# Mental Load Visualization

## Simplicity

- only require minimal details for tasks such as name and duration. Also add time needed for planning
- provide templates and save old tasks to make it less of a burden.
  - suggestions could also be done by AI
  - different suggestions depending on living situation - families, shared appartement, etc
- make mental load visible from data by other apps → e.g. apps notices user has 3 tasks and asks how users feel about it, instead of user having to input in all data/tasks again auto fill
- surveys getting smaller over time → learn user patterns and make predictions
- make suggestions to related tasks, group accordingly (same location etc.)

## Planning

- visualize (morning) routine
  - enter routine and time you have to take the bus/train → app will visualize when you have to wake up
- Give users who do their tasks benefits and users who miss something a slight punishment like doing the planning for the upcoming week
- share location of tasks
  - users can add tasks related to a specific location (e.g. shop), making it easier to complete multiple tasks at the same location.
  - add timetable similar to when2meet when users are at the same location so users can easily plan activities together
  - app detects location and can show relevant tasks and give notifications
- show hidden mental loads in tasks according to cohabitation circumstances like used tools
- give tasks priorities and make sure important tasks are done on time
- show correlation between task and mental load depending on past → plan less stressful tasks on same day

## Using AI

- e.g. let AI visualize text written/ points listed into a nice graphical way to have clearer overview → give freedom how to submit feedback

## Privacy

- only share needed data with cohabitants
- track each task, but only share aggregated tasks
- strip data of personal information
- share anonymously when not feeling good, what needs to change
- make mood tracking anonymous and let app decide if meeting needed

## Aim

- using app less and less until not having to use app anymore → situation getting better

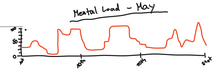
## Communication

- Give other users notification when starting a task. Other users can add wishes related to this tasks such as adding additional items to shopping list if a user is currently shopping.
- choose a pixel colour (1-5) every day about your mental load of the day. Others can see your colour and talk if bad.
  - maybe let app notify users when bad mental load → make communication easier
- users answer 1 mental load question every evening about themselves and other household members → users can see others answers
- app wich has mental load relieving tasks e.g. speak with another person of your flat
- Let user notify other members of household of their unfinished tasks by simply pressing a button which pops up a notification on the other users phone
  - keep track of violations and add "plan meeting" option when too many problems registered
  - send a tasks to a specific user or message to fix something if not done correctly
    - accept/decline
- let users easily share or trade tasks if beneficial
  - maybe also give option to extend deadline of task if accepted by others
- Let user take photos and draw/add text to give clear instructions or feedback if not right

- make weekly/monthly appointments and compare mental load
- Chat with others to exchange personal experiences with guidelines and suggestions of reactions to reduce mental load (maybe coaching style?)
- if a user feels overwhelmed → ask others to share some tasks to reduce mental load

## Tracking

- users take a survey every week and app creates a diagram of mental load progress of household
- household grows a plant together. Plant health = tracking of mental load. If bad → plant gets sick
- wave to visualize mental load (similar to a electrocardiogram)



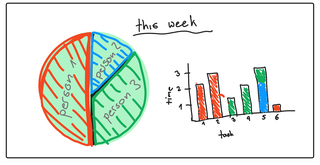

## Enjoyment

- Give users virtual benefits (skins, different plants, etc) when completing tasks on time
- household has a virtual tree that has to be watered with completing tasks: The Mental Tree
  - every small tasks = a seed
  - one tree per household/person/task?

## Sharing

- Give users options to share their mental load visualization with others and being inspired by others
- Let users contact other households to help/get help for mental load issues

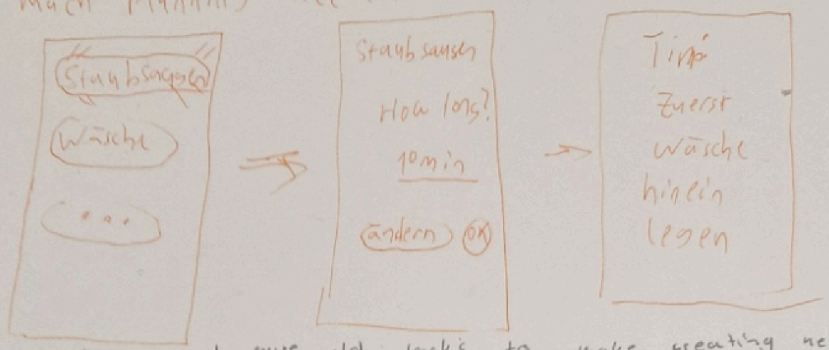
## Diagrams



# Brainstorm

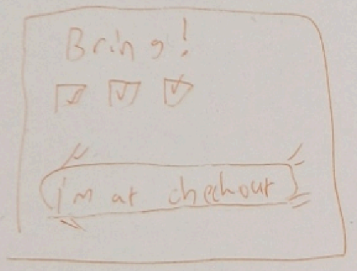
MEP

- Simplifiet planning (How long tasks take, how much planning needed)




- giving templates ~~to~~ and save old tasks to make creating new tasks less of a burden

- Communication to assist Tasks




-> giving other users notification when a user starts a task.
-> others know location and might add wishes

- choose pixel color every day about your mental load of the day (1-5) -> see the color of the others
  -> talk if problems ~~[illegible]~~

  ↳ Overall (more weighted but mood)

- visualize your morning routine
  -> enter when do you have to take the train
  -> app shows time to get up, ... visually

MEP

- survey beginning & after 1 week
  → diagram of mental load of all members

- growing plant if all members contribute to tasks/planning/mental load

- all members answer 1 mental load question every evening before going to sleep about the day
  → members can see all answers
  ↳ also questions about other people to see what others did

- visualize improvement of mental load surveys to give users clear view of what went worse / better compared to last week encouraging positive changes.

- giving benefits to users that completed their tasks on time and maybe let the user that did less cook on weekends
  ↳ or take on planning of upcoming tasks

- making a fun / play-style application where completion of tasks give virtual benefits.

- e.g. AI for visualising text written / points listed into a nice graphical way to have clearer overview ⇒ let freedom how to submit feedback by mental load

- app which has mental load relieving tasks e.g. speak with another person of your flat

- app which makes mental load visible from data by other apps
  ↳ e.g. app notices users has 3 tasks and asks how users feel about it, instead of user having to input in all data/tasks again but just missing

MEP

- giving users possibility to remind cohabitants of their unfinished tasks by simply pressing a button which pops up a reminder at their phone.
- no sharing of personal information / tasks with public data-base when not needed. only share if requested (as proof) by cohabitant.
  ↳ strip data from personal information
- sharing task locations with cohabitants, so they ~~can~~ know when time for common activities.

↳ ~~con~~ from above data, visualisation and suggestion to improve tasks / more efficiency can be made e.g. by AI

- share data from user groups with other user groups (e.g. household) instead of specific users
- users can look at other user groups and contact them for more insight → offer share functionality for users who feel like sharing
- have app show where mental load is hidden in tasks according to cohabitation circumstances like used tools

Timetable similar to when2meet

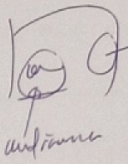
Keep track of violations and add "Plan meeting" option when too many problems registerd

Task priorities
↳ trade tasks and make sure important tasks are done

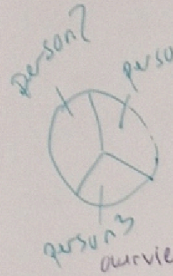
MEP

send to specific user to do
or to fix if not done correctly

foto → einzeichnen
was einem auffällt
→ <




↳ Shared Archive, automatically categorized

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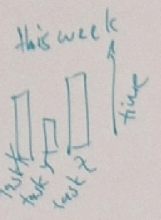
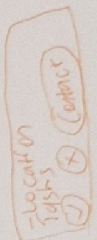



overview mit
zeit investiert
zu versch. Bereichen

sehr
UI
also
ganz
→ hand
nur overview

todo
mit Kommunikation
& location / time based
reminders
→ zB jmd gibt reminder
für jmd anders
ein, der bekommt
aber UI auch
nochmal eine
~~reminder~~ notification
wenn relevant




einfaches
# loop
...

↳ Easy UI to edit:
2h Planning

Not time long 30m — OK — It took longer (+1h)

Write --:--

5h Planning

Not that long -1h — OK — It took longer (+2h)

Write --:--

↳ When notified; allowing to contact the user adding this task

accept/reject task given from others

MEP

(The Mental Tree
The Tree: A Mental Load Helper)

Baum den man digital gießen muss
anonym

share
wenn
not
sensitive
would impact
task energy

Sagen

auflisten von allen kleinen Sachen
zum zeige / sammeln was
es so gibt

↳ ~~Values~~ Differentiate between
not-using the app and
less mental-load requiring
less usage (i.e. it works)

↳ Mood-Tracking (Anonymous)

One or more Trees?
(a tree per person?
per Tasks)

Mental load panel (es wird angezeigt wer momentan viel mental load hat)
↳ jede Woche/Monat meeting um Probleme zu lösen

share mood regarding house hold
→ ~~[illegible]~~ ~~so~~ sevor man immer
mehr genervt ist

↳ Hint at possible correlations
between tasks/work and mood

Leute anpingen wenn sie tasks vergessen
↳ beim nächsten mal kriegen sie mehr Benachrichtigungen zum Task
↳ tracken, wie oft tasks vergessen werden und ggf. meeting machen

task manager (→ todoy) → Motivate to moving
the task deadline (limit to twice)
instead of ignoring it
↳ Tauschen?

aber wenn ~~man~~ andere
Leute etwas wirklich
dringen → ~~[illegible]~~
→ alle seien ohh.
so und so macht
grad mal so geht
→ nachfrage wieso
nicht gemacht, wann
plant jemand?

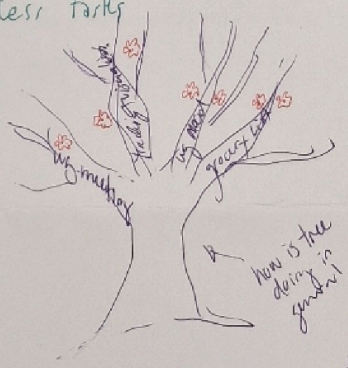
MEP

- Chat für Austausch zu Lebensereignissen mit Guidelines/ Führung / Vorschlägen von entsprechenden Reaktion zur Reduzierung von Mental Load → coaching ~~style~~ style ?
- Darstellung von Mental Load mit ansprechenden Grafiken
  ↳ Kugeln: ~~Grösse~~ Form Grösse / Farbe anpassbar auf momentane Stimmung z.B. Wolkenform
  ↳ Welle zur Verdeutlichung Stimmung / Emotionen über Zeit ähnlich Herzfrequenz
- Erfassung Mental Load durch mehr Fragen anfangs dafür weniger über Zeit, da die Applikation bereits Einschätzungen hat z.B. Bereiche ~~w~~ der wählen
  ↳ Fragen welche Bereiche möglich Quellen für mental load sein könnten
    ↳ adapt interface accordingly
  ↳ Overview of users with indicator of mental load / ~~stress~~ stress level
    ↳ give user less tasks

→ find out what (tasks or other things) are especially frustrating for user → these can then be discussed & may a better solution can be found (division, expectations, ...)

~~what~~ are anything that bothers or issue

If user is overwhelmed should ~~not~~ they have to do everything & ask others to help out




partner may overflow shown (anonym)

evening
- may comes to mind?
- pos comes to mind?

task want to do
→
→
→
→ what else have to do in order to actually be able to do it

tidy table
→ do laundry
→ ..
→

→ task tidy

(connected related tasks)
↳ app sec vorschlag

trivial tasks