

## ABSTRACT

We live in a world where negativity, ignorance, and misguided hatred is rampant and makes every day living a stressful and draining experience for even the most strong-willed person. While this may vary from person to person based on their ethical alignment, introversion, and or mental well-being, everybody has at one point wished for a form of getaway- a reprieve from the menial negativity that every day brings to you. These escapes and ways of achieving these escapes vary as well. However, as I belong to the generation of people who grew up with the advancement and widespread use of the digital and internet age, most people my age and younger achieve this release through a digital medium.

So considering all of this, I wanted to contribute to the development of something that could be accessible to everyone, and hopefully applicable to everyone. This is how I came up with the idea of a Virtual Reality gaming platform that would allow users/players to immerse themselves in an alternative reality that would be catered and designed to relax, distress, and engage them at an interactive level.

By adding different known elements and techniques known to de-stress and engage people at an interactive level, the VR game I would like to develop will imbibe these properties to make a sensory story-based therapeutic gaming environment to improve and facilitate mental care. Adding ASMR (*autonomous sensory meridian response*) as part of the sound design, and weaving it with an engaging and beautiful cinematic environment it will be led by a series of heart-warming story-telling. So by creating and developing a free gaming alternative universe that allows you to emerge in an environment designed specifically to help you recover from the toxicity and negativity of everyday life, my hope is that “eclipsed” will become a gentle retrieve for those, like myself, to discover and hopefully offer them comfort and peace.

Keywords: Virtual Reality, Therapy, ASMR, 3D.