



# WALK & TALK

Tom van Hoesel

Ramon Salah

Tar van Krieken

# The problem

- Loss is a first-time experience for the bereaved and their peers, and **both have their own difficulties:**
- Bereaved
  - *Actively engage in grieving in a healthy way*
  - *Start conversations with their peers*
- Their peers
  - *Never had to support their friend in this way*
  - *Lacks confidence in asking the right questions*



# The application's intentions

- Unburden the bereaved as much as possible in starting conversations
- Supporting **difficult conversations** between the bereaved and their peers
- Used as aid for face-to-face interactions, **not replacing** them
- Getting **physically active in nature**



# Prototype: explaining the features

## Bereaved view

- Uploading memories to journal
  - *Grieving by actively engaging with memories*
  - *Create a timeline you can “walk through” a memory lane*
  - *Ending up with a memorial full of old and new memories*

## Buddy view

- Getting reminded to check up on bereaved
- Getting conversation tips based on CBT and conversation topics based on memories
- Sharing media with bereaved for journal

# Tailored towards adolescents

- Virtual journal using a variety of media
- Popularity of walking as an activity
- Supporting novel grief conversations
- Relieving pressures

*“Am I bothering my friends?”*

*“What questions should I ask?”*



# Physical activity supports grief outcomes

(Williams et al., 2021)

- Walking facilitated...
  - *...a sense of freedom*
  - *...expressing of emotions*
  - *...enhancing of social support*
  - *...creating closer family cohesion*



# Benefits of being in nature

- Being in nature can lower... and improve...
  - *Stress*
  - *Anxiety*
  - *Depression*
  - *Sleep*
  - *Presentness*
  - *Social connection*





Reliving old memories...



...while making new ones.



Try it yourself:



<https://tarvk.github.io/WalkAndTalk/build/#/phone//>



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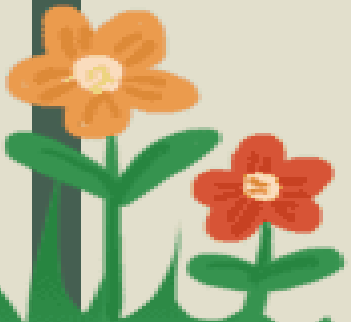
# Implementation: two options

## Server-based

- Ease of journal sharing
- Sending invitations to friends
- Check-up reminders

## Local

- Privacy
- Hack-proof
- Cheaper



# Design considerations

- Tips while walking instead of preparing the conversation beforehand
- No walking route choice / recommendations / map
- No gamification aspects
- Adding new memories to the journal
- Educating the buddy as an addition to merely talking about the memory

# Context not set in stone



# References

- Williams, J., Shorter, G.W., Howlett, N. et al. Can Physical Activity Support Grief Outcomes in Individuals Who Have Been Bereaved? A Systematic Review. Sports Med - Open 7, 26 (2021). <https://doi.org/10.1186/s40798-021-00311-z>