

Analysis Outcome

Ideal step by step sequence

- Sensors or personal feeling identify an incoming anxiety attack →
- short interaction with chatbot to catalogue the anxiety spike and review some possible activities to handle the anxiety attack →
- taking a short break to calm myself through specific activities and refocus myself →
- meanwhile using the non-verbal communicator at my desk and a portable version to indicate to my colleagues that I'm not good at processing information and speech at the moment →
- when the anxiety attack is over going back to my desk, switching off the communicator and cataloguing the length of the break to the chatbot →
- over a long period of time, hopefully, patterns emerge what kinds and lengths of breaks are useful to me.

Ideal experience

Very easy to use devices that will make handling an anxiety attack and taking a break seamlessly part of the overall workflow at my workplace.

Available technology

- smartphone,
- IT setup of a modern office workplace,
- IoT devices for my desk and one portable version,
- wearable sensors