DC 7: Regenerative Design – "A Better Flow"
ATLS 5430 Design Methods
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For this challenge, I chose to focus on the individual. Research shows that, with interspersed breaks, we can increase our productivity by making shorter "working periods" more effective. This is regenerative because, not only does the individual get more for the energy put in, but also regains more energy from these breaks. However, while this has become a focus in the workplace, it is often implemented as a "one-size fits all" model. Additionally, it overlooks many other groups, such as remote workers and students.

JOB WORKFLOW
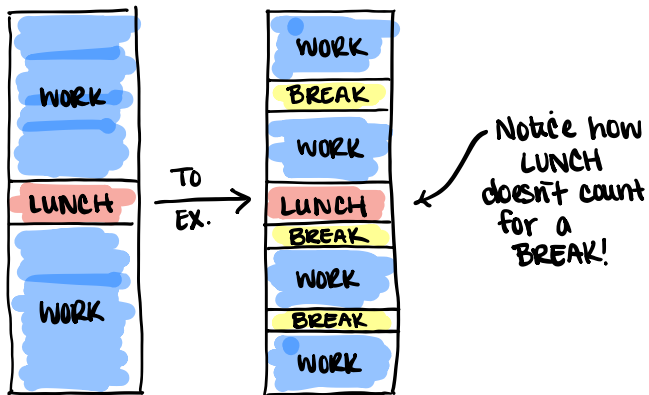
STUDY WORKFLOW
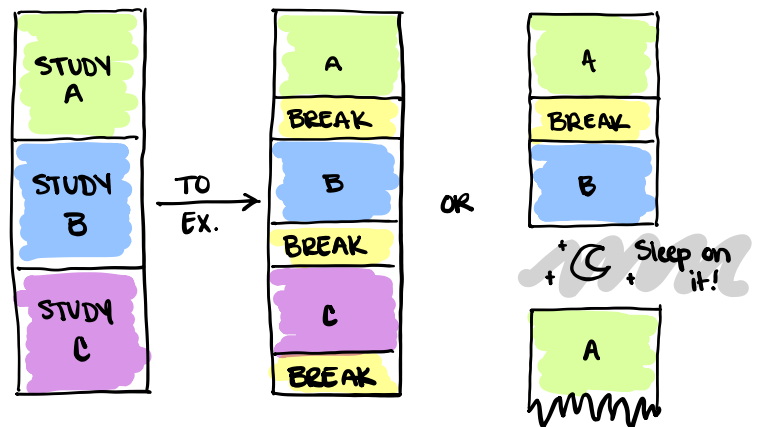
My design would likely take the form of an app and would tailor the timing of these breaks to their individual needs. First, they would complete a series of trial periods, logging when they begin working and when they stop working – due to distraction, fatigue, end of the work day, etc. It should also allow them to log when they take breaks. This should be done for each type of workflow they have: job, studying, household chores, etc. After the trial periods (which should be a minimum of 2-3 full work cycles) the application would then have an algorithm that takes their individual data and research-based trends to create the "best" break schedule. Of course, it should be adaptive to how they interact with the app – do they frequently skip the first break, for example.

Imagine the impact that this focus on the individual could have on communities, workplaces, schools… If the individual better understands their regenerative needs, we could all have a greater feeling of energy and fulfillment, while having more time for self-care. Plus, being more productive at work is a huge boon for businesses.