



# /slow•tech

subverting the [attention economy]



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Sydney Nguyen

Architecture - Ethnic Studies



Brittany Roberts

Fine Arts - Photography



# Mental Drain



# Manufactured Urgency





# How might we soothe the side effects of addictive tech?





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- 01 Design Idealistically
- 02 Subvert the attention economy
- 03 Prioritize the user's personal growth





# Color Mood Shift

Multiple hues on-demand to keep you focused, aware and deeply relaxed.

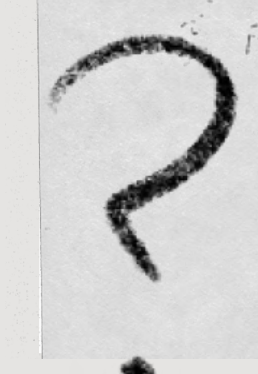




our age of the fabricated, mass-produced and manipulated image.

The technologically expanded and strengthened eye today penetrates deep into matter and space, and enables man to cast a simultaneous look on the opposite sides of the globe. The experiences of space and time have become fused into each other by speed (David Harvey uses the notion of 'time-space compression'<sup>33</sup>), and as a consequence we are witnessing a distinct reversal of the two dimensions – a temporalisation of space and a spatialisation of time. The only sense that is fast enough to keep pace with the astounding increase of speed in the technological world is sight. But the world of the eye is causing us to live increasingly in a perpetual present, flattened by speed and simultaneity.

Visual images have become commodities, as Harvey points out: 'A rush of images from different spaces almost simultaneously, collapsing the world's spaces into a series of images on a television screen ... The image of places and spaces becomes as open to production and ephemeral use as any other [commodity].'<sup>34</sup>







# In a world of urgency...

01

Color and environment to heal an individual's anxiety?

02

Immerse people into a mindful experience? One with sensation?

03

Replicate a spiritual effect of color and light to ease people?





# Human Interfaces

We can learn from our physiological signals through biofeedback, giving us insight into our behavior.



# System Design



## 2. Oculus Virtual Reality Headset

Processed Biosignals = Simulating an artificial, immersive 3D environment

## 3. AI Environment Representation

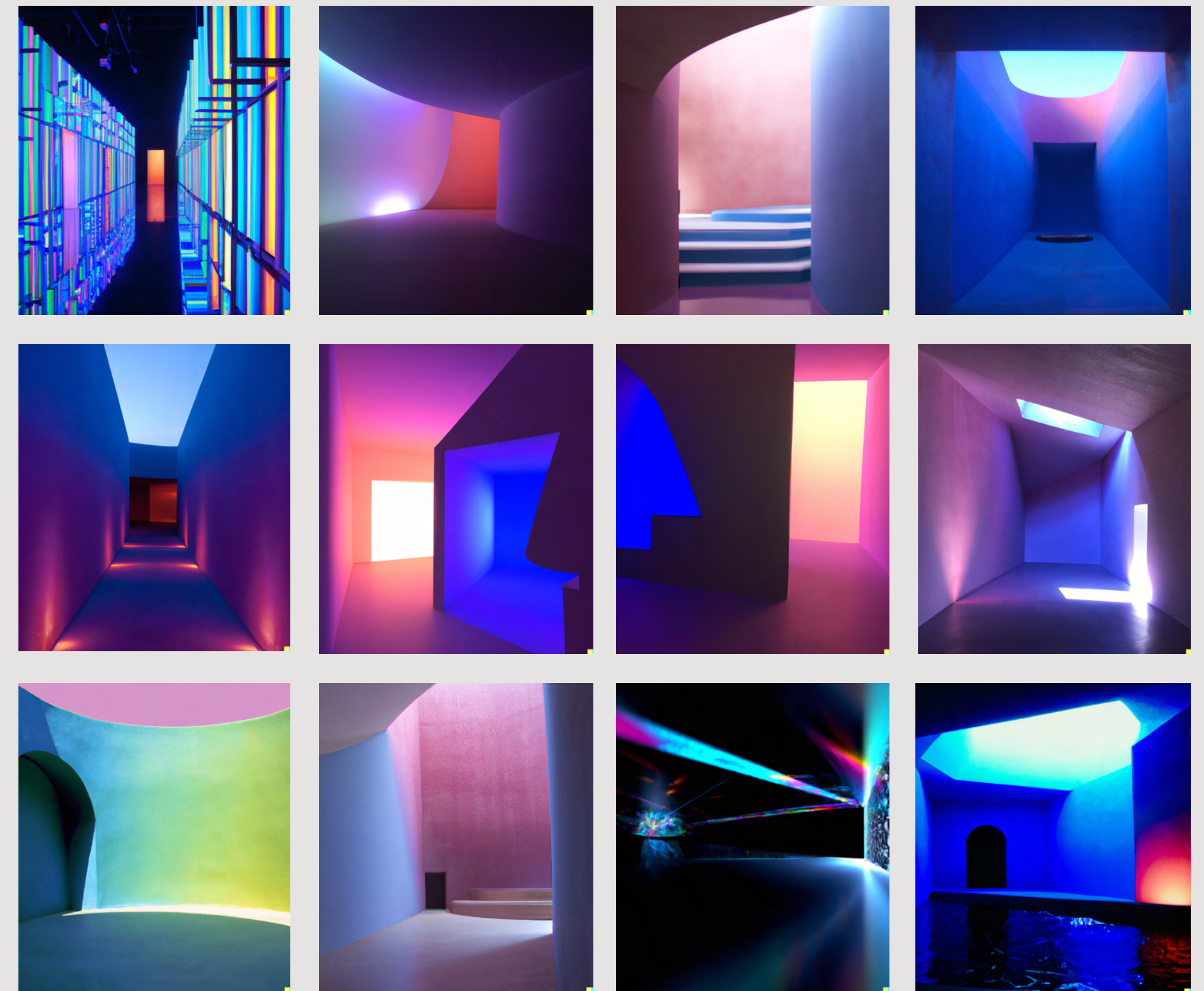
AI multiprocessor to create realistic compositions and colors (DALL-E)

## 1. Galvanic Skin Response

Raw Biosignals = measuring EDA from electrodes to the skin



# Seeing space in your mind.



# Turning pixels into place.



# Human Process

Intuition & Feeling  
vs.  
Product & Profit







# Catch & Release

A virtual lepidoptera collector to ground  
you in the present moment.



# Am I doing this right?

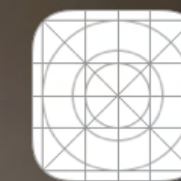
Headspace  
Calm  
Insight Timer  
10 Percent Happier  
Stop Think Breathe  
Waking Up  
Simple Habit  
Oak

—  
Mindfulness meditation  
Focused meditation  
Progressive relaxation  
Guided visualization  
Yoga

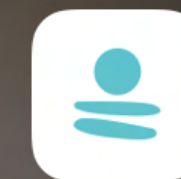
good for yourself this morning?



Tap to take a mindful moment... 1m ago  
Sometimes the most important thing you can do is show up fully in this present moment.



Healthy Minds 1m ago  
Take a moment to pause today. This is your Healthy Minds well-being reminder.



Looking for a morning energy... 8m ago  
Take 5 minutes for a short meditation and get your day started off on the right foot.



Find a quiet spot to meditate 1h ago  
It only takes a few minutes to get started



Practice 3 is ready for you → 1h ago  
Ready to continue your March Self-Care Course, Brittany? Therapist Elisha Mudly guides you through today's practice on emotional rest.



It's time for Ten Percent 1h ago  
Here's your reminder to meditate.





Sydney Nguyen | Brittany Roberts



# Biophilia hypothesis

*Humans possess an innate tendency to seek connections with nature and other forms of life.*

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# Focused and Grounded

## Seeing

AR animation

## Touching

Haptic flutter

## Hearing

Ambient nature





# Observe the Cycle

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# The process is the point

Recognizing progress and reflecting on growth



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# Bridging the Gap

Every designer in this room has lots of human experience to pull from.



The image features two overlapping circles centered on a black background. The circles have a color gradient that transitions from a light blue on the left to a light orange on the right. The text is centered over the intersection of the two circles.

Why am I paying attention, and how am I  
being rewarded?

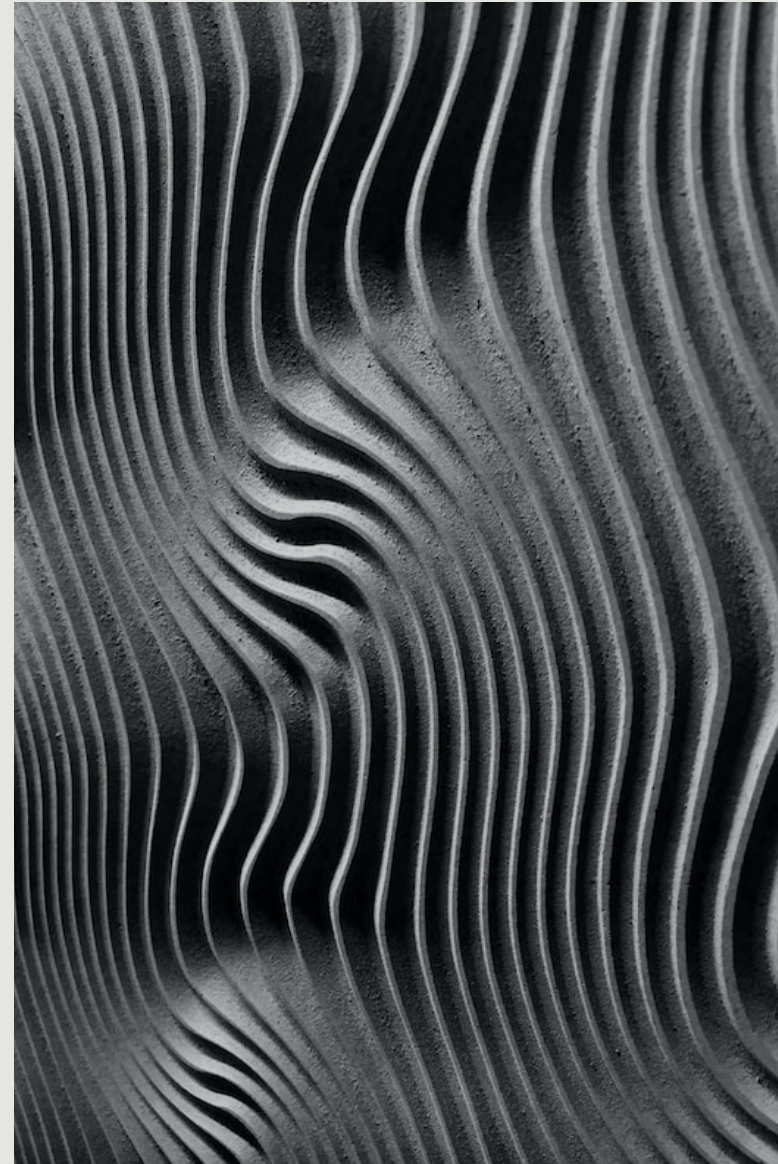




# Thank you.

For more questions, contact us on slack or  
email @uxsydney & @robrzbr





# Resources & Links

## Literature & Art Research

[Hooks Model, Hooked: How to Build Habit-Forming Products by Nir Eyal](#)

[The Eyes of the Skin: Architecture & the Senses by Juhani Pallasmaa](#)

[James Turrell: Light & Space](#)

[Olafur Eliasson: The Weather Project](#)

[Ekman's Atlas of Emotions](#)

[Philips Sunlight Therapy Lamp](#)

[Biophilia by E. Owen Wilson](#)

[How to Do Nothing: Resisting the Attention Economy by Jenny Odell](#)

[DALLE 2 by OpenAI](#)

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