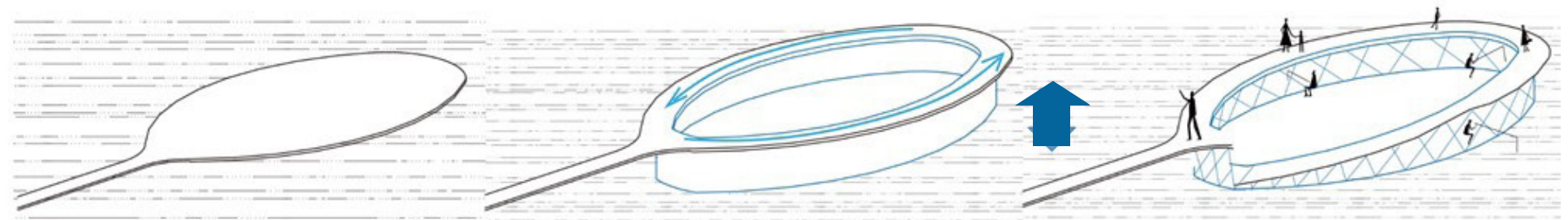
PLAN

SCALE: 1:300
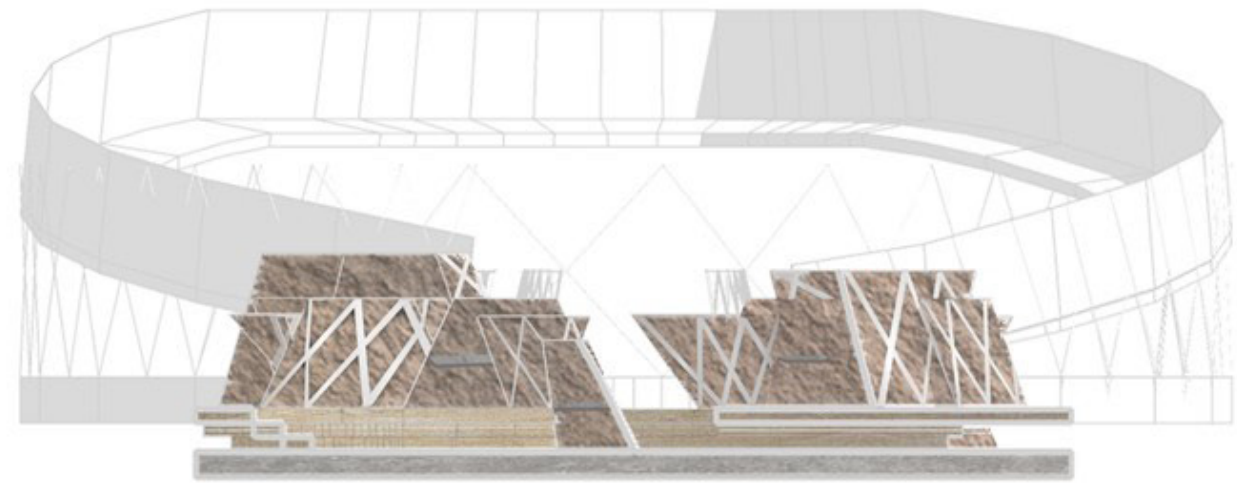
GROUD FLOOR PLAN

N

FIRST FLOOR PLAN

CEILING FLOOR PLAN

| 11000 | 35000 | 15000 | 55000 | 55000 | 35000 | 35000 |
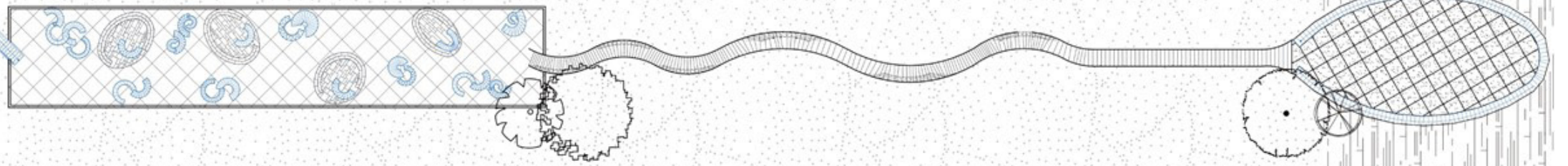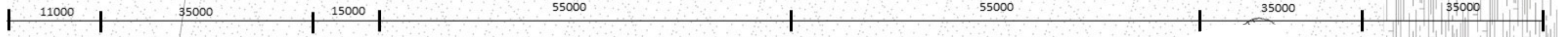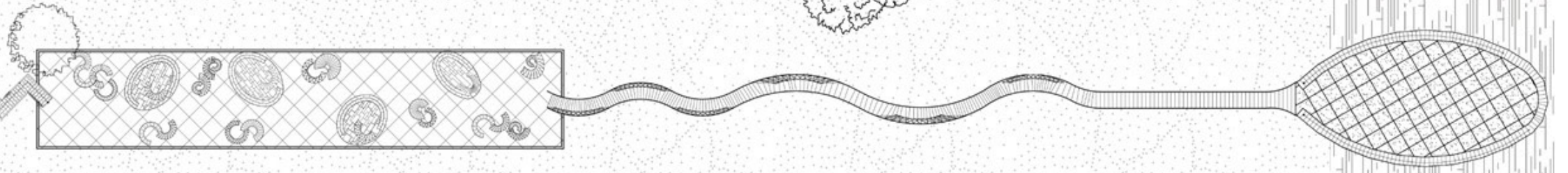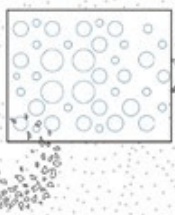
SECTION

SECTION A

SECTION B

SECTION C

SECTION E

SECTION D

A   B   C   D   E
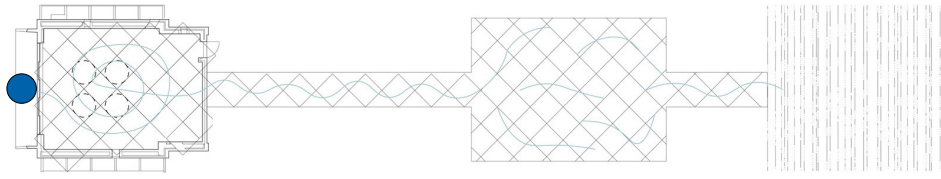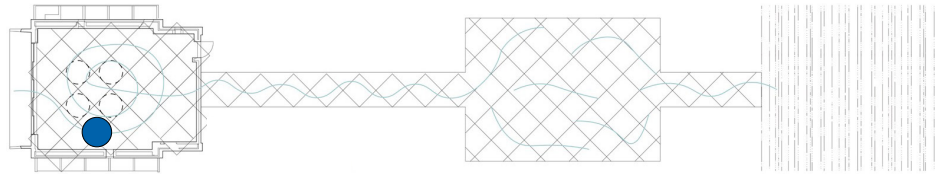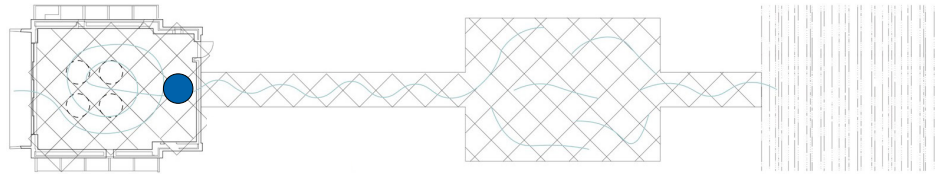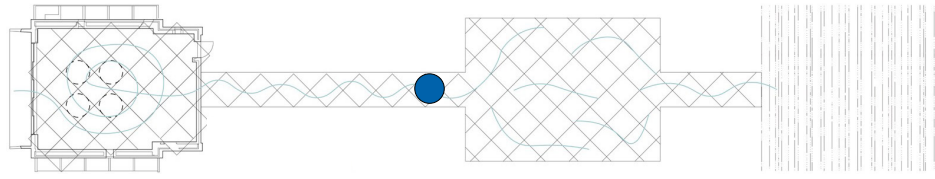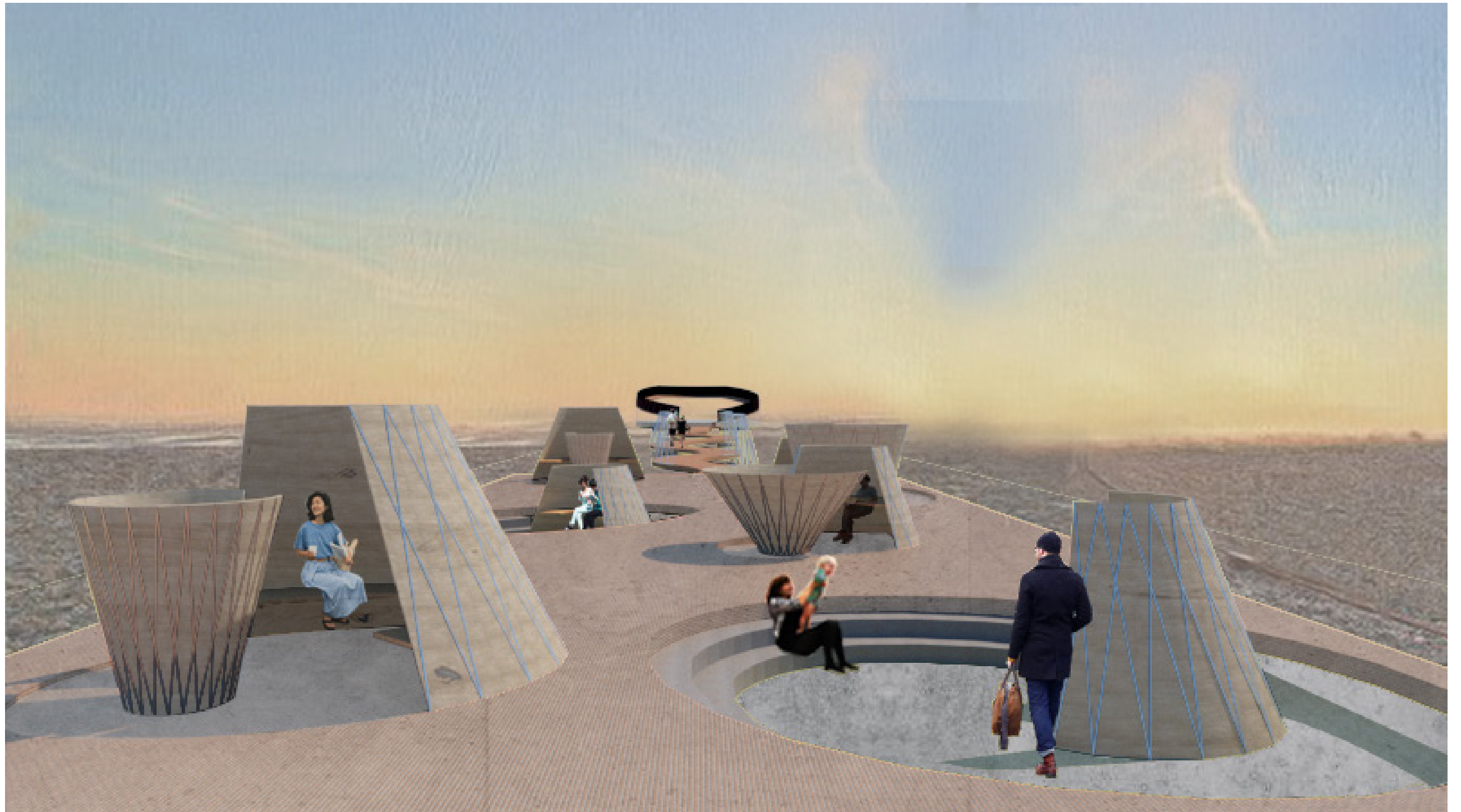
ENTRANCE

LOOKING

LOOKING-LISTENING
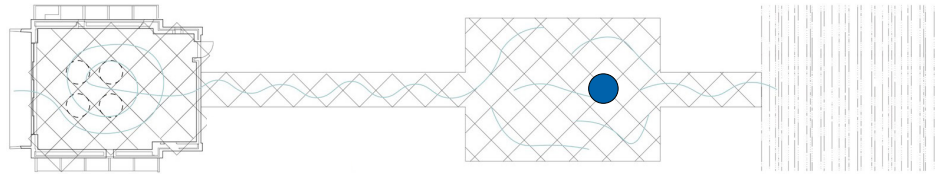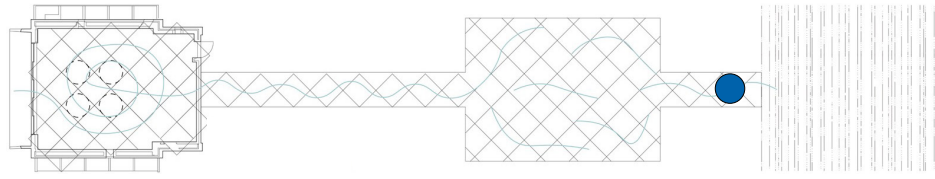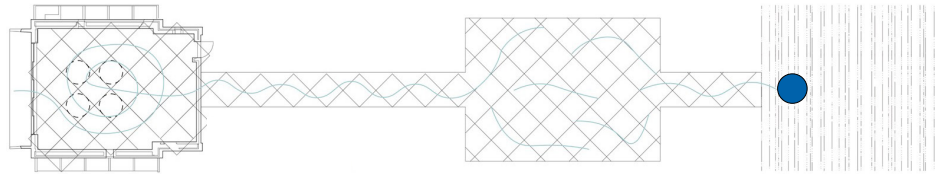
LISTENING
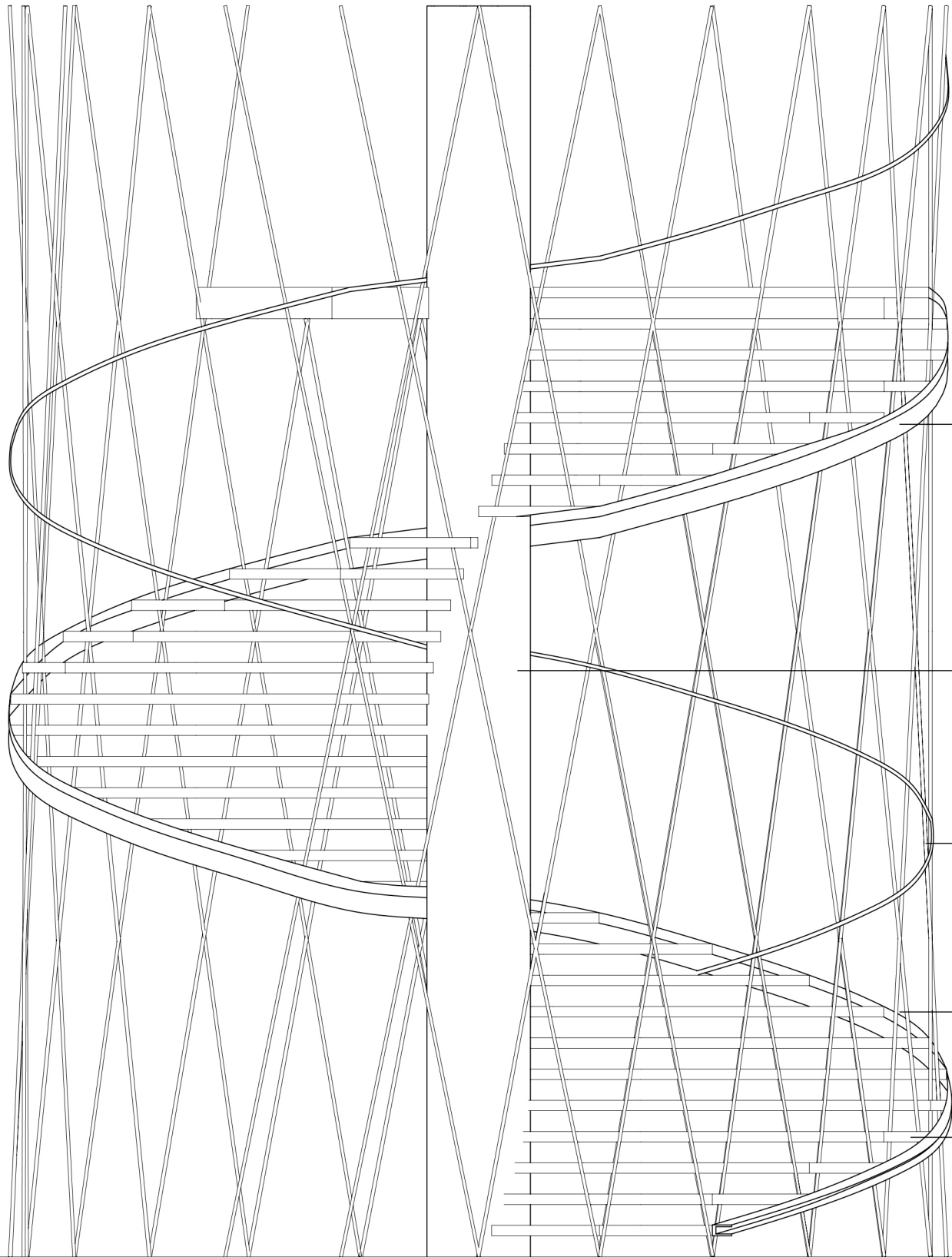
TOUCHING

SMELLING

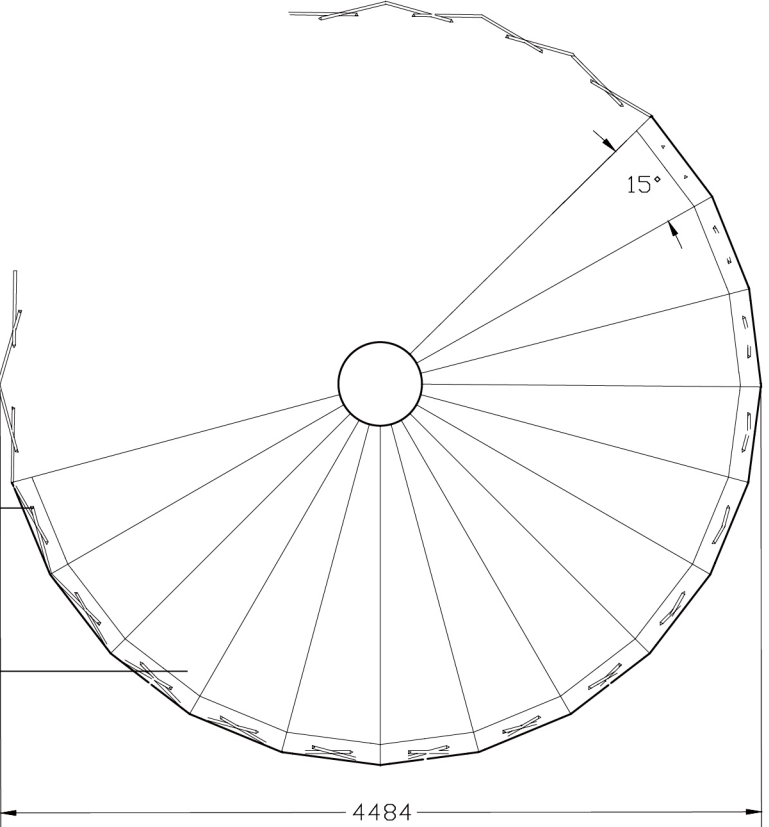# TASTING

DETAIL - LOOKING

Iron Sheets-Thickness: 50mm

Glass Column-Radius: 200mm

Stair Handrail-Iron Tube-Radius: 20mm

Triangular Prism-Side Length(Radius): 15mm

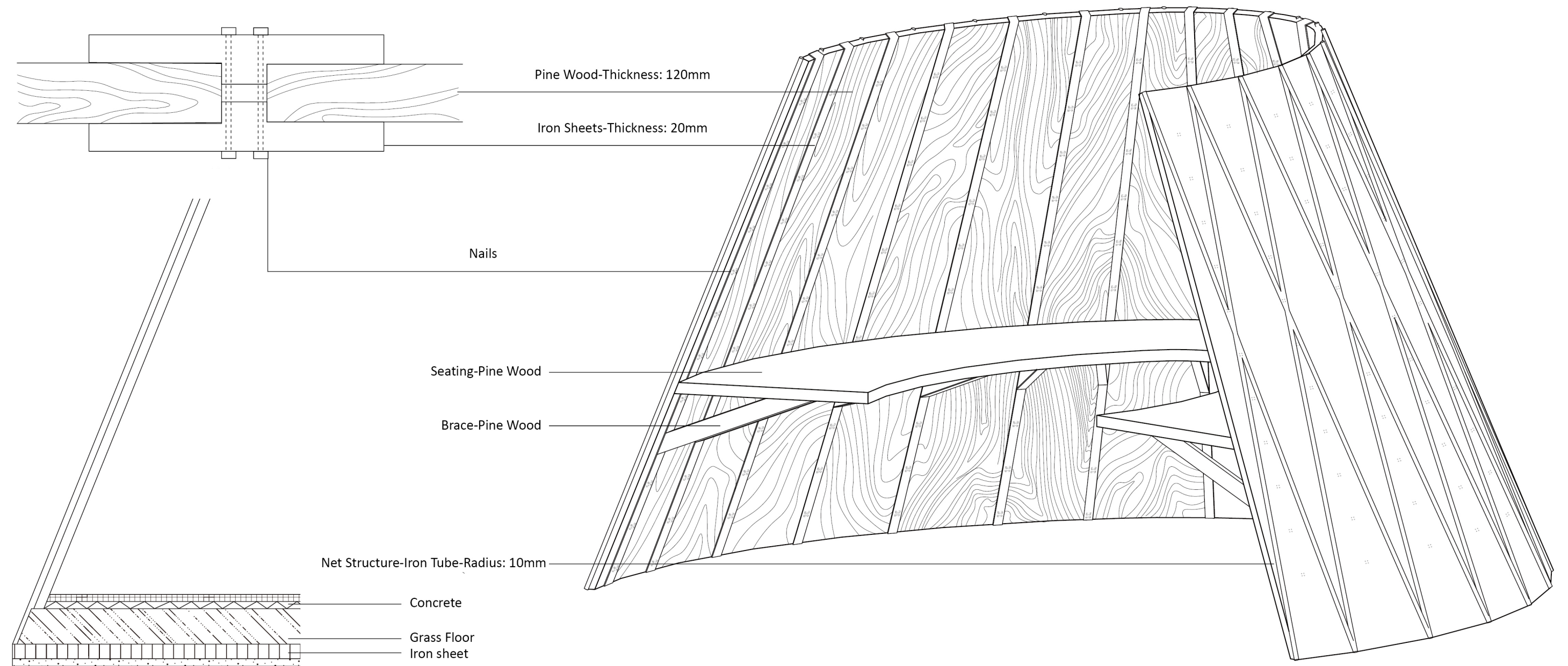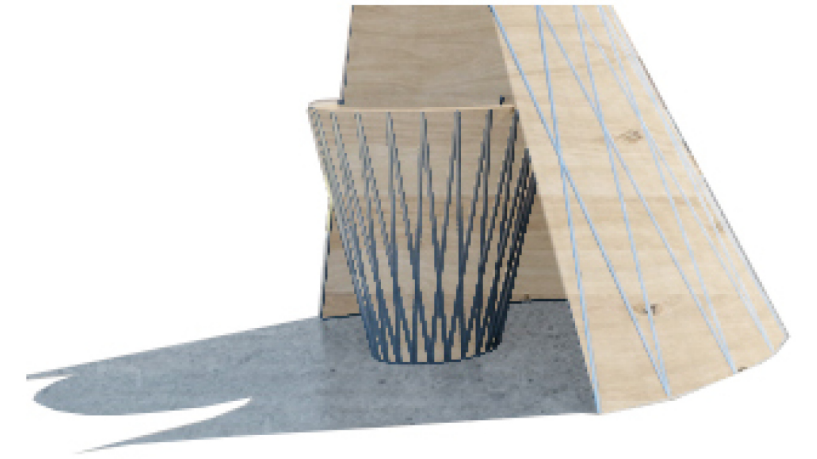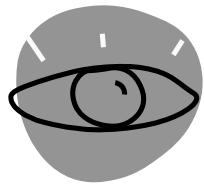Step-Glass Plate-Thickness: 50mm

15°

4484

DETAIL - TOUCHING

The Structure of Touch Seating

The structure of touch seating is composed of many inclined pine pieces connected by iron pieces, and the net structure is used to fix the ground.

Pine Wood-Thickness: 120mm

Iron Sheets-Thickness: 20mm

Nails

Seating-Pine Wood

Brace-Pine Wood

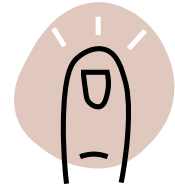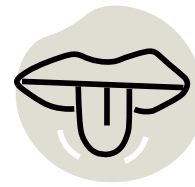Net Structure-Iron Tube-Radius: 10mm

Concrete

Grass Floor

Iron sheet

LOOKING   **LISTENING**   **TOUCHING**   **SMELLING**   **TASTEING**