

Health and Wellness

Digital Wellbeing

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Meet the Team



Roy Nehoran



Karen Ge



Erin Smith

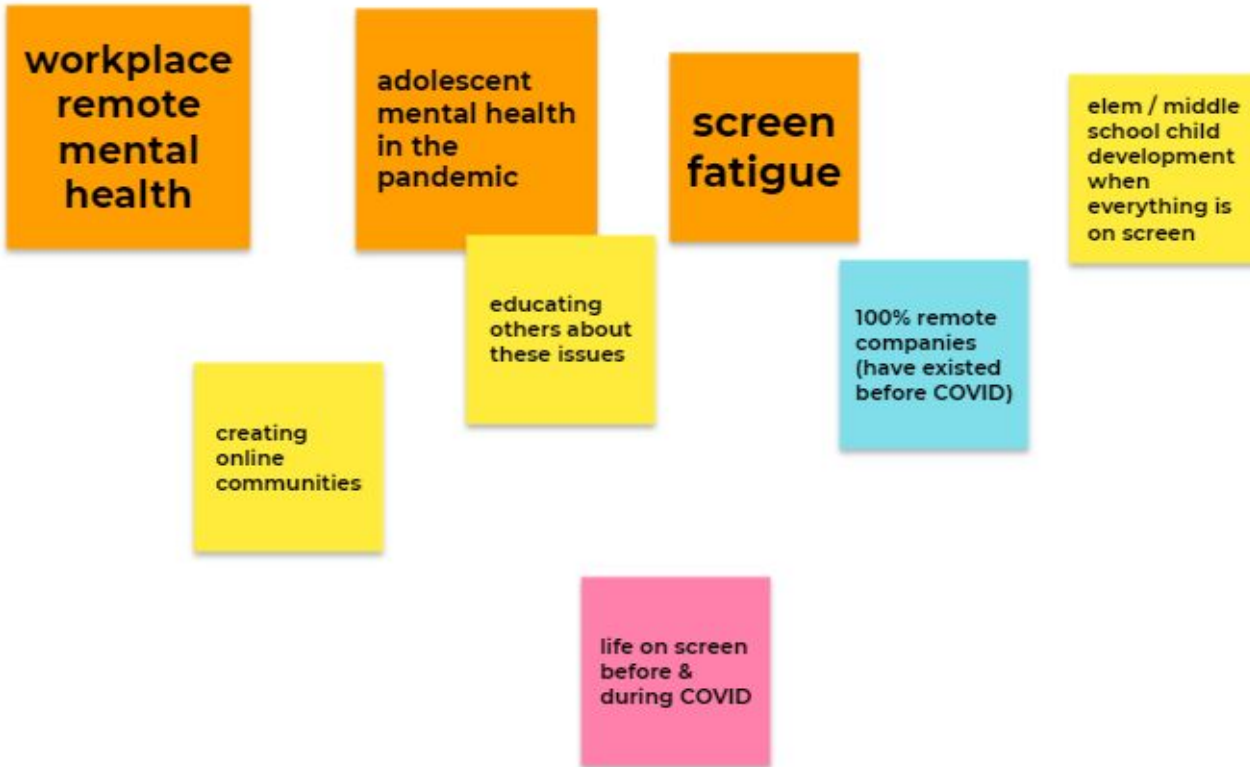


Helen He

Problem Domain Brainstorming



Narrowing in on Screen Fatigue \cap Health



The background is a solid teal color. There are two decorative white outline shapes: one in the top right corner that is a partial circle, and one in the bottom left corner that is an irregular, organic shape.

Needfinding Methodology

Interviewees

Who

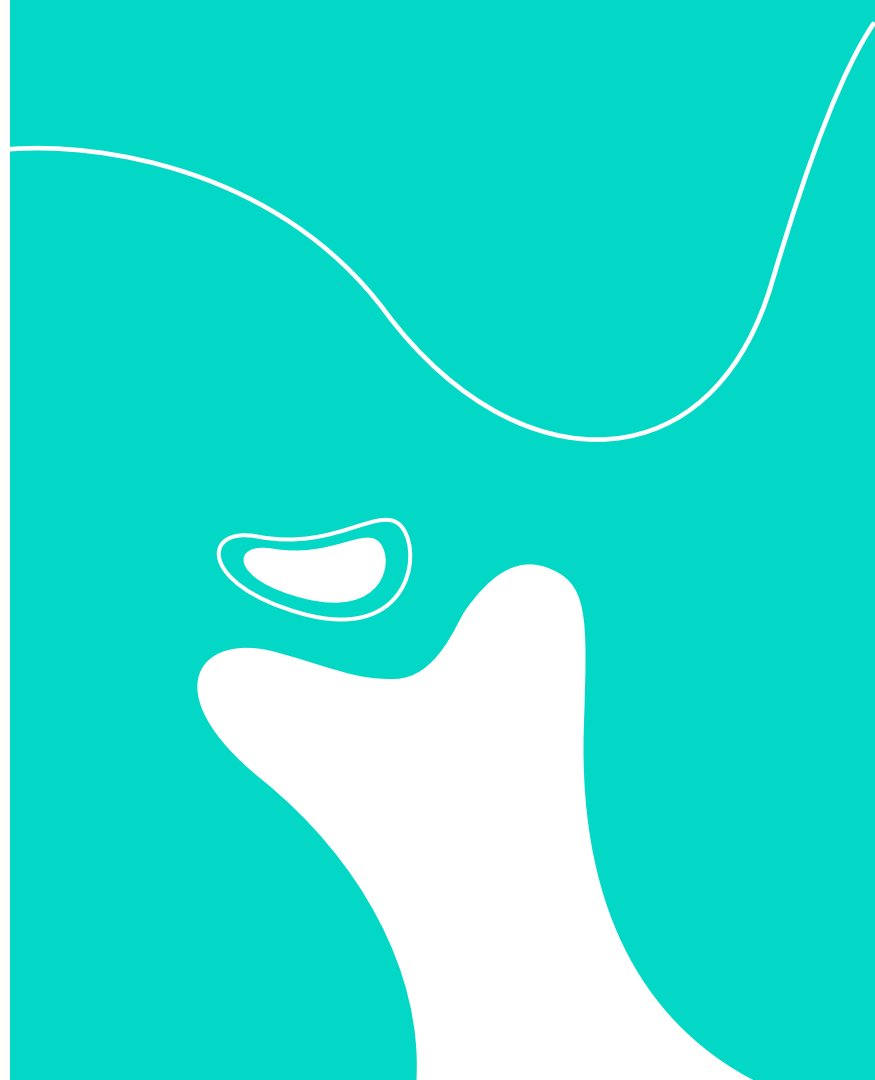
- Stanford student
- Middle-school student
- Software engineer

Why

- Diverse set of experiences that can give insight to our problem area

How

- Recruited through reaching out via text and email
- Zoom calls



Walk me through a day in your life of remote school?

How have you felt about how COVID has changed your technology usage patterns?

What do you do during your free time?

What do you hope stays the same after the pandemic? What do you want to change?



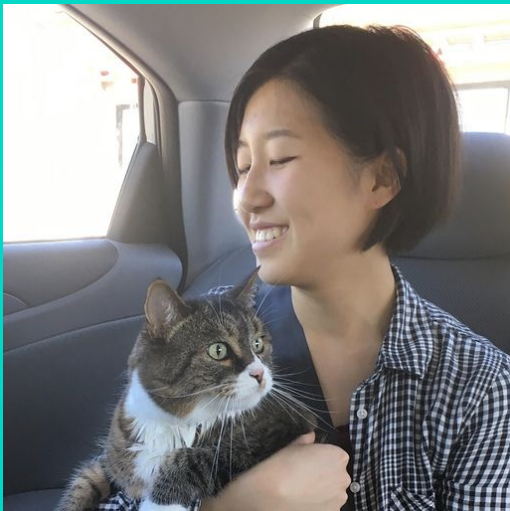
What is your screen life like?

How do you manage your screen life?

Have you felt any health effects from online school and/or work? If so how?

What does a meaningful digital life look and feel like to you?

Interviews



Angela

Junior at Stanford studying Psychology
Works at Bridge Peer Counseling Center

Zoom interview

“Despite Zoom sort of facilitating a way to connect and socialize, there's something **inexplicably lonely** about seeing your face and your friends' faces **in a little box on a screen.**”





Elliot

Software Engineer at Epic Systems
Lives in Wisconsin

Zoom interview

“[Before I lived far] **I used to be able to go on walks** and throw pastries at people”



Sophie

Elementary school student

Lives in Kansas

Now has online and hybrid school

Zoom interview

“I hate online school with a passion...
Recess and lunch are my favorite parts of
online school”

Empathy Map

SAY

"Screen fatigue has been a huge thing for me"

"Especially since school started"

"That's impacted my energy"

"It's kind of like this screen is a duty and it feels like my master at this point."

"I think I kind of screwed up during my winter break in that I didn't like **proactively plan enough non screen time**"

"I think there's something about an iPad. It's like relatively **low functionality.**"

"I also relied on [my laptop] more for my day to day, In-between times"

"I hate online school with a passion"

"Recess and lunch are my favorite parts of online school"

It's awkward to interact with teachers all online.

DO

takes 5
minute
breaks from
the
computer

now spends
**leisure time
as well as
work time**
on screens

only has
seven or
eight tabs
open at a
time

Structures **breaks
to be non-screen
time**, with family,
on trampoline,
doing gymnastics

**Socializes
with friends
over zoom**

new habit with
friends of
work-sessions
over zoom

was dancing
around and
doing
gymnastics
during call

Needs to
**take naps
to recharge**
during the
school day

took on
miscellaneous
on-screen
tasks during
the break

Gets
distracted by
people
around her
during school

THINK

I wish socializing could be off the screen and more real

School contributes a lot to extra screen fatigue

Keeping workspaces organized helps with focus

I used to love screen time before COVID, but now it is awful.

I don't know how to care for myself when I'm always online

I'd rather see my friends online than not at all

Technology is **draining my energy** throughout the day.

I need to find new ways to be fulfilled during COVID

Being busy is the only way I am operating right now, and **I can't control it**

I miss the unplanned daily interactions with other people

FEEL

Lonely because I am not able to see friends in real life

Disoriented by all of my tasks being on a screen

Frustrated because **my time doesn't feel like my own anymore**

So **tired of always being on a screen all the time**

More comfortable when there are fewer things to navigate

Forgotten by the people I used to get to interact with

Restless all the time, itching to move and talk to people

Unsatisfied with my rest time and with how I'm feeling.

Extreme dislike of online school. It feels icky.

Less spontaneous and joyful, lethargic, **missing human contact**

Analysis

“I think there's something about an iPad. It's like relatively low functionality... But after high school, in college. I think after starting to use a laptop... I started relying on it more and also using it for more leisure, things.”

- Angela

Insight: Different types of technology and devices may have different usage patterns. We have historically valued quantity for functionality over less but more deliberate features.

Need: To be more intentional and feel more in control about technology usage.

“Tech is less fun now.” -
Sophie

Insight: Too much screen time makes it less fun.

Need: More restorative break time. Reduce fatigue by making tech less exhausting

“Weekly friend meetings fade away over time.”
- Elliot

Insight: People stop organizing social meetings over time.

Need: Incentive to continue social calls.

“There's something inexplicably lonely about seeing your face and your friends' faces in a little box on a screen.” - Angela

Insight: Specifically pointed out the design feature of having a little box around people's faces. Pointed out her own face being another feature that bothers her.

Need: A less self-conscious default? Or a more fluid, less grid-based design for interacting with three-dimensional, un-boxable humans.

“Spending more money on ordering entertainment and wellness things.”

- Elliot

“I try taking breaks, but it's kind of like the dread of knowing that 'Okay... you have to go back' ... It's kind of like this screen is a duty, and it feels like my master.”

- Angela

Insight: Seems more justified to spend more money on entertainment.

Need: Better ways of entertainment without buying.

Insight: Spending so much time on screen leads to feeling like loss of control over one's time and screen usage.

Need: Want to regain control of managing own screen time, a sense of agency and self-identity.

**Interview observation:
Sophie moving
throughout most of the
interview**

She had just finished her school day and did headstands, cartwheels, and gymnastic routines throughout the interview, constantly moving and animated in speech.

Insight: She's feeling restless and has a lot of unused energy, and is probably really excited by having someone else to talk to!

Need: A way to express herself physically and keep active.

Summary

We are focusing on digital wellbeing

From our interviews, we think people need:

- More control over their technology usage
- Restorative break time
- Ways to stay active
- New, better ways to socialize virtually

Questions?



THANKS!

Do you have any questions?

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