Abstract

Attention management as the collective practice of a group of behaviors, including focus, concentration, mindfulness, presence, and flow, and more than any one of them individually. Attention management offers the ability to consciously direct your attention in any given moment despite distractions, to be more proactive than reactive, and to maintain control over your thoughts, rather than inadvertently relinquishing control. In the face of the concerted efforts in our environment to steal our attention, attention management is the antidote, and your defense against the negative consequences of our fast-paced, .technology-rich, always-on environment

Current Scenario

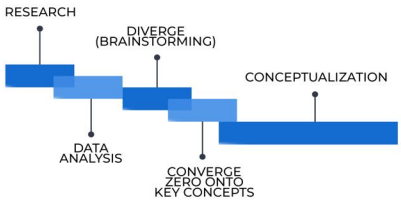
People's expectation has been increasingly since the inception of world and now everyone wants to be rich, happy, healthy and successful. But there's the flaw, in the chase of the above many don't make it because of Chronic procrastination, difficulty with follow through, inability to focus and impatience all due ..to DISTRACTIONS

Solution

This poster proposes a concept called HEED (literally means paying attention) with the motto *Always remember, your focus determines your reality*
HEED is an application that runs continuously (in background in all devices) to track user's attention, provide them an interface to plan their attention and helps the user follow through successfully. HEED ultimately wants to provide user with Energized focus, Optimal efficiency, Amplified performance, maximized achievement and feel-.ing of joy

Design Process

The current design brief deals with concept for a attention management system. To propose a concept of such short, design process shall be tailored to achieve the results in the same line. In such scenarios, diverging in an important phenomenon and the same has been adapted for current design process. Scenario and solution aimed at betterment of people requires a little more focus on brainstorming and prototyping than research. Every problem statement requires a difficult approach and the design process shown above seems fit for the current ..design brief



Conceptualization

HEED runs on all deivices Laptop / Mobile / Smart watch. There is no compulsion to use all devices, it can function in either one or a combination of devices

CONCEPTUALIZATION has been categorized into 3 parts :

1. **TRACKER-** This section, basically helps in tracking users attention using various methods and combining all those and provide it backend of HEED

2. **INTERFACE-** This section supports input of data from user (like his where he wants his attention to be), provides mentorship to the USER using inputs from tracker and user. The input from the user is divided into four categories of attention ***OBJECTIVES***(routine), ***SHORT-SPAN***, ***LONG-SPAN*** and ***LIFETIME***, this helps user in breaking down bigger areas of attention into smaller areas and, which in turn makes it easier to fous on and achieve them.It also lets user track his/her progress through bars and charts.

3. **AI NOTIFICATION-** This section provides user with artificially intelligent notifications to keep the user on track, keeps a check on him using inputs from TRACKER and the INTERFACE and even takes care of the user in all aspects mentally, physically and emotionally.

TRACKER

Various methods are employed to tracker user's attention and used in other feautres

HEAD ORIENTATION
With help of orientation level of interest and other factors are accounted for. Morever stress levels, for example if user starts rotating head means he is a bit tired and needs a break

EYE GAZING + HEAT MAPS
This helps in seeing whether user is losing interest or not while working or whether user is getting distracted or not

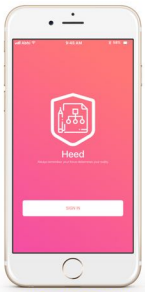
GEO-TAGGING
Using location based services built in devices, HEED verifies whether user is at the location as mentioned where he/she has to pay attention to.

TIME MANAGER
This keeps a track of time you which kept your attention for/ got distracted and provides you with alternatives and solutions

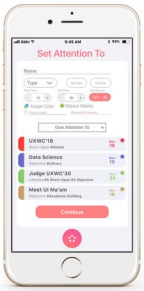
HEALTH STATS
Healths statics are continously retrieved to keep a check on health, pressure, pulse, stress and etc

Stats from all the above methods is fed machine learning algorithms of HEED and determines attention level of user and sends inputs to other 2 features for use of them. In a nutshell, this is the backbone of HEED. All this happens in background so that user is never troubled or anything by employing some kind of questions or etc.

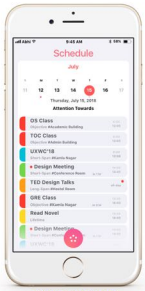
INTERFACE



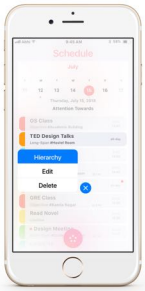
HOMESCREEN
This is homescreen for the application of Heed, where you have to signup

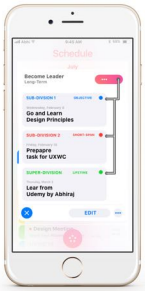


INPUT/EDIT
User inputs his/her areas of attention and categorizes them into Objectives, short, long span and lifetime goals and even helps in splitting them and color codes it for easier recognition. It also provides real time editting and updation of areas of attention.

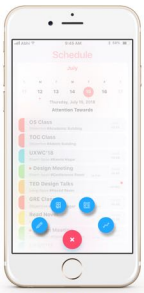


SCHEDULE
This is the screen which appears on opening of application. It depicts your day-day schedule with color codes, time and location where the work has to be done and type of goal



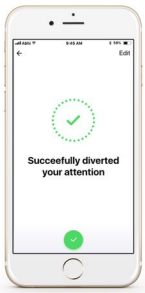


VIEW EACH AREA OF ATTENTION
Select any area of attention of schedule and you can edit it, delete it and see the complete chronology (Sub/Super Division).

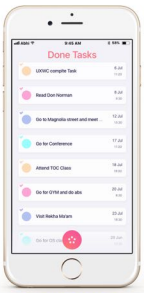


MENU
Menu button is always on screen to support user if he feels lost in app, hence this menu as a fav icon supports exit strategy from each screen.

TRACK PROGRESS
Track your progress in form of graphs and stats. In bottom, user can also see progress of individual areas of attention



DONE TASK ?
Using inputs from tracker and everything, app confirms whether user has successfully paid attention to what he/she intended to.



DONE TASKS
User can see list of tasks done and date and time of completion

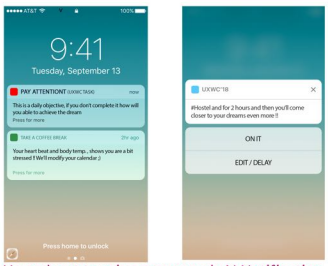
MENTOR
Users feeling depressed or confused can take guidance from the mentor. If you are getting distracted, GURU gets inputs from the TRACKER and guides the user accordingly (it is artificially intelligent chatbot).

AI NOTIFICATION

Artificially intelligent notifications are sent to all of your devices based on inputs from tracker and interface. It reminds user of upcoming areas of attention, recommends him/her when to take break, provides instant help from GURU and also motivates if getting distracted briefly.
Example
1. User feeling stressed, pulse increases, health stat from tracker raises a warning and AI Notification tells to take a 10 min break.
2. User while working gets distracted to social media, AI Notification sends an update about distraction and tells him importance of the area.

On the move advice with help of AI Notification and other updates

While using social media (distraction) AI Notification to stay on track.



User about to miss some work AI Notification makes him/her aware of its importance

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