

LOCALLY PRODUCTIVE, globally connected



Random thoughts:
Our relationship with animals, and pets. How dogs survived by learning how make humans like them, so that they don't extinct.



CLIMATE CONSCIENCE



What if one day there is a 'plastic compressor machine' in everybody's house, where all types of plastic can be recycled (including packaging soft plastic)

The plastic compressor is as common as a washing machine/dish washer. After compressing them, user can recycle them, sell them, use it as a fuel, raw material ETC

What if one there is an app that will encourage people to recycle? It will be a game like thing. I am imagining each recycle point will have a weight system with a QR code. The user will scan the QR code and weight the plastics before recycling to collect 'points' as an incentive to recycle better. Then user can use points as cash back etc.

revolutionary



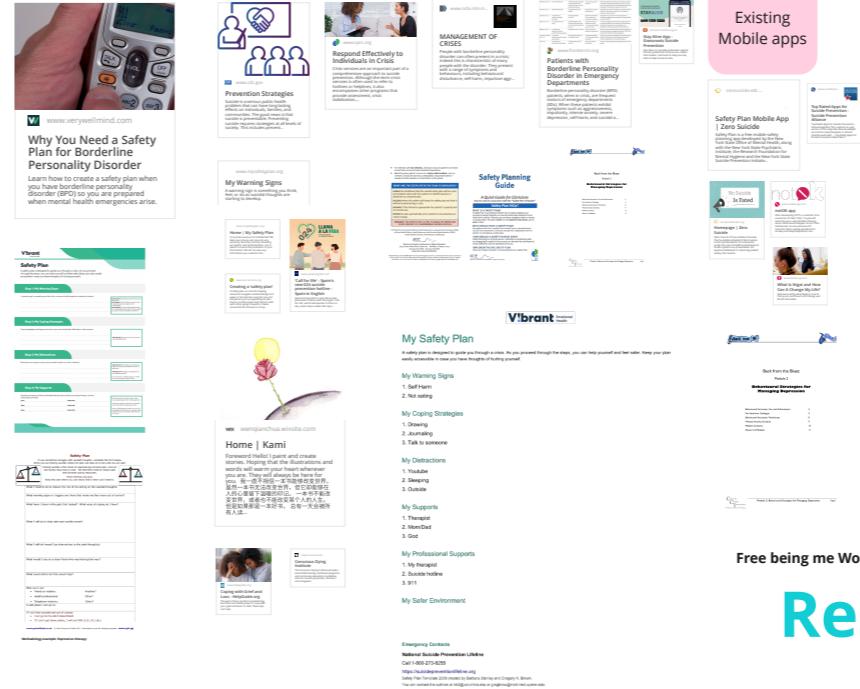
Rituals



Personal Levi the Cat Story

Your heart knows how you wants to be loved
• Self love

A mental help self help product that is accessible for everybody
• An app that helps people in crisis
• Safety plan when suicidal thoughts arises
• A "crisis box"



Free being me Workshop

Real depression project

Booklist for depression self help

CRISIS BOX idea

- customisable
- made with recyclable materials

1. It can be a gift for someone (Is this crisis box for yourself or someone?)
2. Can have a template
3. It can contain letter from yourself or your loved ones
4. What is the material for this box?
5. Add ikigai?
6. Suicide Crisis box specialized for people who prone to commit suicide

Crisis box type:
Depression / personality disorder / normal people envisioning what will he/she do when they experience extreme sadness (breakups, death, etc)

It can be a work shop, weekly work shop for the community, we can set up the materials and stuff

- I have been thinking about mental health people
1. Seiko (in seattle, might be hard to reach her)
 2. Janes's friend, psychologist in Germany, Dusseldorf (Very likely to be able to meet her)
 3. Xiao Hui
 4. Dr from Assunta

Collect info:

1. Rubber band that will brings you back to reality

Community Project Idea

A. Mental Health in school (inspired by my high school)

1. There will be a group for counselling where the teacher advisor will teach the students interested in it
2. Those who are in the club will have a badge, like an ambassador
3. Students that have problem can talk to people with the badge
4. Mental health education for those who are young to identify early mental health problem such as personality disorder etc

B. Expressive therapy

I am thinking using community activity as a way to express mental health issues.

1. Plastic bottle project work shops