



/slow•tech

subverting the [attention economy]

A central graphic element featuring two circular portraits of women set against a solid blue rectangular background. The portrait on the left is of Sydney Nguyen, showing her from the chest up, wearing a dark turtleneck, with a purple and pink gradient background. The portrait on the right is of Brittany Roberts, also from the chest up, wearing a dark top, with a white background. Both portraits are enclosed in white circles.

Sydney
Nguyen

UX Designer @ Alexa Shopping

Brittany
Roberts

UX Designer @ Amazon Chime



Sydney Nguyen

Architecture - Ethnic Studies



Brittany Roberts

Fine Arts - Photography

Mental Drain



Manufactured Urgency



How might we soothe the side effects of addictive tech?

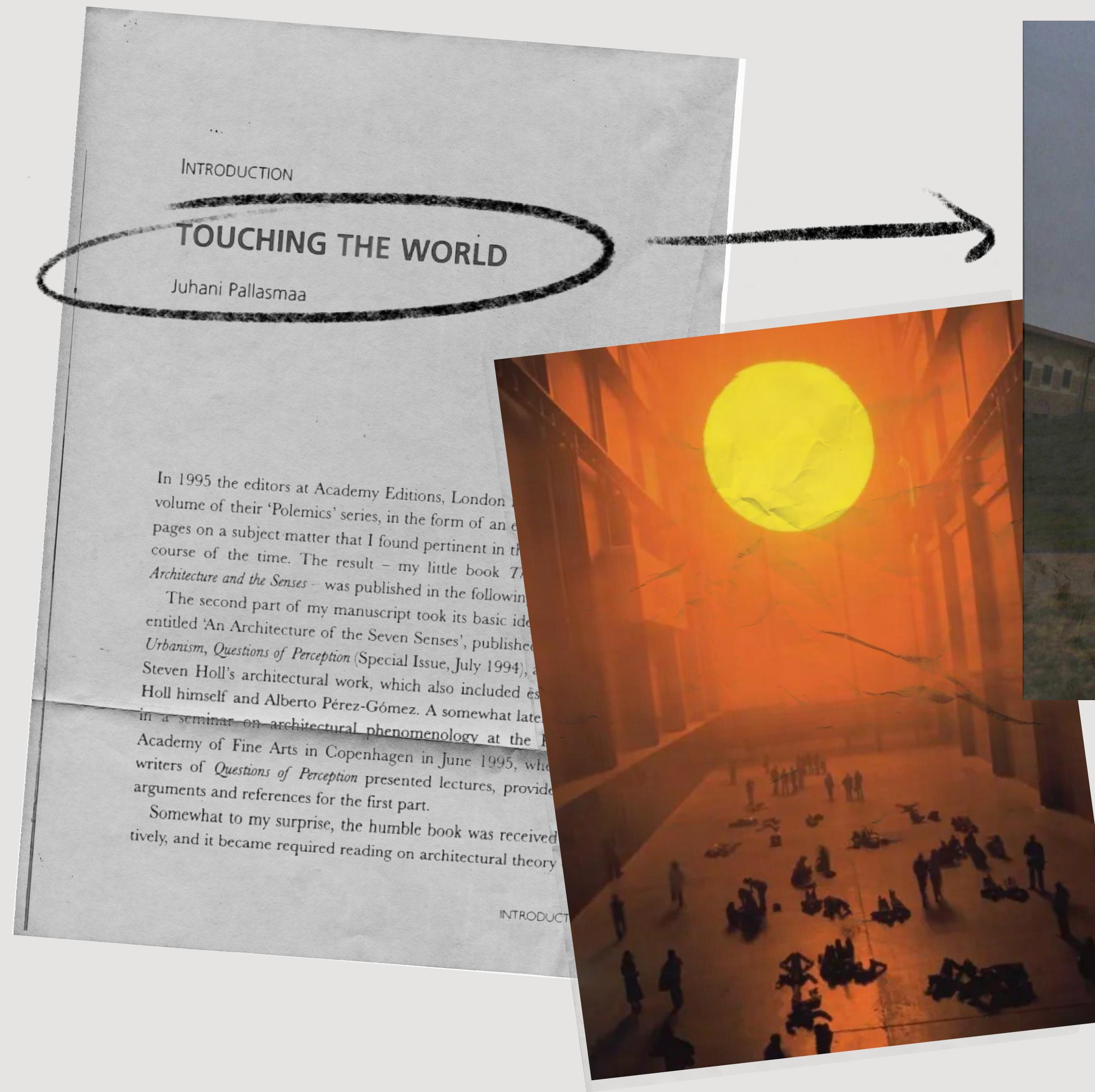


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- 01 Design Idealistically
- 02 Subvert the attention economy
- 03 Prioritize the user's personal growth

Color Mood Shift

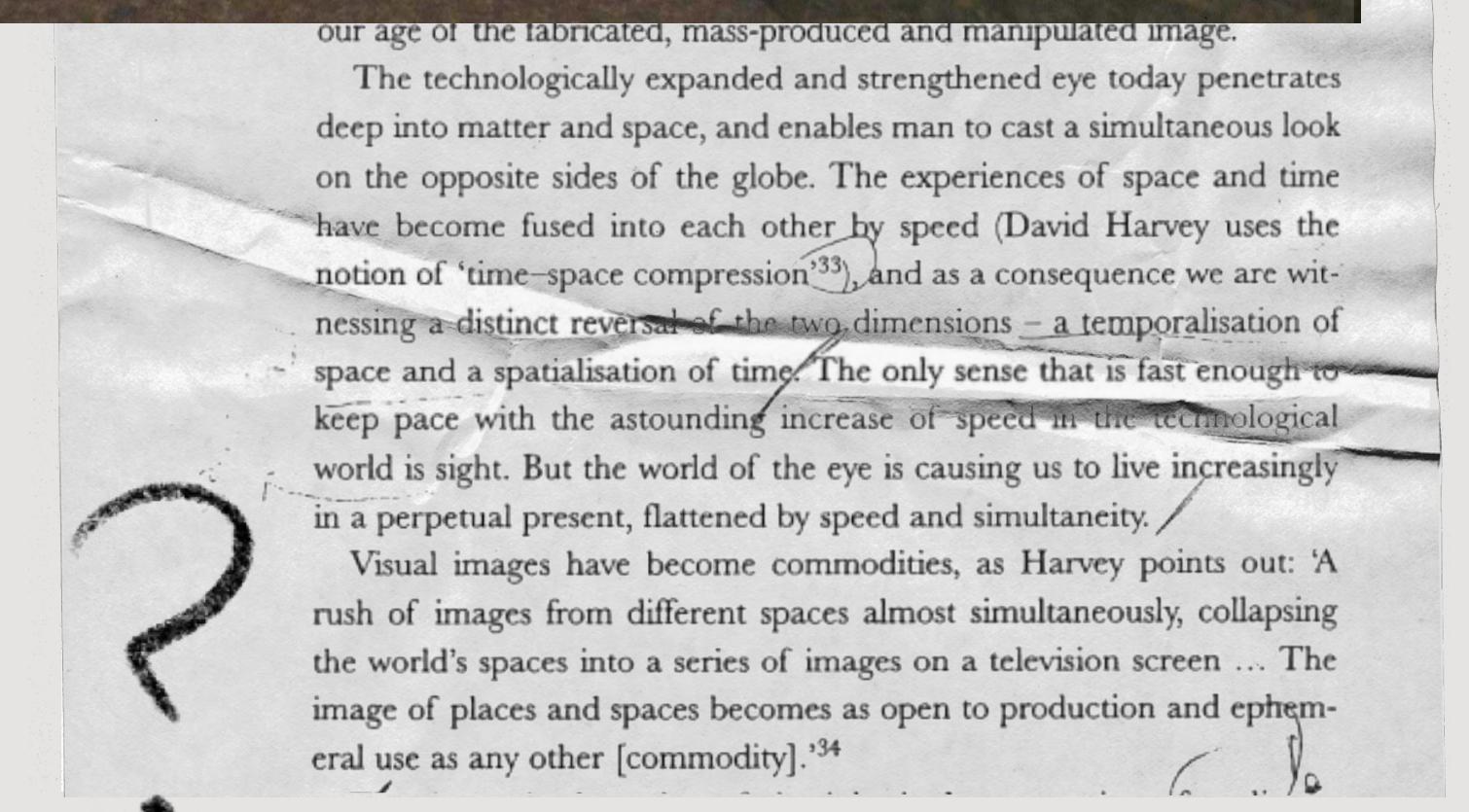
Multiple hues on-demand to keep you focused, aware and deeply relaxed.



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'³³), 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].'³⁴





In a world of urgency...

01

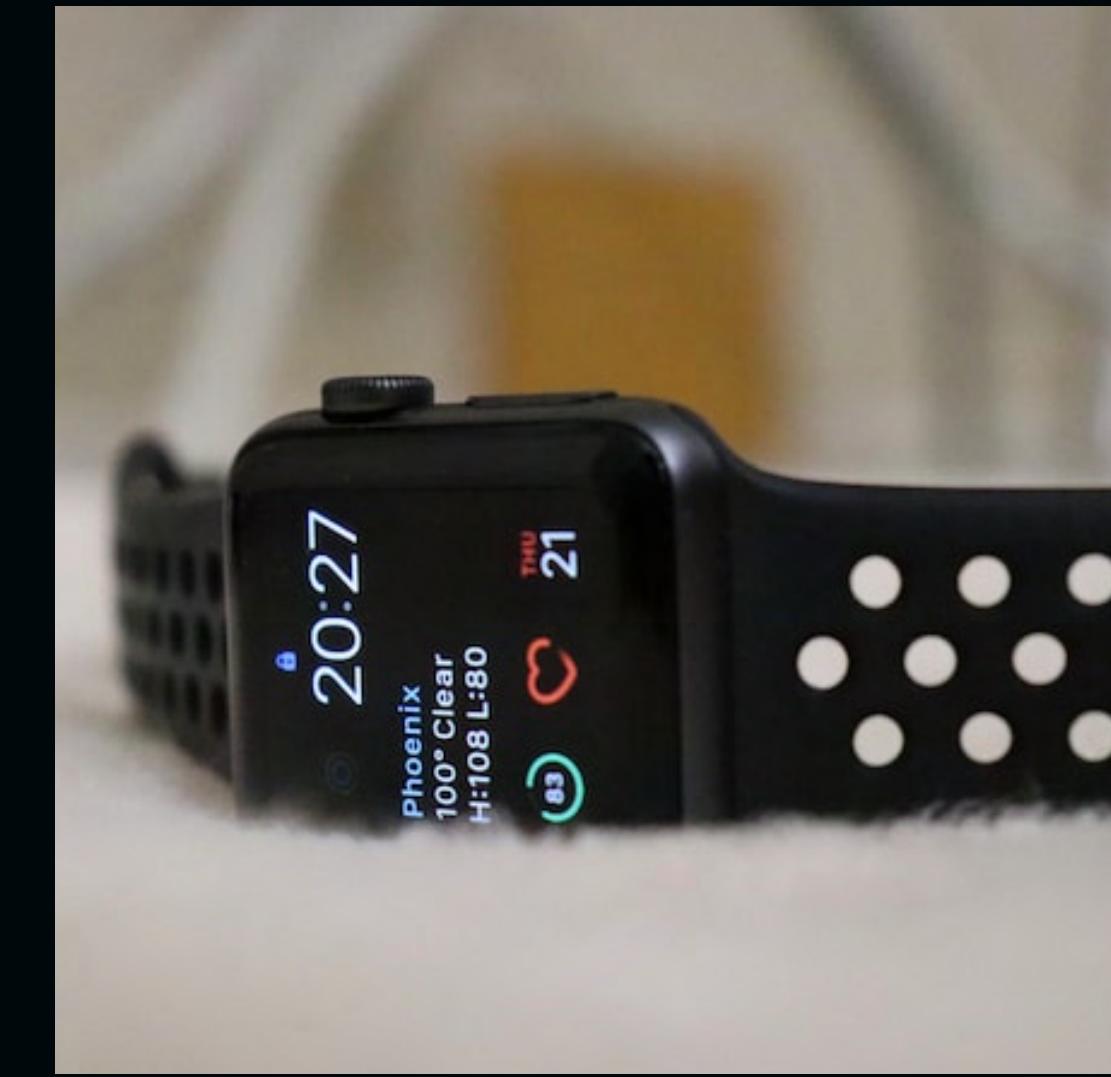
Color and environment to
heal an individual's
anxiety?

02

Immerse people into a
mindful experience? One
with sensation?

03

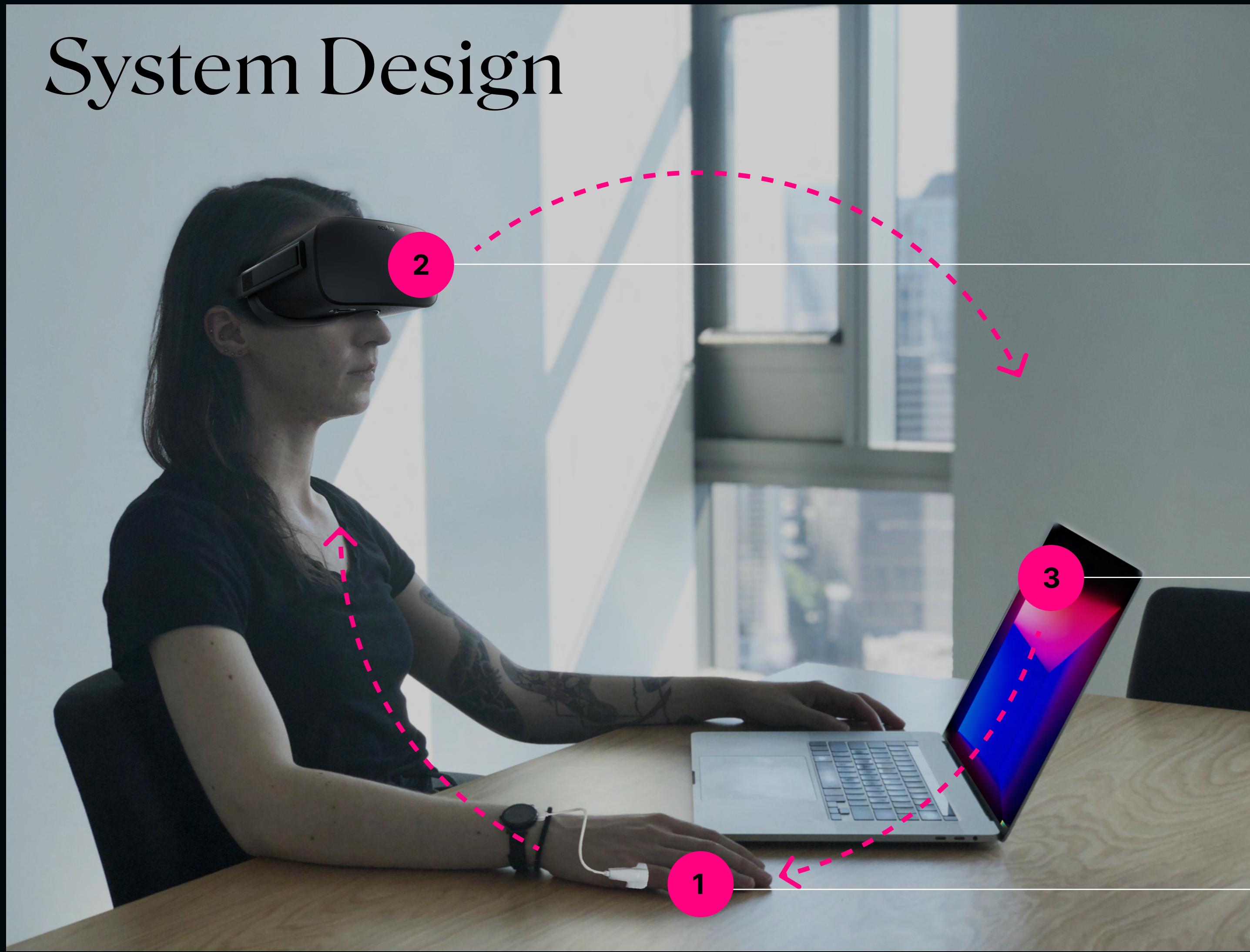
Replicate a spiritual effect
of color and light to ease
people?



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

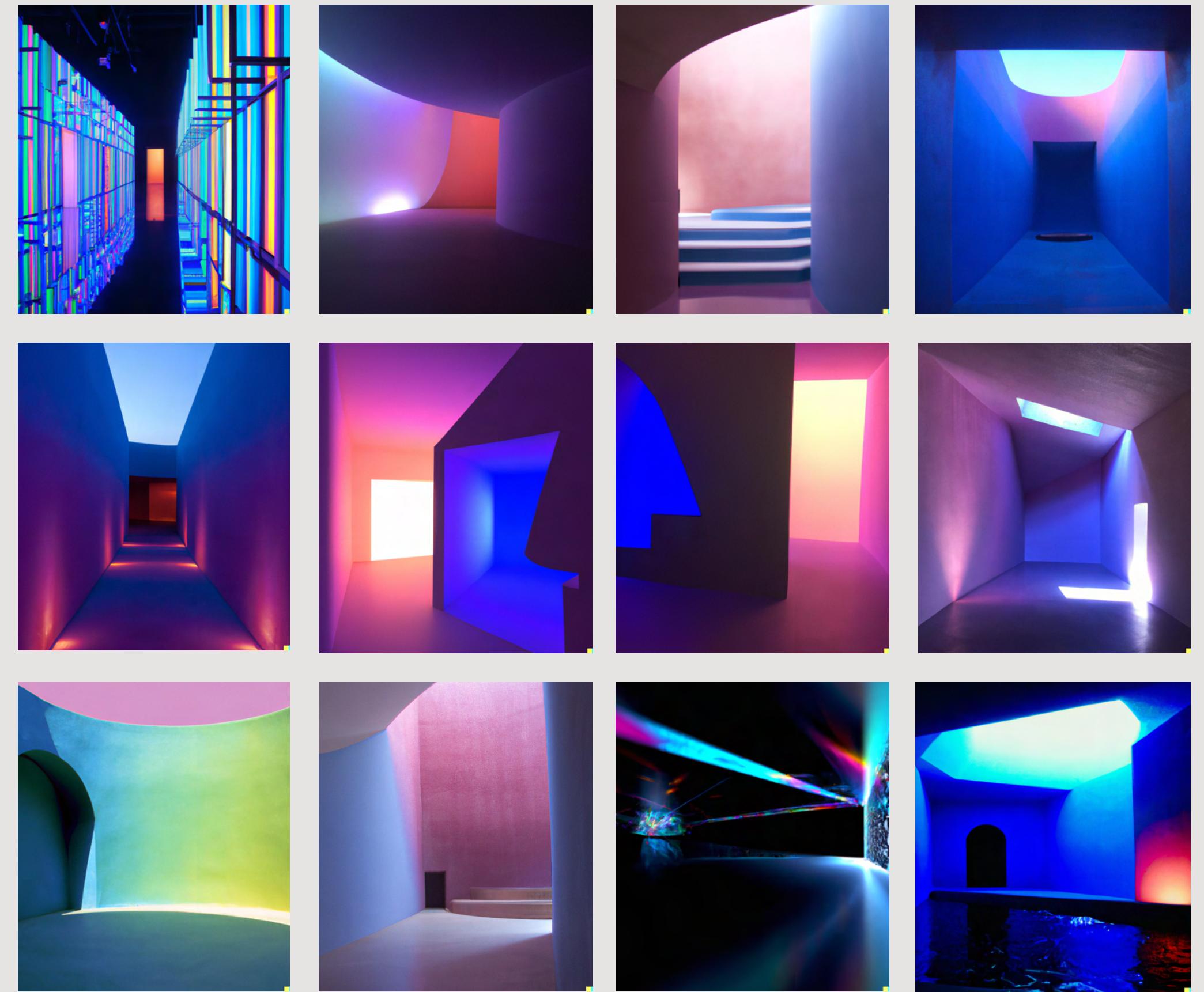
3. AI Environment Representation

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.

good for yourself this morning?

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



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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Fall 2022





Focused and Grounded

Seeing

AR animation

Touching

Haptic flutter

Hearing

Ambient nature



Observe the Cycle

The process is the point

Recognizing progress and reflecting on growth



Sydney Nguyen | Brittany Roberts



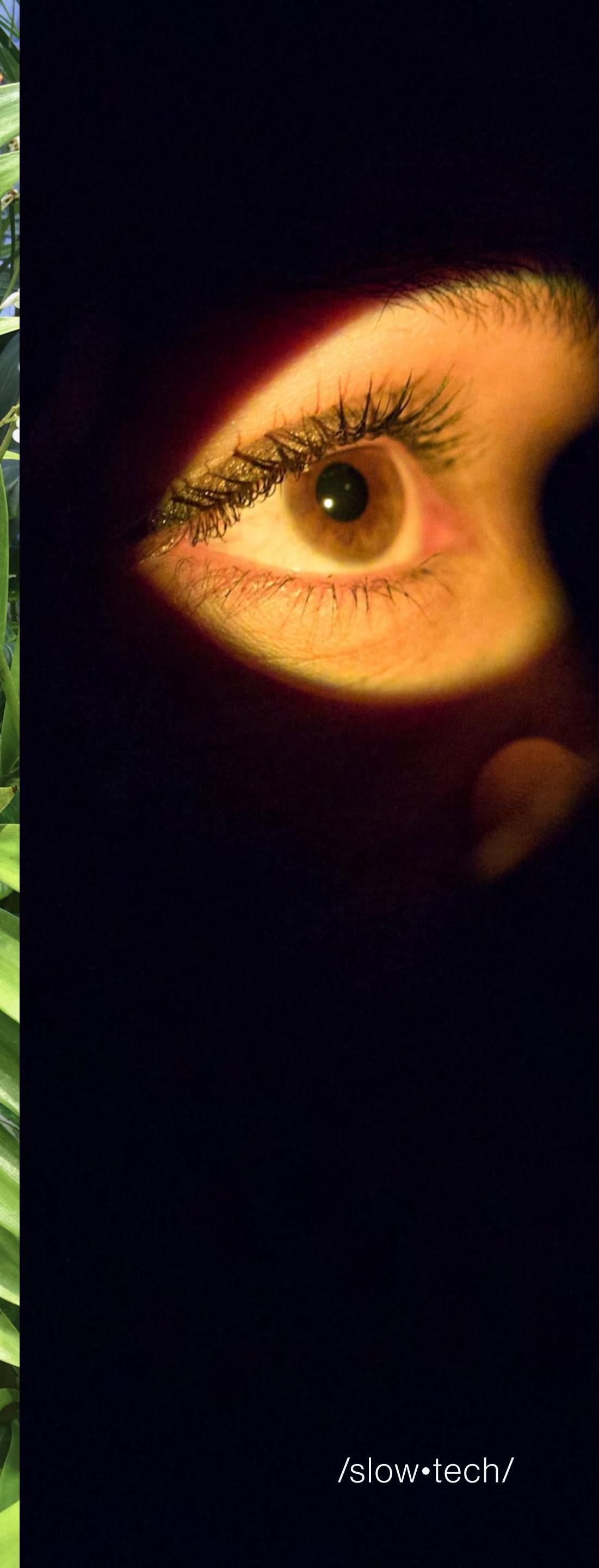
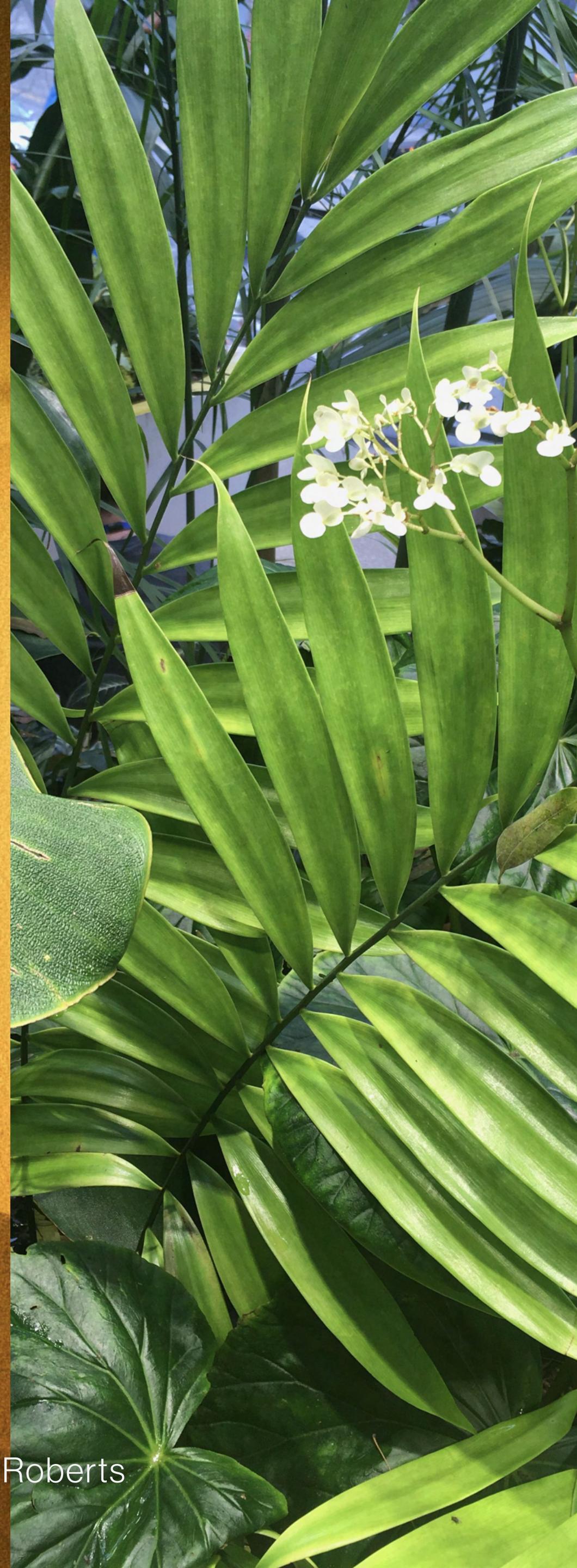
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Sydney Nguyen | Brittany Roberts



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Bridging the Gap

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

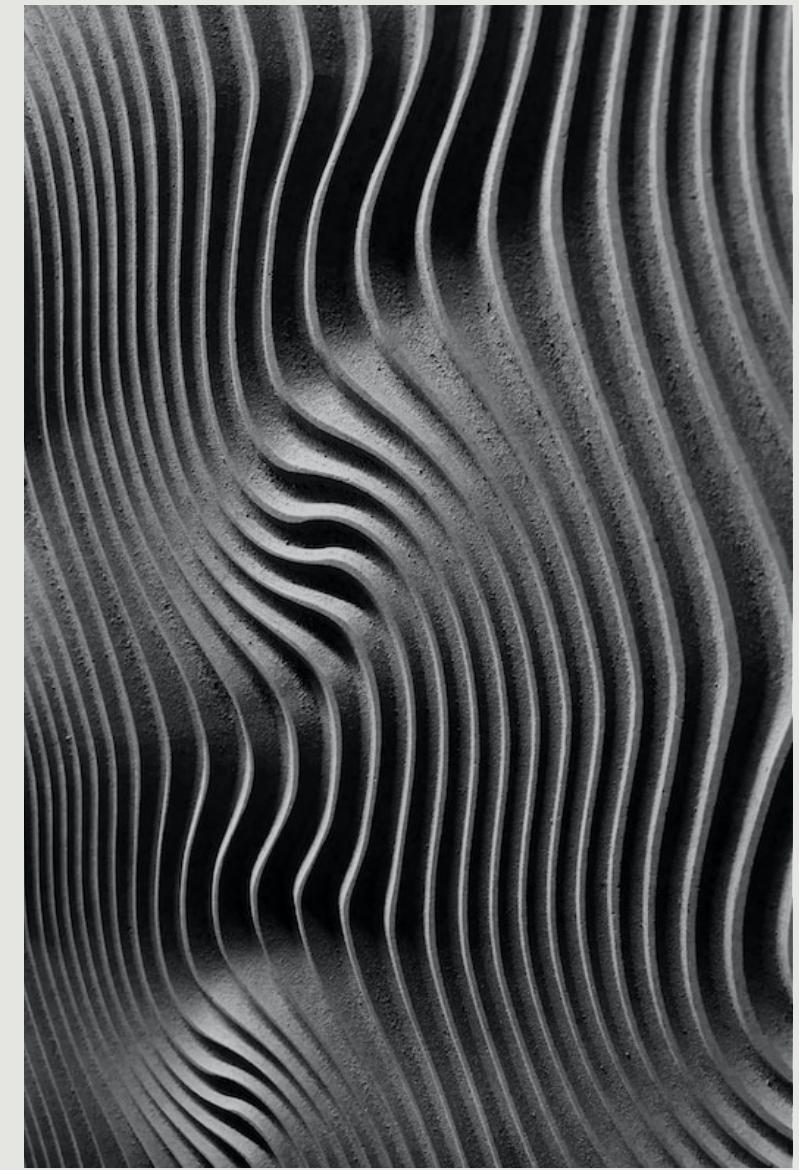
Conflux 2022



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](#)
