

# Research on Stationery Design from the Perspective of Art Healing

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## Abstract:

Taking art therapy as the background, this paper discusses the impact of stationery on emotions. Based on this, this article is based on specific cognitive theories in psychology, with the aim of finding specific artistic healing characteristics. With action and feeling as the link, through the analysis of stationery design, the application of Emotionality information in design is proposed.

## Keywords:

Artistic Healing, Emotional Information, Stationery Design

## 1. Introduction

With the increase of social pressure, more people are experiencing emotional problems such as anxiety and depression. However, in the absence of proactive and efficient guidance, individuals' negative emotions will continue to accumulate in society. Therefore, this article takes art healing as the starting point and explores how to apply the concept of art healing to optimize the design of stationery. [1]

## 2. Art healing

### 2.1. Background of Art Healing Theory

Wilbert M. Gessler's "Healing Space" believes that healing should include multiple levels such as physiology, psychology, emotions, and social interaction. It is a process of releasing stress, resting, and recovering, thereby improving overall physical fitness. Therefore, artistic healing can be seen as a way for the experiential to change their negative emotions through a new cognitive approach. The concept of cognition is not just a functional explanation of abstract logic, but rather focuses more on individual cognition, especially the narrative activities carried out by media such as devices and stationery mentioned in contemporary art concepts, to regulate one's own state.

### 2.2. The embodied characteristics of artistic healing

The art healing effect is based on the processing and interpretation of emotional information by the human body. Therefore, the state of physical activity directly

affects the emotional experience and cognition of healing treatment, especially the changes in emotional information.

Art therapy is a comprehensive system that cannot be separated from the support of environmental factors. The acquisition of Emotionality information requires the interaction between people and the environment. So, when thinking about how to deal with these problems, it is necessary to integrate various factors of these problems themselves to form a comprehensive system. This system is open to the human body and can accept input and output of emotional information. The interaction between the human body and the environment is of great significance when new factors change in the environmental system. By adjusting the connotation of emotional information, people have gained a new understanding of emotional information.

Throughout the entire process of artistic healing, sensory factors play a crucial role, that is, only on the basis of physical experience can emotional information be obtained. Experience is not just a reflection of individual emotional information, but rather an individual's cognition and processing of emotional information content. The somatosensory system can provide appropriate feedback on the structure and relationships of the situation, thereby guiding the interaction between the body and the object, stimulating individuals' reflection on emotional information, and improving the therapeutic effect.

### **3. Analysis of Emotional Information Stationery Design Strategies**

#### **3.1. Overall strategy**

Stationery is a tool for conveying emotional information, which contains elements of movement and sensation, which are crucial for achieving healing effects. Individuals transmit emotional information at the behavioral and sensory levels, which can have an impact on the state of the stationery itself, thereby improving personal cognition and understanding of emotions and producing certain therapeutic effects. After the emergence of artistic healing effect, it stimulates individual behavior and feelings again, promotes the return of emotional information, forms a cognitive loop, and enhances the overall effectiveness of healing.

On this basis, when designing emotional information materials, we should fully consider the characteristics of the materials themselves. Here, physical properties are not only individual physical properties of matter, but also a comprehensive system of various physical properties of matter. This system aims to assist designers in integrating the sensory characteristics of materials and achieving a holistic thinking of materials. Choosing appropriate materials can not only enrich the feeling of stationery itself. More importantly, it enhances the formation of healing by enhancing emotional information.

#### **3.2. Behavioral elements**

Behavior is a factor directly related to a person's mood, which can provide basic exercise materials for stationery design and be combined with psychotherapy to achieve the ultimate cognitive goal. Emotional information stationery is a type of therapeutic tool that allows users to generate corresponding behavioral patterns based on their emotional state and the tools they use.

#### **3.3. Sensory elements**

Senses are the medium of behavioral interaction between individuals and stationery, which can stimulate people's instinctive perceptual activities, control the healing process of emotions, and connect emotions with stationery in an abstract way. This connection is not a straight line, but a cycle. Perceived elements are like media controlling users' actions and providing feedback on their results. Therefore, when designing emotional information materials, we should not only select appropriate forms and materials to emphasize their sensory characteristics, but also build emotional excitation channels and select appropriate stimulation methods to maximize the effect of emotional elements.

Firstly, visual senses. In epistemology, the basis of logical reasoning is the most direct understanding of things. Therefore, vision can play the role of pre construction when conveying emotional information. In terms of emotional ups and downs, the sphere unit is the most important constituent element, aimed at creating a visual elastic edge and also to help people better relax their state. In the emotional area, materials are divided into linear strips and form their main surface structures and features in different layers to display individual tearing behavior. Meanwhile, this disordered arrangement of bands is more conducive to individual tearing behavior.

Secondly, tactile senses. Tactile sensation refers to the process of perceiving and acquiring various characteristics of stationery in human contact with it. It is an additional emotional information transmission structure that can enhance the ability of the human brain to distinguish, react, and analogize, enriching the information content of the human brain. In the 'Emotional Boat', all stationery is made of flexible polyvinyl chloride material and adopts an expandable structure to provide a comfortable posture. If an individual comes into contact with stationery to provide a comfortable relaxation process.

Thirdly, auditory senses. The auditory sense is a multi-dimensional emotional information transmission system that can enrich personal experience and be "activated", stimulating and evoking people's memories of auditory experience. By injecting a certain amount of liquid, it can have the characteristics of water flow and be accompanied by the "clattering" sound of water, thereby enhancing personal memory of the scene and enhancing personal experience.

Fourthly, the sense of smell. The olfactory sense is the most persistent way of conveying emotions, and to some extent, it is more effective than vision. And smell and hearing have similar "activation" characteristics, which can evoke situational memory, enhance information transmission, and enable individuals to make different choices based on their own emotional state, thus generating rich olfactory therapeutic effects.

#### **4. Conclusions**

Constructing an analysis of emotional information from a cognitive perspective, using stationery as a carrier to provide theoretical basis for emotional therapy, highlighting the importance of reflection in artistic healing, and providing a new exploration direction for the practice of stationery design. However, there are still many urgent issues that need to be addressed, such as how to better explain and verify the effectiveness of art therapy based on cognitive theory; How to organically integrate the psychological term of cognition with disciplines such as design and art, and explore a path that suits its own development.

## Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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