



“In 100 years, fashion will function as a coping mechanism adapting us to the psychosocial dynamic of the future. Visual communication will be resonated through color, integrated with emotional technology to promote mental health and healing” - Leo Qian

future resonance

Photography / Yi Ming Liu
Embodied Hood / Leo Qian



Enhance Montage /
Shibuya, Tokyo

Fashion designer Leo Qian creates inclusive designs of lucid experiences fluid from abstraction to embodiment. *Embodied Hood* simulates his vision of the future of fashion and his city. Inspired by blobjects, he sought to extend the healing and emotionally engaging qualities of form and color to the human body through clothing.

This garment is designed specifically for anyone with social anxiety disorder to ease stress and provide personal shelter in a public situation. Interactive functions of this blob shaped hoodie are informed by the body language of SAD including eye contact avoidance, fidgeting, and slouching. Pastel mint used in the physical design translates tranquility and an optimistic mood to enhance healing and alleviate anxiety. The oversized hood conceals the wearer's body posture and even their face. Drawstrings are featured through the hood and sleeves to provide a coping tactic for fidgeting impulses. The stuffed blob shape sewn onto the back provides weighted pressure effective for relieving symptoms.

In Downtown, someone standing amid a moving crowd is glowing in red, the color of anxiety. Their hood quickly extends into a cocoon as weighted pressure from the textile increases to shelter them inside a makeshift emotional sanctuary. The alerting glow has signalled people nearby to provide more personal space while a gentle color begins to diffuse through the entire street.

The alarming red gradually desaturates, transitioning into a soothing pale, pastel green. The people nearby react as the colors of their garments shift collectively to a similar hue and slowly approach that person. No longer anxious, that individual takes off their hood and looks up to exchange a subtle, empathetic glance of comfort with another.

This is Vancouver in 2121, a society of creative and peaceful coexistence rooted in a culture of emotional resonance communicated visually through color.

The intended design utilizes emotional technology to change the form, color, and weight of the garment, reflecting the emotions and mental wellness of the wearer. Qian believes that in the future of fashion, emotions will be spoken through garments while mental health informed design will be integral to future societies.

Color as a tool for expression and experience can inform with reactive or responsive qualities. A fascinating new way students at the RCA are applying color to reactive material research in health and fitness is the Bruise Suit. The design uses dyes that turn red on impact, enabling Paralympic athletes with reduced sensation to visualise and track body damages. As a form of visual

communication, this innovative creation exemplifies how color can signal response and react to the body emphasizing health.

Color is also emotionally engaging as it can evoke powerful responses both physical and personal in emotional reactions. When applied to promote mental wellbeing, color has healing capacities. Soft pastels and naturally derived colors have calm qualities that enhance mental wellness while gentle, mindful pales are associated with warmth, comfort, and desire for a balanced body and mind. Madhappy is a casual brand of positive optimism that uses color, for instance desaturated pastels for restful happiness, throughout their product range and communication to encourage a positive message for mental health. Our psychological responses to color demonstrate its restorative qualities and essence of being a universal language and form of visual expression.

A new generation of technology that is emotionally intelligent connects to users on an emotional level and responds to their fluctuating feelings and moods. Emotional AI utilizes affective computing to sense,



measure, understand, and react to human emotions from facial expression, tone of voice, and biometric data. Wearables can gather biometric data like skin temperature, respiration, muscle, and brain activity for emotional sensing and psycho-physical health regulation. The emergence of such empathetic technology shows potential to be adapted into intuitive and transformative garments that engage and monitor our health with wellbeing.

A utopian future of emotional culture and shared feelings communicated through color. Despite how avant-garde or perhaps surreal this may seem, innovations of today hint that such a world is very much viable. When technology is paired with empathetic design, the transformative outcomes that improve living and life quality are endless and exciting. For some, such technological advances may be terrifying, but with good design, a coping mechanism will always be present. Just like how objects engaged users to the radical iMac G3, fashion will function to adapt us to the future.



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