

Atmos Lens — Wellbeing you can wear

A Professional Concept Report

Executive Summary

Today's hybrid workforce is facing unprecedented levels of stress, distraction, and emotional fatigue. Employees are struggling to feel connected, supported, and mentally balanced in fast-paced office environments. **Atmos Lens** reimagines workplace wellbeing through a minimal, wearable, and non-intrusive AR experience. Employees wear simple, lightweight glasses in the office that provide supportive visual cues to enhance focus, encourage healthy habits, and rebuild a sense of connection — ultimately leading to healthier, more productive workdays.

The Workplace Wellbeing Problem

Modern offices were built for efficiency and collaboration, yet many employees silently struggle with stress, digital overload, and hybrid disconnection.

- Burnout and fatigue are rising
- Focus is harder to sustain in open-office environments
- Hybrid structures limit real interpersonal connection
- Break-taking and self-regulation are inconsistent and often neglected

These challenges impact both employee wellbeing and workplace effectiveness. A new approach is needed — one that lives inside the work environment, supports people in real time, and respects their privacy.

Meet Maya — A Day Before Atmos

Maya is a high-performing employee in a hybrid workplace. But recently, she has been feeling overwhelmed, isolated, and mentally exhausted. She jumps between tasks, sits through meetings without breaks, and finds herself disconnected from her team — even when she's physically surrounded by them.

The office looks modern, but internally Maya feels scattered, pressured, and unsupported.

Introducing Atmos Lens — A Simpler Way to Support Wellbeing

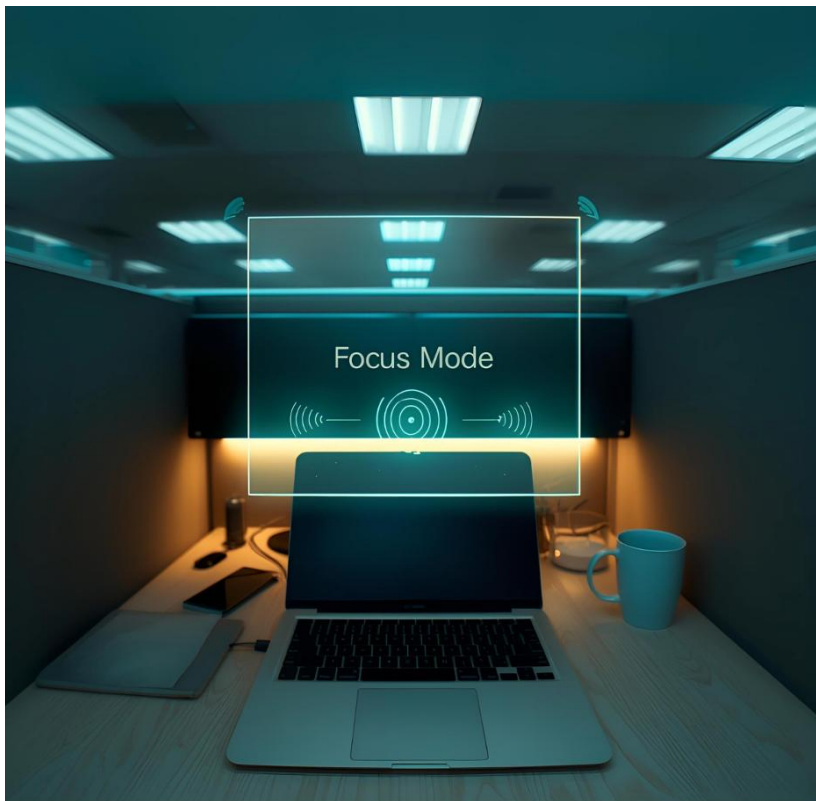
Atmos Lens is a pair of **lightweight AR glasses** worn in the office like normal eyewear. They do not block vision, isolate the user, or overwhelm them with information. Instead, the glasses provide **gentle AR overlays** designed to help employees maintain focus, take meaningful breaks, and feel connected — without disrupting their workflow.

The glasses are minimal, comfortable, and designed for natural wear in professional environments.

Core Wellbeing Features

1. Focus Mode

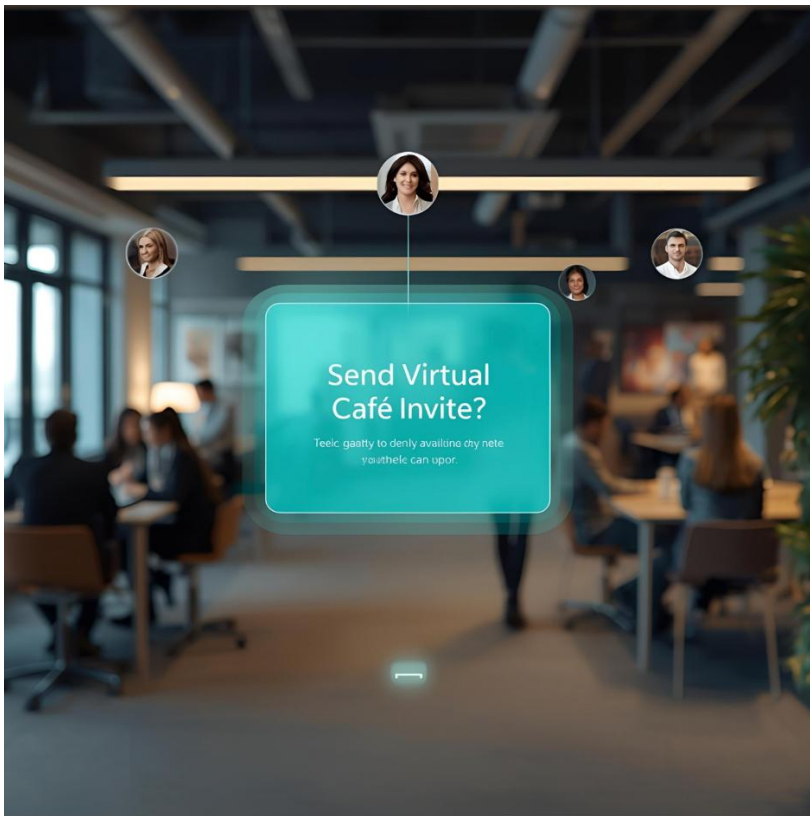
Atmos reduces visual distractions, encourages breathing cycles, and helps the mind settle into deep work.



Focus Mode creates moments of calm concentration while maintaining awareness of the physical space.

2. Social Mode

Employees see soft visual indicators showing who is available, who is in focus, and who should not be disturbed — reducing unnecessary interruptions and easing collaboration.



Social Mode rebuilds connection and awareness without requiring constant messaging.

3. Recharge Mode

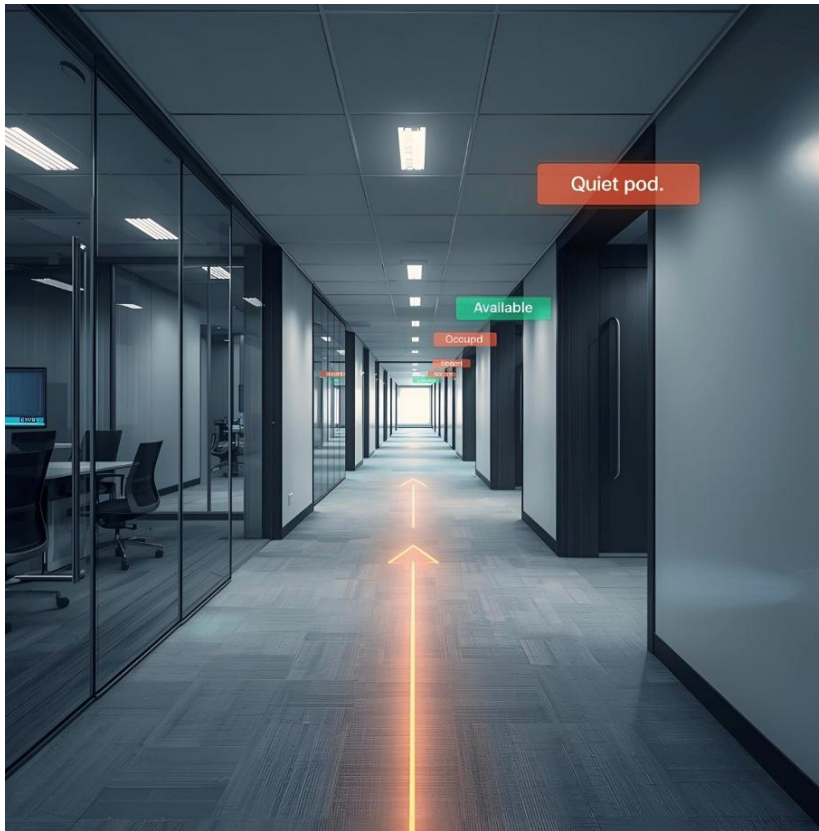
Micro-break reminders prevent burnout before it begins, guiding employees toward intentional rest and recovery.



Short, guided breaks improve emotional regulation, clarity, and energy.

4. Guidance Mode

When the workspace becomes overwhelming, Atmos provides wayfinding cues to open pods, quiet zones, or collaboration areas.



Subtle directional cues help employees find the environment best suited for their next task.

User Journey — A Day with Atmos

Instead of feeling scattered and drained, Maya now experiences a day that flows:

- She begins with **Focus Mode**, reducing distraction and stress
- She uses **Guidance Mode** to find a quiet pod during busy hours
- She engages teammates thoughtfully through **Social Mode**
- She benefits from **Recharge nudges** throughout the day

By evening, Maya feels calmer, more productive, and more connected.

Design Rationale — Why Glasses?

Atmos is intentionally delivered through simple eyewear:

- **Non-intrusive:** No bulky headsets or isolation from reality
- **Always contextual:** Visual cues live in Maya's true environment
- **Hands-free:** No extra steps or device switching
- **Office-appropriate:** Discreet and professional in appearance

Privacy & Ethical Principles

Atmos is built on trust:

- No video recording or surveillance
- No emotional profiling
- No personal identity tracking
- Supportive, not corrective

Employees remain in control, and wellbeing guidance is offered — never forced.

Impact & Outcome

With Atmos, workplaces gain:

- Reduced stress and burnout
 - Healthier break habits
 - Better focus engagement
 - Improved team awareness and connection
 - Calmer work environments that support human wellbeing
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Future Roadmap (High-Level)

- Personalized wellbeing patterns (optional opt-in)
 - Expanded AR cues for environmental comfort (noise, lighting awareness)
 - Remote mode for hybrid continuity (home → office consistency)
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Conclusion

Atmos Lens transforms the office into a space that cares — helping employees feel balanced, supported, and connected in their daily workflow. By blending subtle AR assistance with human-centered design principles, Atmos enables healthier work without distraction, pressure, or complexity.

Work should feel human again — and Atmos Lens brings that possibility to life.