Dare to Daydream

A creative exploration of inner sustainability in relation to childhood- and adulthood norms and how it can benefit mental wellbeing

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Abstract

The purpose of this project is to explore the concept of inside-out change and inner sustainability in the context of societal norms through the process of how they change from childhood into adulthood. What are they and how do they affect our wellbeing and quality of life?

To challenge the societal norms and become aware of its negative effects on the individual and collective, we need to allow ourselves space to acknowledge the importance of our inner life. The design aims to create a physical (and psychological) space with the help of video art and design, where the audience is given time for the mind to wander, to hopefully inspire and motivate for improved inner sustainability and change from the inside-out.

Key words

Inner sustainability, inside-out change, societal norms, adulthood, childhood, mental health awareness, creativity, imagination, wellbeing.

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Thank you to my peers and collaborators, for being brave and supportive throughout, and for sharing your experiences and reflections with me. This project is a result of your selflessness and openness. Your willingness to share shows the importance that the topic of inner sustainability holds.
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Introduction

How can awareness of inner sustainability benefit the individual and inspire for change in society as a whole?

Societal norms form us in unconscious ways throughout our lives and even if they serve as a structure for our society to function, it can also have stressful, negative impacts on our mental health. Often, norms create unnecessary pressure on how we should be, how we should act and what we should value in life and is often dictated by what the majority of the people in a community perceive as normal. If not met, norms can cause unnecessary damage to minorities or people who cannot meet the perceived norms. Norms are taught from when we are young and continue to develop as we age. But how do they affect us? How do norms of childhood differ from norms of adulthood and how does it impact the individual? Can these changes of norms be a reason for decreased wellbeing?

Is inner sustainability the key to create long-lasting change to external challenges of the world and where do we find space to acknowledge our inner world, with the help of design?

With a curiosity about inside-out change as a steppingstone, this project is both a collaborative- and personal exploration of norms, mental wellbeing, and inner sustainability. It explores change from an inside-out perspective where our wellbeing is central for long-lasting change in the world. We have seen external global issues increase as the world develops, but even though the problems are major and the discussion on how to navigate real change to improve the state of the world, nothing really changes. Not fast enough. With this project, I want to raise awareness of our own individual wellbeing, in an attempt to acknowledge the importance of our inner lives as a agent of change. If we learn to look inwards, to recognize what truly inspires us and make us feel good and alive in our human nature, we can decrease harm, stress and negative impact and make real change.

Through collaboration, this design project aims to highlight societal norms, collective and individual behaviours, and structures to create a response for improved inner sustainability.
Context

- Practices

This project is a result of my initial inspiration by the work of multimedia artist Shayna Klee, who free-spiritedly works with both digital and analogue medias. Her style is childlike, playful and free in expression. She works a lot with sculpture paintings and mixes materials and textures for her pieces. The expression is colorful and bright, but usually deepens into something bigger, such as emotions and vulnerability (Figure 1). She also creates moving images and performance art, and a lot of her work implement focus on improvement of self and mental health through inner work and affirmations. Her work evoked questions and curiosity within me, about what norms there are surrounding what art is, but also how we choose to express ourselves in relations to the norms of childhood and adulthood. Her work is challenging those norms in a balanced, not too obvious way, but still makes you react. She also video records her process online which consists of the key words I’m reaching for within my work, which is no judgement of one self’s thoughts and ideas, going with your instinct and let curiosity lead. I appreciate her balance of aesthetic with the meaning of her work. There is a contrast which I think works very well to challenge norms and judgement and that is something I’m looking to explore within my individual project. Breaking away from norms, or just the work of mental health mixed with a child-like approach is powerful and interesting. What can this approach and aesthetic communicate?

Figure 1: Shayna Klee

As this project is an exploration of inner sustainability that starts within each individual and their inner world in relation to external change, I investigated artists and designers that would focus on some sort of experience-related practice. The international art collective teamLab has been an inspiration. They describe their art as a collaborative practice that seeks to navigate the confluence of art, science, technology, and the natural world. Through art, the
interdisciplinary group aims to explore the relationship between the self and the world, and new forms of perception. Further, they say: In order to understand the world around them, people separate it into independent entities with perceived boundaries between them. teamLab seeks to transcend these boundaries in our perceptions of the world, of the relationship between the self and the world, and of the continuity of time. Everything exists in a long, fragile yet miraculous, borderless continuity (teamLab).

Figure 2: teamLab exhibition *Proliferating Immense Life*

They use different technology, design, and art practices to create beautiful installations people can emerge themselves in, with the people and the world in mind. I believe their practices work well within the framework of this project and the way they use art and design to inspire and transform a space is incredibly effective to inspire people and to make them get their own interpretation and experience out of the exhibition (Figure 2).

As the process of the project progresses, the importance of feelings, emotions and experiences become clearer to me. The realization of the senses to connect to the self and evoke some sort of change within, to build inspiration and curiosity to move forward is important. The work of Swiss visual video artist Pipilotti Rist is inspirational for the visual exploration of this project. Her work is often described as abstract, surreal and intimate, using video as the main component to transform white art gallery spaces into visual experiences. The viewers are encouraged to sit and lounge in the space (Figure 3), which creates a contrast to the stiffer ways to interact with art at a gallery or museum. This is something I think is norm-breaking within itself and something I would like to explore, too, with this project. Rist also mentions in an interview at ACCA, The Australian Centre for Contemporary Art at her exhibition “I Packed The Postcard in My Suitcase” that video as a format is for her, not what it is usually used for in capture moments of reality of what the eye sees, but rather create an inner life and
come closer to what she feels (ACCA 2012). Which is what I am exploring within this project.

Working with video to create fantasy and visual worlds inspire my own work as a tool to create a space and time for connection to oneself and the inner world. I see this format as an explorative expression of the result of the project workshops, where I can incorporate both the thoughts of the participants, but also the visual results and information it gave me, as well as my own exploration. I believe the format can be used to create a communicative space of the senses, and hopefully give the audience a chance to let the visuals create a reaction or evoke any type of feelings within.

For me as a creator/designer/artist to make relevant work within this project, I am positioning myself as a starting point for the project, challenging myself to be a central piece of the exploration and documentation and to also invite others to participate within the collaboration in a workshop format.

The aim is to create a change in our current unwanted behaviors surrounding ourselves, to find healing, acceptance, and a sense of peace for ourselves. To realize an awareness of eventual blockages created by societal norms and open up for self-exploration to enhance creativity and how we express ourselves. Inner sustainability, together with social awareness and acceptance create a strong foundation for other aspects of sustainability and change in the world. Cultivating our inner life and developing and deepening our relationship to our thoughts, feelings and body help us be present, intentional, and non-reactive when we face complexity in other areas (Inner development goals 2021).
Theoretical framework

- Inner sustainability and inside-out change

“I used to think the top environmental problems were biodiversity loss, ecosystem collapse and climate change. I thought with 30 years of good science we could address those problems. But I was wrong. The top environmental problems are selfishness, greed and apathy... And to deal with these we need a spiritual and cultural transformation” - James Gustave Speth (Ives et al. 2019)

The topic of inside-out change and sustainability can, to some degree, be a taboo in the context of research. Our inner worlds are not widely discussed within scholarly contexts and are more tied to spirituality and alternative practices (Ives et al. 2019). It was important for me to explore the topic through existing research to be able to further develop the creative exploration and to base it in existing theoretical work.

The reports discuss the gap (or lack) of inner sustainability to stop external global challenges and environmental damage. How a more widespread understanding of the benefits of inner sustainability could be a way for long-lasting improvement and change in the world.

“Sustainability has moved from a buzzword to a mainstay concept in nearly all areas of society. However, despite the prominence of sustainability as a concept, planetary trajectories remain deeply unsustainable (e.g. WWF 2016)”

The vast majority of the science on sustainability focus on the external world of ecosystems, social structures, economics and governance dynamics of the world. In doing so, a critical dimension of our reality is being neglected: the very important aspect of our individual inner lives. Our inner worlds, such as our thoughts, emotions, identities and beliefs, are the root of sustainability. They are fundamental to the solutions to some of the world’s greatest challenges. (Ives et al. 2019)

In the report “Inner transformation to sustainability as a deep leverage point” the authors argue that a common denominator is that inner transformation relates to exploring and addressing people’s inner dimensions and their relation to sustainability to support individual, collective and systems change. It is important to acknowledge the exploration of the individual inner world, to get familiar with and to consider the crucial aspects and layers of change to get a better grasp of the inner sustainability and transformation. These are values, personal and spiritual growth by way of empathy, compassion and/or connectedness, behaviour patterns and attitudes. These concepts are also to be considered from a diversity aspect, both disciplinary and cultural (Woiwode et al 2021). Fundamental change towards sustainability can only succeed through transformation processes that also address inner dimensions at personal and collective levels.
If we only consider external solutions to these external challenges (like climate change, resource exploitation and biodiversity loss) we fail to identify effective solutions that begin within. We are all part of this current state of the world, and the sustainability crisis extends from planetary systems to the heart and soul of every human being. Our inner lives underpin external change and therefore some aspects of change in the world must occur from the inside-out within the reality and social environment in which we live (Ives et al 2019). With this they mention the importance of not separating ourselves from the challenges we face, by taking our inner worlds seriously, doesn’t mean we turn our back on reality by escapism. But to acknowledge our inner life and wellbeing to promote and reflect positive change that are before us.

- **Social norms and mental health**

Social norms are perceived informal and often unwritten rules that define appropriate and acceptable actions within a certain community or group, guiding our human behaviours. They mainly consist of what we do and what we believe others to expect from us and approve of. Social norms are often an interplay between expectations, behaviour, and beliefs and can have both harmful and beneficial consequences for people’s wellbeing and are central to how social order is maintained in society. They help societies to function by collective behaviours but can at times be harmful towards both individuals and communities and reinforce inequalities when they cannot be maintained or socially followed (Unicef 2021).

Our society has never been more developed as it is now, we are healthier than ever, we live longer and more abundant lives than ever before. Yet, more and more people suffer from mental illness. The World Health Organization estimates that 264 million people in the world has an anxiety disorder, and that 280 million people suffers from depression (WHO 2017). In Sweden, one in eighth of all adults are prescribed anti-depressive medication and an estimated fear is that depression will become a bigger global health issue than any other illness. Not only is stress-related mental illness increasing in the world, but people’s first encounters with these struggles also happen at a much younger age now than before. The main problem being the high pressure of productivity together with a social life in a fast-paced environment. Because of these norms and social pressures, many adults and young adults experience negative effects on their mental health long-term (Brehme et al 2020).

Even if the social norms help society to function, it tricks us to try to fit into a system many of us may not feel is helpful or very fulfilling. Even if we are all similar in many ways, each of us are individuals, with individual wants and needs. The importance of conformity within societal structures are important, but so is following those individual needs. Mental illness is created when your needs are not met and forcing people to conform to norms that do not benefit them can be detrimental to one’s wellbeing, leading to depression, anxiety, and increased stress (Clarity Clinic 2021).
Design method and process

In this project I have explored the topic of inner child work, societal norms, and inner sustainability. The design project is my own response and interpretation to this entire exploitative design process. Therefore, the methods are part of the design and cannot be separated from the process. Through research on the different topics, the main methods, and practices I have investigated for the projects are collaborative in the format of a workshop. The results of the workshop then led me to my own reflection and creative exploration based on what we had experienced together, which is the result of the design.

- Workshop

As a qualitative method for this project, I have collaborated with my peers in the format of discussions and workshops on the topic of childhood and adulthood norms and how it affects us. The aim is to get a collective understanding for shared experiences within the topic, and by that raise awareness on the unconscious ways we are affected negatively by these norms. This awareness could then be a reminder for inspired change.

Figure 4: Workshop 1

The first part of the workshop were a discussion and mapping of what the participants’ own perceptions of the norms were. What did they believe to be childhood versus adulthood norms, in their own lives and generally in society (Figure 4). The result varied depending on the person, with both negative and positive associations and discussions mainly focused on pressures from society on how to act and what to do once you become an adult. How rejection of anything considered childish is apparent and very much present in how we generally are expected to live our lives. Childhood norms were met with both openness in expression and actions, such as being allowed to freely play, explore, and express creativity, but also more restricting and negative aspects of social norms, to learn to behave more adult-like and adapt
to societal structures. The results also differed depending on cultural background and upbringing, however, in the bigger picture the similarities were clear and prominent.

When talking about feelings surrounding the norms and experiences, most participants expressed both a stress in needing to fit in to adulthood norms and still “feeling like a child”, many missed the creativity and expression of childhood and how they were more in the moment. Feeling more allowed to listen to their intuition and own wants and needs.

The second part of the workshop were more individually focused. The creative aspect of the workshop and collaboration worked as a tool for reflection of one self’s own feelings and associations to the norms. The participants were asked to first make a portrait of themselves on how they view themselves right now in their lives as adults and reflect on how it made them feel, or any other thoughts that came up while making the portrait. This was then repeated, but with childhood norms in mind (Figure 5).

The two different groups of results of the exercise (first and second drawings) were high in contrast, both in colors, style, and thoughts (Figure 6), which made it clear these norms are a more widespread issue than first anticipated, especially in this age range. The individual drawings were surprisingly similar, without any discussion prior, this was the initial first part of the workshop. This opened for great conversations.

The contrast in images, and the thoughts on how it affected them, both while drawing and the discussion afterwards, showed how deeply rooted and collective these norms are. We shared similar experiences in feelings of stress, not being good enough to meet expectations of productivity and lack of fulfilling and creative ways to express ourselves. It was clear the childhood norm inspired drawings evoked feelings of hope, inspiration, and freedom of expressions, rooted in a sense of connection to the self, inner stillness and creative ideas. Words like imagination, daydreaming, going with the flow and feeling in the moment were
often mentioned and inspired action was highlighted as a possible result of continuous awareness and acknowledgement for the inner sustainability and wellbeing.

Figure 6: Closeups of drawings from workshop 2

- Visual response and exploration

To bring this all together, I felt the need to make a design response inspired by the process itself. The many discussions and findings during the workshop, together with the visual- and academic research made it clear for me as a designer and artist, I needed to make my own interpretation to this topic. The project is inspired and based on many different concepts, but together, they formed something new.

The discussions made it clear that the societal structure we live in as adults, are not very mindful of aimless creativity and time and space to explore that side within us. The word daydreaming was present throughout the different steps of the process and was mentioned as something we missed in our everyday life. It sparks joy, imagination, and inspiration for many aspects of our daily lives and was seen as something beneficial for mental wellbeing and joy. It positively affected our lives and made work, chores, and responsibilities easier to
overcome, due to better mental wellbeing. Allowing ourselves to daydream and be creative was what stood out the most during the process of the project, both in the workshop and discussions in relation to the different norms.

What was missing? Both the acceptance of self in regard to daydreaming, and a space where this could be highlighted and inspired. I wanted to create a designed artistic response to what daydreaming could be, with the help of a multimedia projection to visually represent both the mind that wanders, but also recognizable imagery of nature and sounds to help the viewer become immersed in the video projection (figure 7). The video itself also acts as a self-exploration of my own creativity and acceptance of allowing myself to mindlessly create without judgement, to go with the flow of my intuition with the aim to also trust my own competence of use of sound, tempo and visuals to create emotion or thoughts. The video is both well thought out in details, but also highlights contrasts in the medias.

For the format, I experimented with how the audience would consume the visuals. It felt clear to me as a designer to put the viewer in position where relaxation and rest felt natural. By laying down to view the projection, the immersive aspect became more prominent and together with the perspective of the images, the audience become part of the design looking up (figure 7).

![Image of installation](image.png)

**Figure 7**: Installation of the work in its intended format

The video projection is divided into different segments of daydreams (figure 8) but is edited in a seamless way to make the transitions as unnoticeable and undisruptive as possible. It was
important to me that the viewer wasn’t disturbed in their experience, but present and kept interested throughout, therefore I have tried to eliminate any possible unnecessary distractions and tried to balance active graphic elements of sounds and animation within the video with the more still and calming elements of music and nature. It has been an exploration of attention and curiosity together with stillness.

To visually represent the mind, and creativity, I have worked with the reality of nature and images together with color distortion. Many of the statements from the discussions and workshop mentioned color as something more accepted within the childhood norms and something they missed as adults. To incorporate color was therefore a clear choice to evoke imagination and joy for the daydream video projection. It gives the result a more dream-like approach to the reality of the imagery, to mimic the mind.

![Figure 8: Various screen grabs from video](image-url)
Discussion

- Contextualization

I invited students of the +Change program to participate in the contextualization of the project, to experience the work and reflect on the topic of inner sustainability and its importance for change. Since we are part of a program where the awareness of change is highlighted, I believe the effect of the work was appreciated and the topic brought new revelations of what sustainability is and can be. How we often dismiss our own inner life in conversations on sustainability and change. Inside-out change and awareness of our own wellbeing is needed for persistent growth and development in the world.

Since the work is meant for all types of people, I also held the installation open for the public, as a drop-in during two days of the contextualisation. The work was exhibited at the Project Space, an art exhibition space located in the city centre of Kalmar. The space was chosen because of its central location, for the possibility to attract people walking by. I invited people on the street to take part of the work and a few people participated. As anticipated, people’s reactions to the invitations varied, but by starting conversations surrounding what I was doing and explaining my project, some felt intrigued to explore the work. The conversations afterwards were kept rather short, but detailed and because of the curiosity of the participants, the reactions were positive. It opened up for reactions and conversations of how imagination is something they might not prioritize in our everyday life, but that the installation gave them a reminder of how present and alive their imagination made them feel, which was a pleasant result of what a space like this can bring to others. Many experienced joy in the form of nostalgia from childhood, which brought them new energy and a reminder of not taking everything in life so serious. The relaxation in combination with the nostalgic feelings of imagination left a positive impact on the participants.

During my process of this project, I quickly came to understand that a big part of this exploration and topic has been the collaboration. To contextualize the project, I have involved my peers through discussions and workshops to bring awareness to the complexity of societal norms and how we are affected by them. Their impact on my project has been of great importance for the exploration and process of this topic of inner sustainability. I soon realized that the collective relatability and understanding of our inner lives and wellbeing is a huge part of how inner sustainability can be beneficial for change. How awareness of how our reality and experience of our wellbeing reflect our perception of the world. How change happen from within, inside and out. It was clear from the beginning, how the discussions of these topics, both individually and collectively, are important to raise, since the subjects of inner sustainability and health are universally experienced, but rarely talked about openly. By sharing and being recognized in our emotions, we can help to identify and collectively become aware of ways for positive change, which in turn can inspire sustainable solutions in other external areas of the world, too. It became apparent that safe spaces for community and recognition was of great importance and because of the discussions, people left the workshop...
feeling better inside and inspired to bring this further within their own lives. The discussions also gave us an understanding for what was missing in our everyday lives. How could we bring awareness to our needs for relaxation and imagination, to allow ourselves to take time for stillness and daydreaming, when there was no such space?

This is what the context of my project aims to create. I wanted to contextualize my visual design in a space created for the experience of daydreaming and creativity. It was important to me to take the conclusions of the collaboration and visually interpret it in a way to be shared with more people. I wanted the audience to allow themselves to relax, both body and mind and to feel immersed in the experience. As previously mentioned, the problem to solve was not necessarily to push the willingness to acknowledge individuals’ inner life and improvement of mental health, but how and where to get in contact with those thoughts and feelings. The space created is meant to inspire and awaken our inner creativity and need for change, to remind ourselves of our imagination and joy to embrace our own creativity, playfulness, and inner wellbeing. To give oneself the time to destress and explore the mind.

The installation is built for the viewer. To create the relaxation needed, the viewer is invited to lay down comfortably on the pillows, viewing the projection which is placed above them (figure 9). The sheet together with the textiles and pillows are meant to create a soft and relaxing impression, and by laying down, the experience of the typical art space, is erased. The idea is to let the body stay still, to really allow yourself to take the time needed for your mind to wander. The projection is created in a loop, which also gives the viewer unlimited time to decide how long they want to stay in the daydream experience.

Figure 9: Participants viewing the projection
To further contextualize the installation, I felt it was needed for the audience and participants, to take their time afterwards to process and reflect on their initial experience, thoughts, and emotions. It would give the viewer a chance to realize what it had given them, and to sit with it before moving on with their day. Since we consume a lot of media in our everyday lives, it is easy to dismiss information and impressions. By just leaving the room and installation, reflections of the experience could be lost. The viewers were given a chance to sit down and individually write down their thoughts, as well as discuss with others if wanted. This hopefully inspire further discussions and could spread the awareness of the importance of inner sustainability outside this space.

Individual reflection afterwards was mostly preferred by the participants. I had prepared a document of reflective questions to guide the participants in their reflection (figure 10).

It was a helpful way to go within, and then open for conversation together. It was especially important to hear the thoughts on how they experience imagination in their everyday lives, and if this experience had given them any insights. It was clear that having to think about when imagination and daydreaming occurred gave them awareness of the benefits as well. Insights like being reminded to take active breaks for relaxation and inner wellbeing, as well as that adulthood can be creative and free from judgement of self, is of great value.

**Figure 10**: Examples of contextualization reflection by participants
- **Conclusion**

I started this project with a rather individualistic approach, out of curiosity of wanting to explore how social- and societal norms can affect our mental wellbeing. How we collectively, as adults, live our lives today in a way that might not be beneficial to our mental health. Was I alone in my experiences of negative effects to societal expectations? I wanted to explore what these expectations and norms really were and if others felt similarly. They did. These norms of high paced demands of productivity and expectations on how to live our lives within the societal structure can cause damage to our inner lives and result in stress, judgement of self and feelings of not being good enough. This is not a sustainable way to live and the lack of awareness of inner sustainability both internally within the individual, and externally in the world, translates into missed opportunities for long-lasting change.

My research questions for this project were to explore how inner sustainability can benefit the individual and inspire for change in the world, if inner sustainability is the key to long-lasting change and explore where we can find space to acknowledge our inner world, with the help of design. By exploring this topic together with the concept of inside-out change and inner sustainability, what I have discovered through this project can be summarized into five main takeaways:

- Listening inwards and becoming aware of how societal norms affect us can inspire action for change.

- Allowing ourselves space and time for relaxation, imagination and daydreaming increase wellbeing and positive change in our everyday lives.

- Inner sustainability is an important aspect of other external change. It all starts within.

- Inner sustainability grows when shared with others.

- Design can help create space for change.

These takeaways go hand in hand with each other, the layers of a sense of community, relatability to others and feeling heard, are key aspects of improved mental wellbeing. This, together with a deeper understanding for your own thoughts and feelings and how they affect you, as well as an awareness of the societal structure and norms we live by and how they form us, is a crucial start for improved inner sustainability. When we acknowledge this, and allow ourselves to meet our needs and wants, it translates into clarity and inspiration for continuous change. If we feel good on the inside, if we feel inspired and creative, we have the power to stand firm and active in the changes we want, and to further develop lasting change, from the
inside-out. Something as simple as to letting your mind wander, can, over time, have a huge positive impact for sustainability.

This project also made my role as a change agent and designer very clear for me, as I was not observing from the outside, but became part of the exploration. To use design as a tool for change, not only through sharing my own experiences with others, but that what we create as visual communicators can make real impact and help others become aware of important topics. Creating a designed space for people to embrace and allow themselves to take time to acknowledge their inner world through daydreaming and imagination works as a steppingstone for continuous awareness of one’s own thoughts, feelings and emotions, and enables creativity, playfulness, and feeling grounded within oneself. The space could work as its separate instalment and be further explored through alternative placements to make it exposed and accessible to a wider audience to spread the message. I think it would be beneficial as an interactive experience design for the public. However, it is important to note that the project is inspired through the different stages of the process, both the collaboration and workshop results, but also the findings on inner sustainability and the final visual designed space and projection. They are intertwined. An understanding for the process works as a topic of sharing and community, which is of great importance to erase the negative effects of the societal norms and structure that inspired this project.

By conducting this project, I aim to open for acknowledgement and reflection around the topic of inner sustainability and awareness of one self’s inner life, to take new and alternative steps towards change. We need to bring back the attention to ourselves and realize the importance of how our wellbeing not only can benefit the individual’s overall health, but the core of improved awareness and wellbeing can be a foundation for inspired action of external change as well. In a world where we have lost contact with ourselves, inner sustainability is an important perspective to raise in discussion to see long-lasting change in the world.
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Internet links

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List of figures

Figure 1. Pictures of Shayna Klee and her work. Shayna Klee. https://www.instagram.com/_purple_palace/
**Figure 2.** *Proliferating Immense Life.* teamLab, 2020, Interactive Digital Installation, Sound: Hideaki Takahashi. [https://www.teamlab.art/w/proliferating_immense_life/kumuartmuseum/](https://www.teamlab.art/w/proliferating_immense_life/kumuartmuseum/)

**Figure 3.** Pipilotto Rist installations 4th floor to mildness” and “Pour your body out. 2008, via MoMA, New York. [https://www.moma.org/calendar/exhibitions/307](https://www.moma.org/calendar/exhibitions/307)

**Figure 4.** Elements of Workshop 1, including mapping our norms of childhood and adulthood. Photographs taken by me. 2023. Kalmar.

**Figure 5.** Elements of Workshop 2, including creatively illustrating individual norms of childhood and adulthood. Photographs taken by me. 2023. Kalmar.

**Figure 6.** Closeups of results from Workshop 2. Drawings. Photographs taken by me. 2023. Kalmar.

**Figure 7.** Pictures of installation. Taken by me. 2023. Kalmar.

**Figure 8.** Various screen grabs from final video projection. Videos from Stocksy (free to use) and taken by me. 2023. Kalmar. [https://www.stocksy.com/](https://www.stocksy.com/)

**Figure 9:** Participants viewing the projection. Taken by me. 2023. Kalmar.

**Figure 10:** Examples of filled in contextualization reflection documents by participants. Taken by me. 2023. Kalmar.

**Appendix**

Workshop 1:
Examples of questions during discussions:

- What is childhood vs. adult to you?
- Are there any norms or expectations that you feel are important to keep in mind during discussions?
- How does the practice make you feel?
- What are your experiences with this?
- How can we incorporate this realistically into our lives?
- How do you react when you hear something that you don’t agree with or that you think is incorrect?
- What happens if we act more genuinely, spontaneously, and open to feedback?