HÄNG & SLÄNG

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WHAT IF YOU HAD ACCOMPLISH ORDER BY BEING LAZY? THIS PROJECT IS ABOUT A CLOTHING RACK THAT KEEPS BALANCE BETWEEN ORDER AND DIS-ORDER. STRESS IS A FEELING MANY OF US FEEL EVERY SINGLE DAY. WITH AN INNER CHAOS WE OFTEN COMPENSATE WITH A TIDY OUTSIDE. BUT WHEN THE STRESS LEVEL IS TOO HIGH THERE IS NO ENERGY LEFT FOR ORDER.

This project started with thought why burn outs only become more common each year. In Sweden eight out of 10 women on a sick leave are there because of a stress related disease. The causes of stress can vary from person to person but something they all have in common is the lack of recovery.

There are four big keystones that helps us to keep in balance. One of them are structure and routine. Routine is all about safety, knowing what to expect from our surrounding. If things are the same or obvious we can think through that constant buzz that makes our brains exhausted. That constant buzz with traffic, emails, cell phones all poking on our attention. Mess and not having an overview adds to the buzz. To keep things within order, helps our brains relax and recover. The clothing rack therefore has cut outs to indicate where to put the hangers. The cut outs are on exact same distance to each other and will enhance the feeling of order.

The other tree keystones are friends and family, nature and exercising, yoga and meditation. A word that is frequent used in mindfulness and mediation is undemanding. Undemanding stands for those things in our lives where no afford are required. A common way of keeping our clothes is the »chair«, a undemanding way of storage. The »chair« simply means that pile of clothes we keep on a chair or a sofa or maybe spread all over the floor. By tossing our clothes into a pile we create order by a mess.

Whenever I visit a friend, one of the first things they do is to pick up clothes from the floor, bed or sofa and toss it away into another room. It all reminds me of how we like kids “cleaned” our room by, literally, swept the mess under the carpet. (Well… we still do, right?)

So instead of having this extra moment of stress cleaning up after ourselves, toss the clothes directly onto a clothing rack.

By bringing disorder and undemanding into a collaboration with order; Häng & Släng is a comment of how our society tries to help victim of a burn out after the crash, instead of keeping a conversation about stress in everyday life. This project is about creating a balance between stress and recovery. A balance between lazy and tidy. A balance between structure and mess.

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