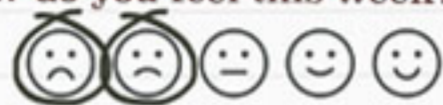


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January 2021.

how do you feel this week?



monday

- stressed.
- lonely.
- nothing.

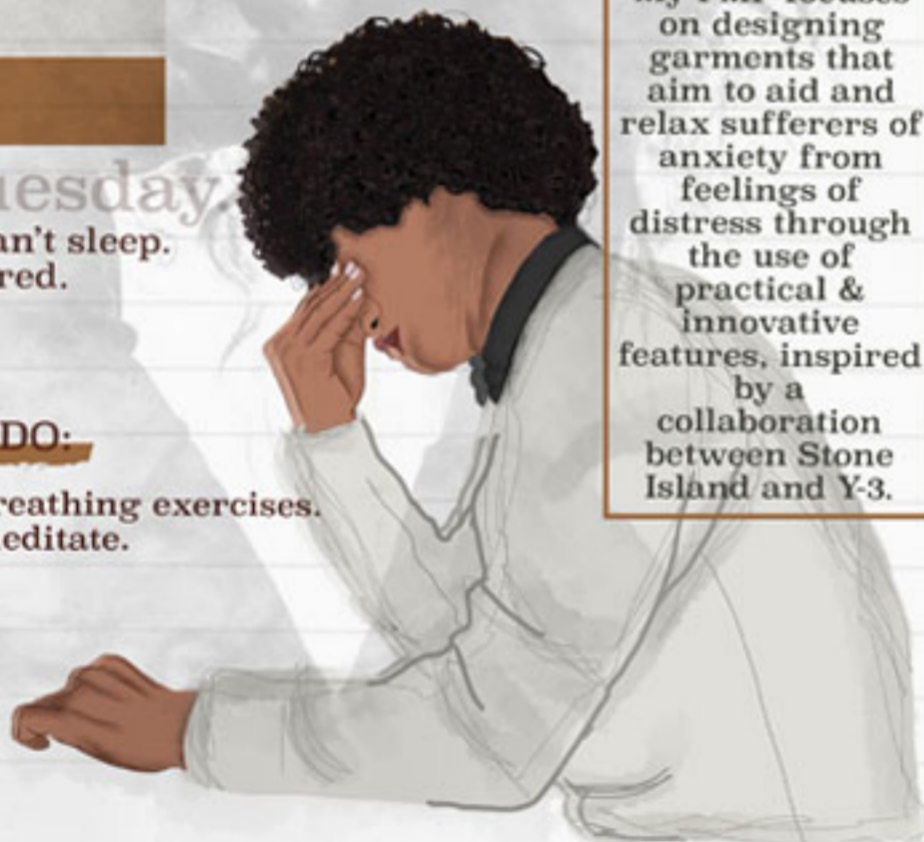


tuesday

- can't sleep.
- tired.

TO DO:

- breathing exercises.
- meditate.



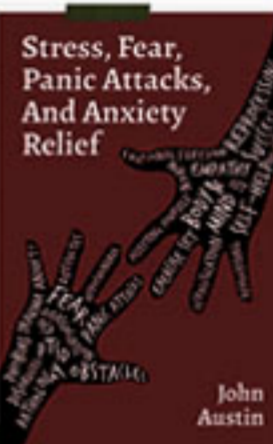
My FMP focuses on designing garments that aim to aid and relax sufferers of anxiety from feelings of distress through the use of practical & innovative features, inspired by a collaboration between Stone Island and Y-3.

panic attacks this week:

|||

concept.
BREATHE

wednesday.



TO DO:

- find aromatherapy scents to help me relax.
- read books that aid with anxiety.



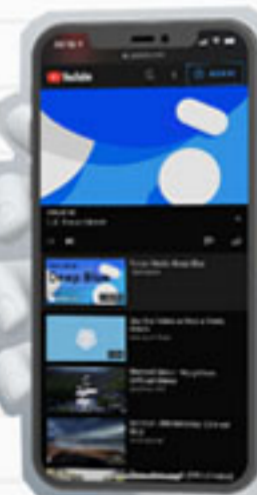
thursday.

TO DO:

- buy more fidget toys! (they help!)
- listen to relaxing music.



soft fabrics help relaxation



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31						

January 2021.

how do you feel this week?



stone island.

autumnal colours.

simplistic loungewear.



barbour.

minimalistic.



authentic.
symmetrical pockets

belstaff.

I also became inspired by Junn J's collections; his Spring 2020 menswear collection in particular. The oversized pockets as well as the variation in silhouette works well with my concept.



Symmetrical pockets



Detachable hood



Junn.J

Tightened waist



Fitted trousers



Flaps on seams



Baggy trousers



Symmetrical oversized square pockets

Pocket at the cuff



"The first is to work with formal, classical shapes. The other way is to be very casual. That's what I decided on, but I wanted a new kind of casual sportswear that could have the same status as formal clothing. So I use fabrics that are heavy-duty, like army fabrics, or just look heavy-duty, to give the kimono shape a new energy."

Yohji Yamamoto
The New York Times
(Duke, 1993).

combining womenswear and menswear together: large, loose-fitting garments, such as jackets with no traditional construction and a minimum of detail or buttons; dresses that often have a straight, simple shape, and large coats with sweeping oversized proportions.

The New York Times
(Duke, 1993).

inspiration / design.

Y-3

Mr. Yamamoto also continues to break new ground with his men's clothes. His men's spring collection, for example, has sports jackets, in navy or black, that are loose-fitting, with generous, rounded shoulders and gored backs. They are made of 90 percent cotton and 10 percent polyurethane and, as a result, have the stretch of running clothes. There are ankle-length classic trench coats, in tan or black cottons, with shoulders extended by tailoring, not padding. The trousers, some with elastic waists, are loose-fitting. And there are black cotton pullover shirts with zip collars. What strikes one about Mr. Yamamoto's men's clothes is that they would work as well on women.

The New York Times
(Duke, 1993).

market research.
BREATHE



Vintage Menswear: A Collection from the Vintage Showroom

Y-3

thursday.

diffusion between functional sportswear and unique design.

Yamamoto - 2014 Fall Collection



taking inspiration from Yamamoto's collections to look into anxiety sufferers' work for further design development.

REMEMBER:
BREATHE

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January 2021.

how do you feel this week?



Calming compression clothing for anxiety

In many cases when a person feels anxious or the onset of an anxiety attack, a simple hug can help them through it. At times when someone may not be nearby to provide a hug, it can become very difficult for the individual. In order to assist with delaying and sometimes avoiding the onset of an anxiety attack, calming compression clothing can be used.

Calming compression clothing provides a constant soft 'hug' for the wearer's body. Whether if it's an undergarment or socks, the individual can choose to wear it during the day as well at night.

I incorporated this 'hugging' and compressed clothing concept into my designs; by using toggle cord locks. I'm allowing the wearer to have the option between gaining that 'hugging' feel, or allowing some air between their skin and the garment.



Zipped tightening feature on trousers inspired by Barbour's outerwear piece (Own image from store visit)



Stone Island Archivio, Autunno Inver 2010.

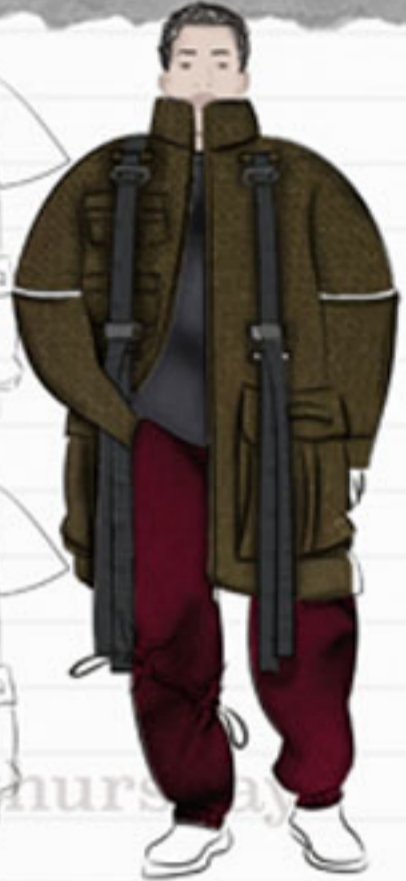


after further market research, Yohji Yamamoto's collections specifically caught my eye as it portrayed a sense of simplistic streetwear, whilst also including a unique style & components that draw the customer.

tightening features.

BREATHE

Y3 sportswear + tightening features.



both straps on the inside?

shape inspiration from: Vintage Menswear: A Collection from The Vintage Showroom.

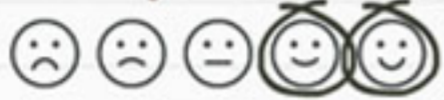
allows a more comfortable fit around the user



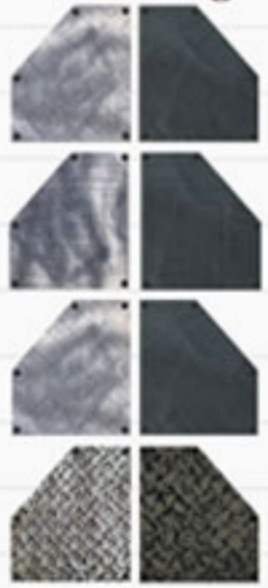
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January 2021.

how do you feel this week?



BREATHE fidgets.



straps sold separately according to size preference.

product range.
BREATHE



Monday.

wednesday

BREATHE

BREATHE

friday

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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28						

February 2021.

how do you feel this week?



shoot.
BREATHE



ALTERNATIVE VETERA