## DIGITAL WELLBEING



## WHAT IS WELLBEING?

according to users

- to be productive
- balanced social relations
- occasional indulgence
- good health

### USER NEEDS



### **USER NEEDS**

### Productivity Physical movement to think and be composed Sharing an interest to commit to it

- Productive usage of time
- \* To see where I stand
- Sharing an interest to commit to it
- ▼ Tiring oneself out to sleep

- - \* Stress-free expression with primary relations

### Familiarity # Clutter-free ubiquity as a lighter experience & Equipped to deal with uncertainty

- \*\* Ambient media to cope with routine

### Indugence <sup>∞</sup> Allow leeway to enjoy the moment ♦ Thrill in the restricted



Abstaining from digital interactions

◀ to be productive

## PRODUCTIVE USAGE OF TIME

"I feel good when I set small goals and achieve them to reach my aspirations, like, my education." "I read Google Feed in the loo, a lot of productive time otherwise gets wasted here."



"I listen to topics like combustion engine on podcast when I drive. Often I don't even realise when I have reached home. Also, when I am doing mechanical work in office."

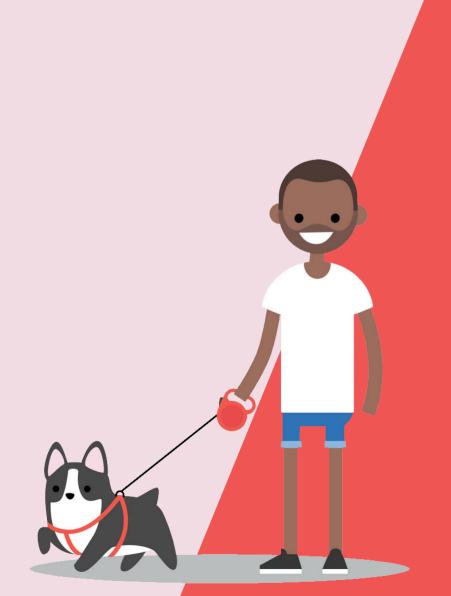
## TO SEE WHERE I STAND

"My phone shows wrong health data; hence I wear a Garmin watch to track my running speed and heart rate."



"I input my daily expenditure on the Spender app to track and be cautious of money spent. Especially during cab booking it seems like too much money is getting deducted from wallet."

### PHYSICAL MOVEMENT TO THINK AND BE COMPOSED



"Sometimes when my mind is not working, I just go out to take a breathe of fresh air."

"When I am bored at work, I go around and talk to people."

...Walking increases creative ideation. The effect is not simply due to the increased perceptual stimulation of moving through an environment, but rather it is due to walking.

Physical activity selectively enhances specific cognitive process...Walking triggers thoughts of moving from one idea to another...

- Oppezzo & Schwatz, The Positive Effect of Walking on Creative Thinking.

## SHARING AN INTEREST TO COMMIT TO IT



"I don't click selfies much, but I share photos on Instagram when I complete marathons." "I do calligraphies based on current topics and upload on Instagram for 2 or 3 weeks, then I will probably switch to watercolor for a few weeks."

## TIRING ONESELF OUT TO SLEEP

"Thinking properly about something before sleeping makes me more fresh and awake."

"I exercise throughout the day so that I feel tired enough to sleep at night."

"I read to go to sleep."



→ balanced social relations

## GETTING AWAY FROM UNDESIRED REALITY

"I put on my earphones and act busy when I don't want to do household chores, nobody disturbs me then."

"I like to shop alone. When I am eating alone in a mall, I open Instagram or Pinterest and go through it, it's awkward to eat alone."



## DIGITAL DISSOCIATIONS WHEN WITH PEOPLE AND SELF



# DIGITAL ASSOCIATIONS IN PHASES OF LIVING ALONE

"I forget about my phone when I am with my family in my village, friends keep complaining that I miss their calls."

"In the morning I just want to sit quietly with my plants."

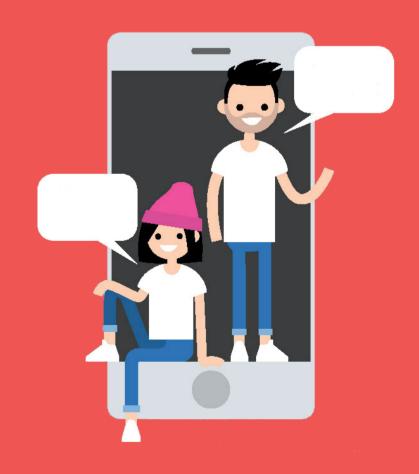
"I have set a speaker in the bathroom. When I wake up, I play songs from my mobile which continues when I enter the bathroom to get ready."

Smartphones kept within sight during dinner lead to dissatisfaction and reduced enjoyment for the smartphone owner as well as for their friends and family.

- Dwyer, Kushlev, Dunn, Smartphone use undermines enjoyment of face-to-face social interactions

### STRESS-FREE EXPRESSION WITH PRIMARY RELATIONS\*

"Conclusive meaning changes each time the other person messages a new line. I have to change what I am typing accordingly." "It is difficult for me to construct a sentence so fast, I would rather call and understand the person, it's quicker that way."



<sup>\*</sup> Primary relations are those people whose opinion matter to the user and with whom user shares high volume of content.

◀ familiarity = stress free

### **CLUTTER-FREE** UBIQUITY AS A LIGHTER EXPERIENCE



"A tab is a better device for me since I can have calling features of a phone and watch videos like in a laptop. It would reduce all the wires entangled on my desk and I can carry it around too."

"Too many devices is a waste of resources."

"I leave my iPhone on my desk when I go for a meeting. I get anxious that someone might call when my Apple watch is not connected to the phone."

Your conscious mind isn't thinking about your smartphone, but that process — the process of requiring yourself to not think about something — uses up some of your limited cognitive resources. It's a brain drain.

- Adrian ward, Study at The University of Texas at Austin

## EQUIPPED TO DEAL WITH UNCERTAINTY

"Once my phone battery ran out and my roommate just wouldn't open the door. I came back to office to charge it and call him."

"I am used to digital money.
Once while at a local restaurant,
my network was not working
and neither me nor my friend
had any money. I came back
another day to pay for the bill."

## AMBIENT MEDIA TO COPE WITH ROUTINE



"There is always something running on my laptop when I go back home from work, my roommate doesn't get disturbed as he has a separate room." occasional indulgence

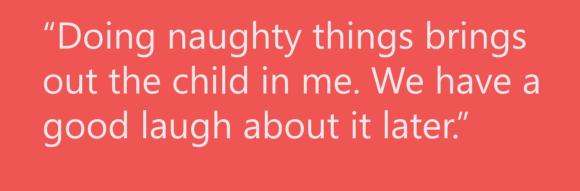
## ALLOW LEEWAY TO ENJOY THE MOMENT

"I use the Healthifyme app. It counts calories per day based on my food intake. When I am on vacation, I don't input my food data in the app."

"Usually I go to sleep by 11 to wake up early the next day. But on weekends, I might watch movies till 1 and sleep till late."



## THRILL IN THE RESTRICTED



Wired for worry - Studies suggest that our individual vulnerability to forbidden thoughts is partly inherited, and that some of us are simply "wired" to dwell on worrisome thoughts.

....some psychologists speculate that our culture's increasingly fluid and permissive value systems may paradoxically be rendering us more vulnerable to forbidden thoughts--and less able to cope with them. - Paul Roberts, Forbidden Thinking, Psychology Today.

**◄** good health

## ABSTAINING FROM DIGITAL INTERACTIONS

"I had deleted my Facebook and Instagram app when I realised that I was using it too much. Later I re-installed when some friends were talking about a post." "I got these gloves that supports my wrist and alleviates pain while using the mouse."



### SOLUTION LANDSCAPE

SOLUTION	Health Tracking	Nudges & Reminders	Screentime Tracking	Ambience Simulator	Streamlined UI	Reduced Hardware	Fitness Aids	Lifestyle Accessory
Productivity	Google Fit  Wear OS by Google  WATCH  Fitbit flex 2  RYNKL	* Moment  * Moment  Checky	Google  Instagram  Screen Time Moment  Vour Hour Checky	• Google Assistant	Google Assistant  Google Fit  Wear OS by Google  BLLOC	Wear OS by Google	<b>€</b> Breathe	
Socialize	Google Fit Wear OS by Google  Wear OS by Google  WATCH  Fitbit flex 2		* Moment		Google Assistant Google Fit Wear OS by Google  BLLOC		• fitbit coach	
Indulgence		Instagrame	© 9nstagra∞		9 B L L O C			#fitbit flex 2
Familiarity		Google Wear OS by Google Google Fit  Bedtime WATCH		Google Assistant  WATCH	Google Assistant  Wear OS by Google  Fitbit flex 2  Light  P A	light #fitbit flex 2	<b>●</b> Breathe	# fitbit flex 2
Detox		Google YOU TUDE Google Fit  Wear OS by Google  Instagram  Bedtime Screen Time  WATCH Fitbit flex 2	Google You Tube  Instagram  Screen Time	• Google Assistant	Q B L L O C	Wear OS by Google  Iight	<b>●</b> Breathe	

#### SOLUTION LANDSCAPE



G. DIGITAL WELLBEING



**GOOGLE ASSISTANT** 



YOUTUBE



**GOOGLE FIT** 



WEAR OS



**FACEBOOK** 



**INSTAGRAM** 



A. BEDTIME



A. SCREENTIME



A. HEALTH



A. WATCH



FITBIT JEWELLERY



RYNKL (NVIDIA, BEAUTY.AI)



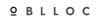
**MOMENT** 



YOUR HOUR



CHECKY



**BLLOC** 



**THELIGHTPHONE** 



**PALM** 

#### A BALANCE OF STATES

"I AM FREE"

"I AM BORED"

Negative state
Negative state
Negative state

"I AM OCCUPIED"

"I AM STRESSED"

People feel great when they have a lot of free time. However, after a while, this state becomes boring when there is nothing to do. That is when the search for interesting things to do begins. People feel happy when the uncanny emptiness is filled up with time-spent-well. After a while, this state too becomes tiring leading to stress and a desire to have more free time. The design principle encompasses a balance of the two desirable states of "I am free" and "I am occupied".

#### PROBLEMS:

SENSE OF TIME-LOSS TO UNPRODUCTIVITY SCREENTIME

productivity entertainment social media commute



2 GUILT OF NOT MAINTAINING HEALTHY HABITS EXERCISE TIME

S Health

**SLEEP TIME** 

S Health

WIND DOWN

Study time Family time





ANXIETY WHILE UNWINDING WIND UP
Scheduled aggregator

