

Enhancing Mindfulness Through Mixed Reality and Wearable Haptics



Summary: We present a mixed reality mindfulness system powered by wearable haptics to support stress reduction and focus. Inside a calming blue VR space, users follow a guided meditation avatar through synchronized breathing and body awareness practices. Real-time haptic feedback from a bHaptics vest reinforces each breath and movement—vibrations rise with inhales, pause with holds, and fall with exhales. Targeted pulses deepen body awareness, helping users physically internalize mindfulness cues. Designed for accessibility and impact, this immersive system trains the nervous system to respond to stress with calm, making it a powerful wellness tool for healthcare, education, and beyond.