



SPECULATIVE PROTOTYPE

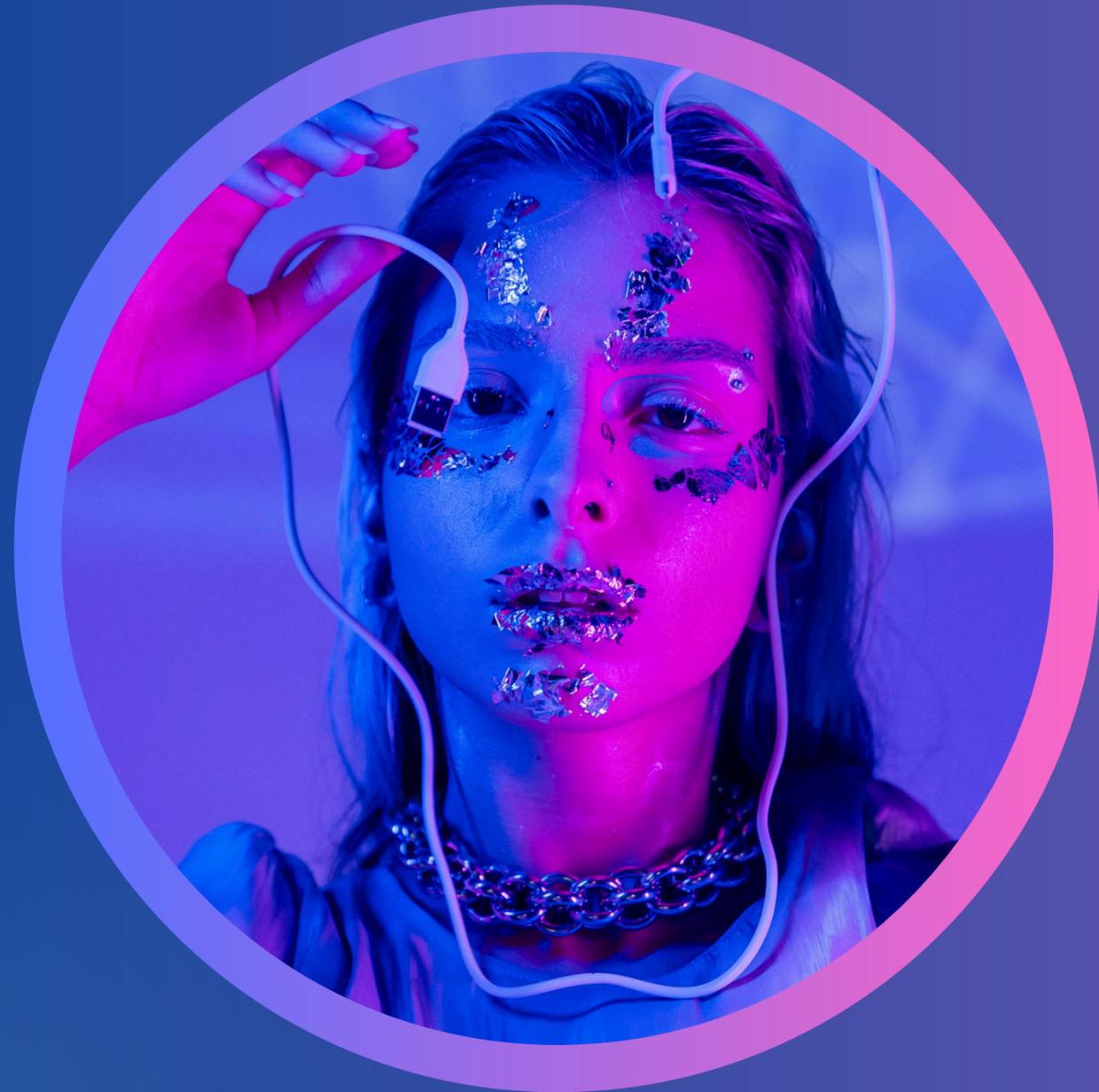


Role: Design, Research

Tools: Canva, Procreate, DeepAI, Figma

Timeline: 3 Weeks





2033 WORLD

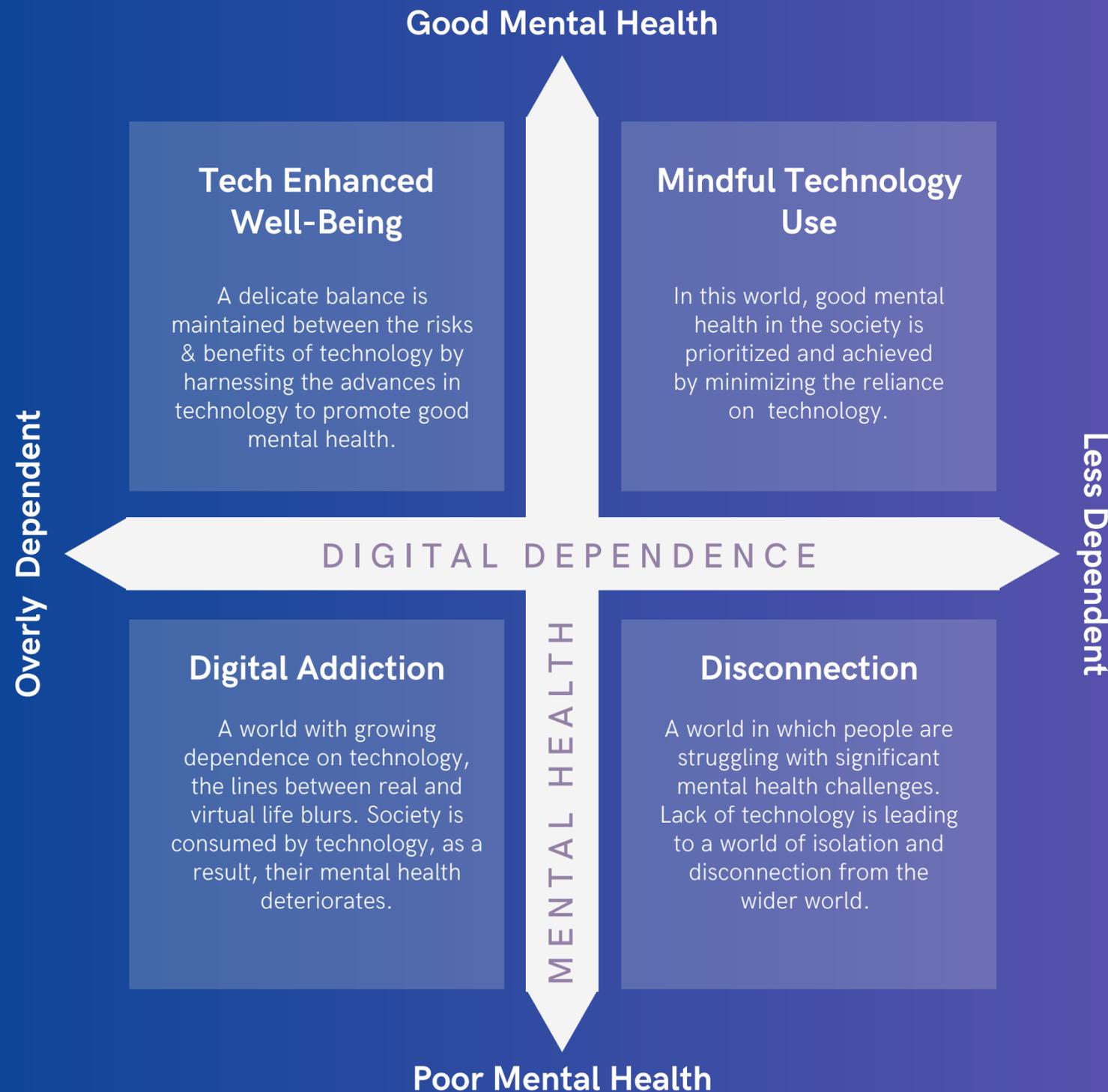
Life Trend - Permacrisis

Category - Lifestyle & Health

The most important driver is mental health & the most uncertain driver is dependence on technology.

Introduction

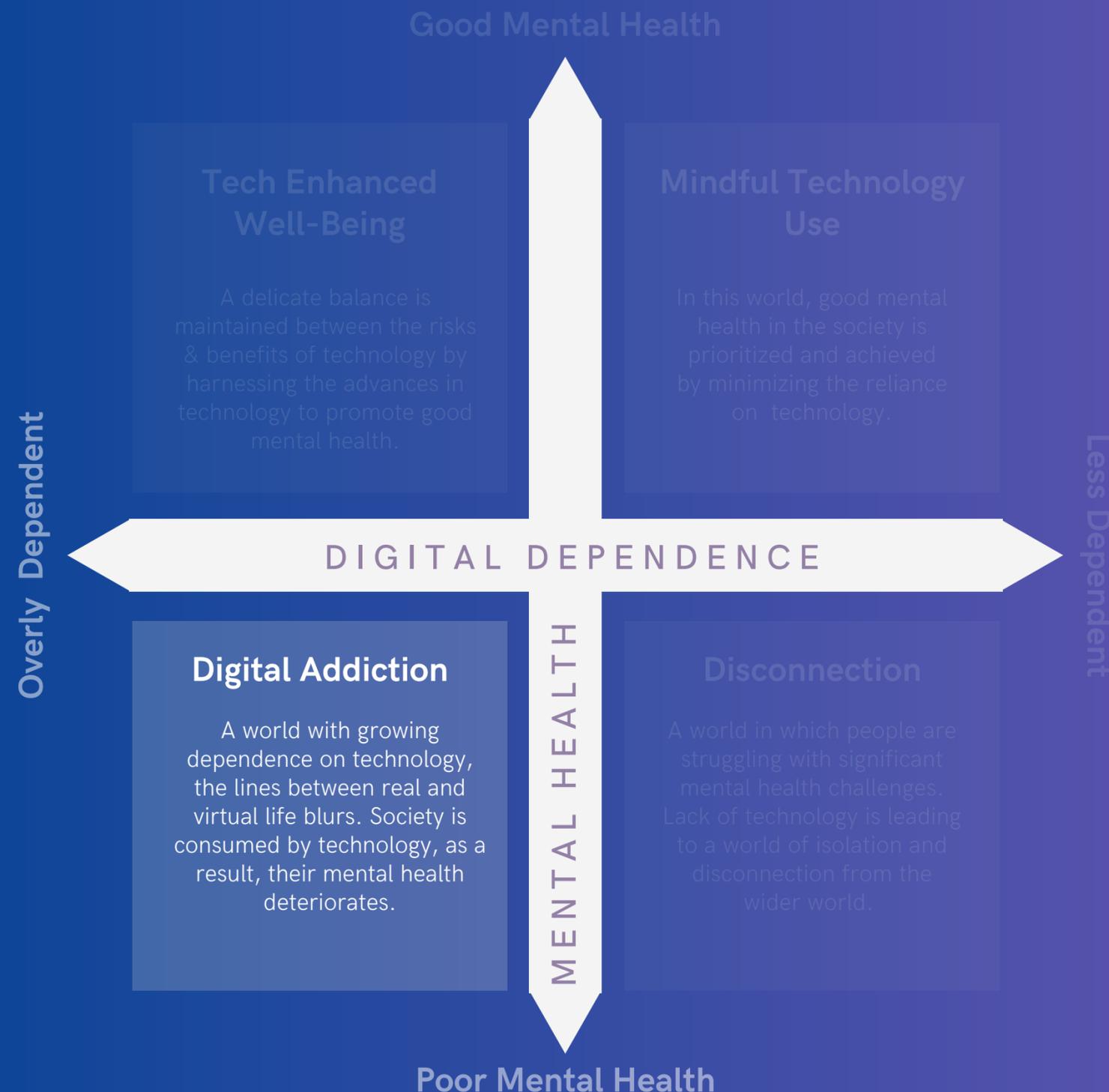
2033 WORLD



- The matrix describes four potential future worlds, as depicted.
- I chose to explore the world of Digital Addiction, a world with growing dependence on technology & declining mental health.

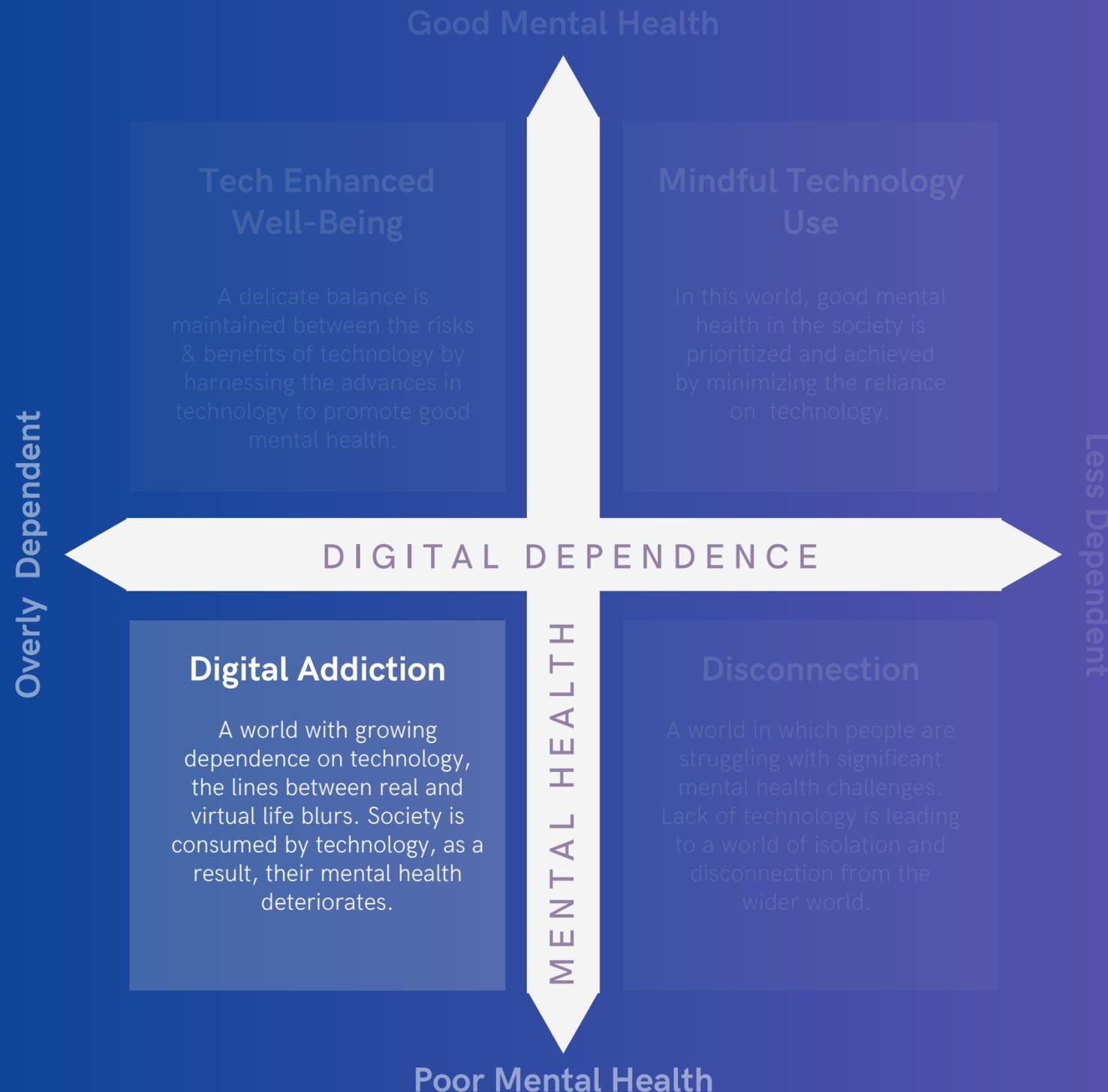
Scenario Outline

DIGITAL ADDICTION



- All businesses have gone remote & people work from their homes in virtual environments. Schools, colleges & universities have also switched to an entirely virtual mode of learning.
- The use of AI, AR & VR technology has become mainstream. People are excessively relying on technology, and people's lives are heavily consumed by technology which has led to mental health problems such as anxiety, depression, and other mental health disorders.
- Social media platforms are heavily regulated by the government to ensure good social conduct. VR devices have become the primary means of communication which has resulted in digital addiction disorders.
- People are becoming isolated & disconnected from real-world interactions.

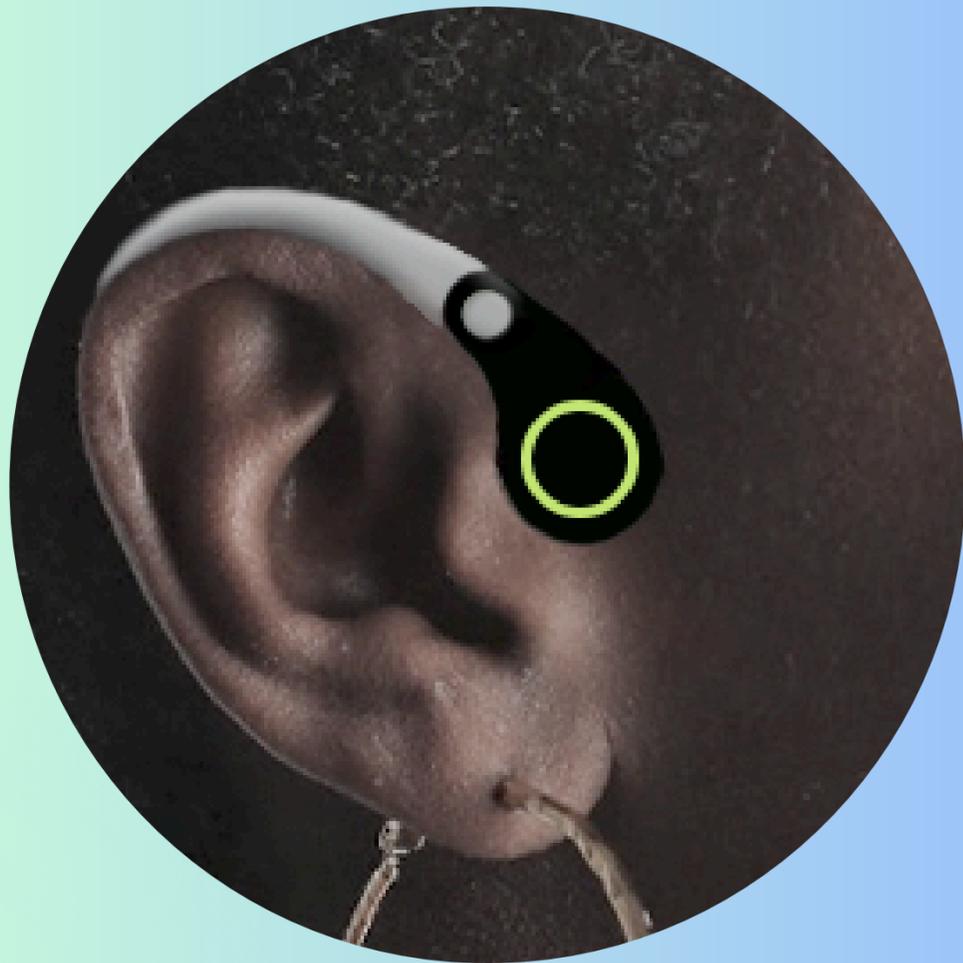
HOW DID WE GET HERE?



- Due to the series of past events, the world has gotten to a point of no return. Everyone is so used to technological devices all around them that they cannot survive without them. This has led to a world where there is almost no real-life human interaction.
- This was made possible by the quick developments in the field of technology, especially the advancements in AI and machine learning that played a significant impact in changing the worldview.
- Due to this over-dependence on technology, deteriorating mental health is becoming a pressing concern for the people and government. The government is actively taking steps and initiatives to fight this mental health crisis.
- The shortage of healthcare professionals and the increasing need for mental healthcare led to the development of AI therapists. This drastic measure is helping in bridging this gap. These AI therapists are being trained by healthcare professionals and are monitored by them. All of the stored data is kept confidential and secure to ensure the privacy of the user.

Prototype

INNEREASE



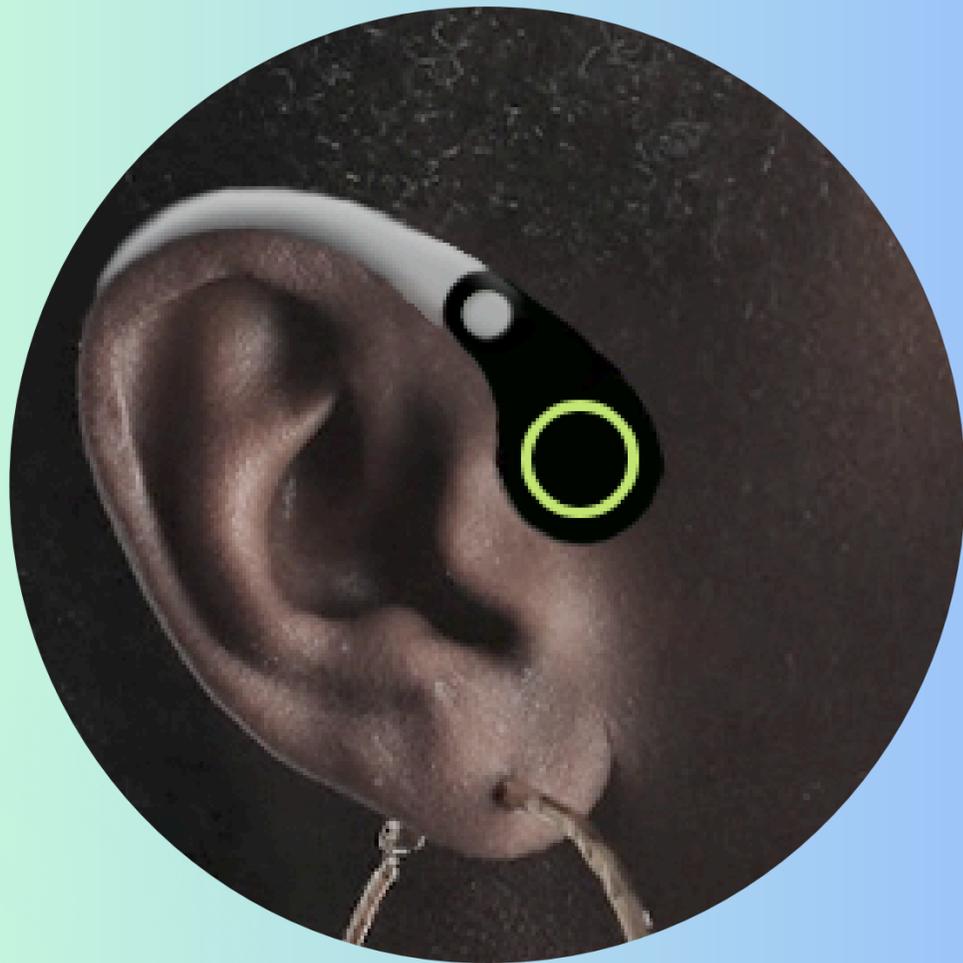
- The government of Canada tackles the growing mental health crisis and a limited number of psychiatrists by providing the public with InnerEase. The government has helped the people by reimbursing them under Canadian health insurance once they seek help.
- It helps people struggling with mental health issues by reading their brain signals to diagnose and identify their neural patterns.
- InnerEase is equipped with neuro sensors, hence based on the individual's brainwave activity and patterns it suggests the recommended route of mental health support: AI Therapy or Altering Reality.

Prototype

INNEREASE

AI Therapy

- The product is equipped with a voice assistant, AI therapists, and Neurotechnology. It can measure brain activity and provide real-time feedback to individuals. It also tracks their mental health progress.
- Users can control it via the neural sensors integrated within, essentially creating an accessible and hands-free user interface. It can simply be controlled with the mind.
- Equipped with AI technology which enables personalized therapy sessions, guided meditation, and cognitive behavioral therapy for users, it helps in stress management, anxiety, and depression.

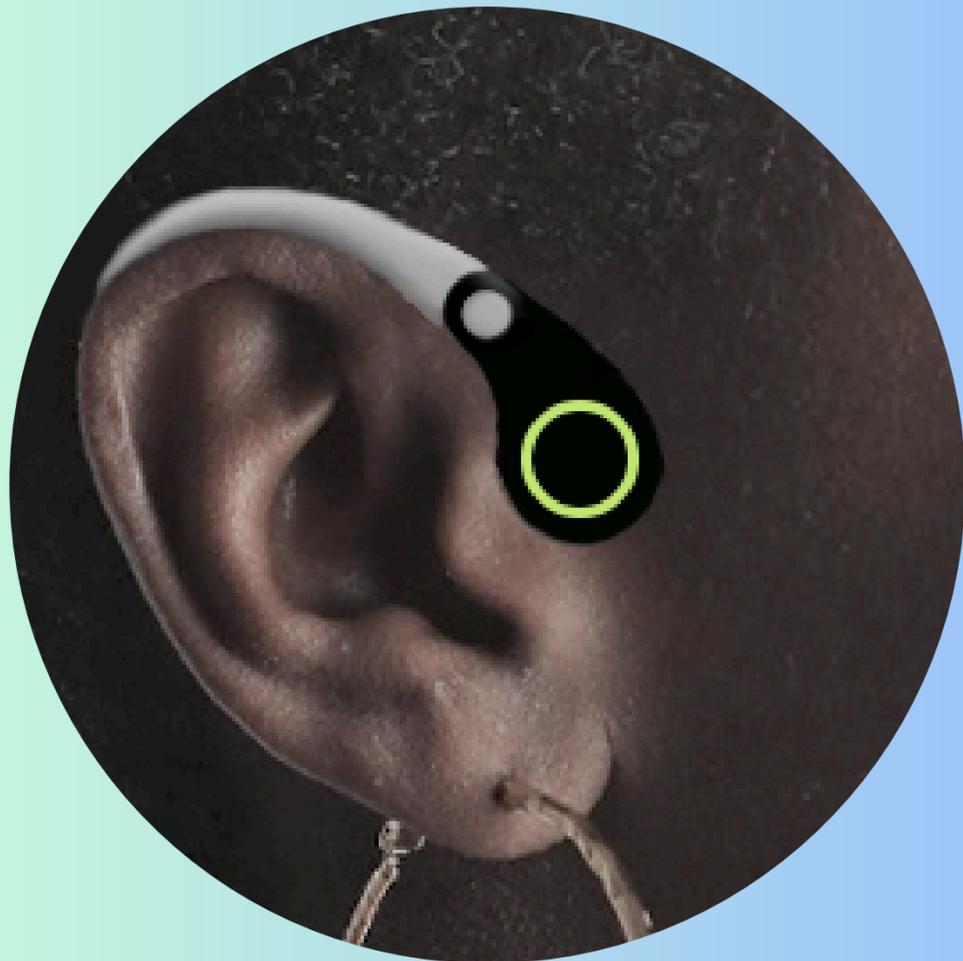


Prototype

INNEREASE

Altering Reality

- When something negative sparks, it makes one focus on good memories and offers selective hearing and selective vision. It has the ability to blur out the negatives, in vision and in hearing to mellow down its effect on one's mental health.
- The user has the ability to control the extent of device-induced altering of reality through selective vision and hearing.

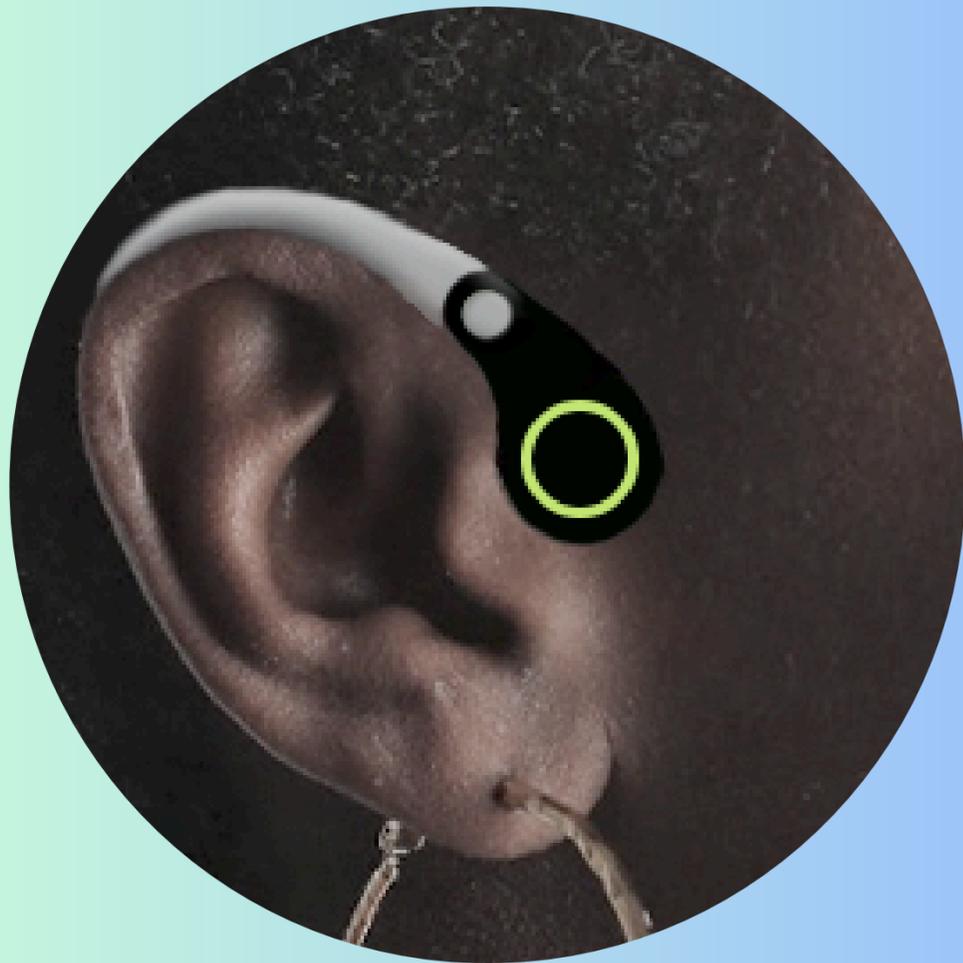


Prototype

INNEREASE

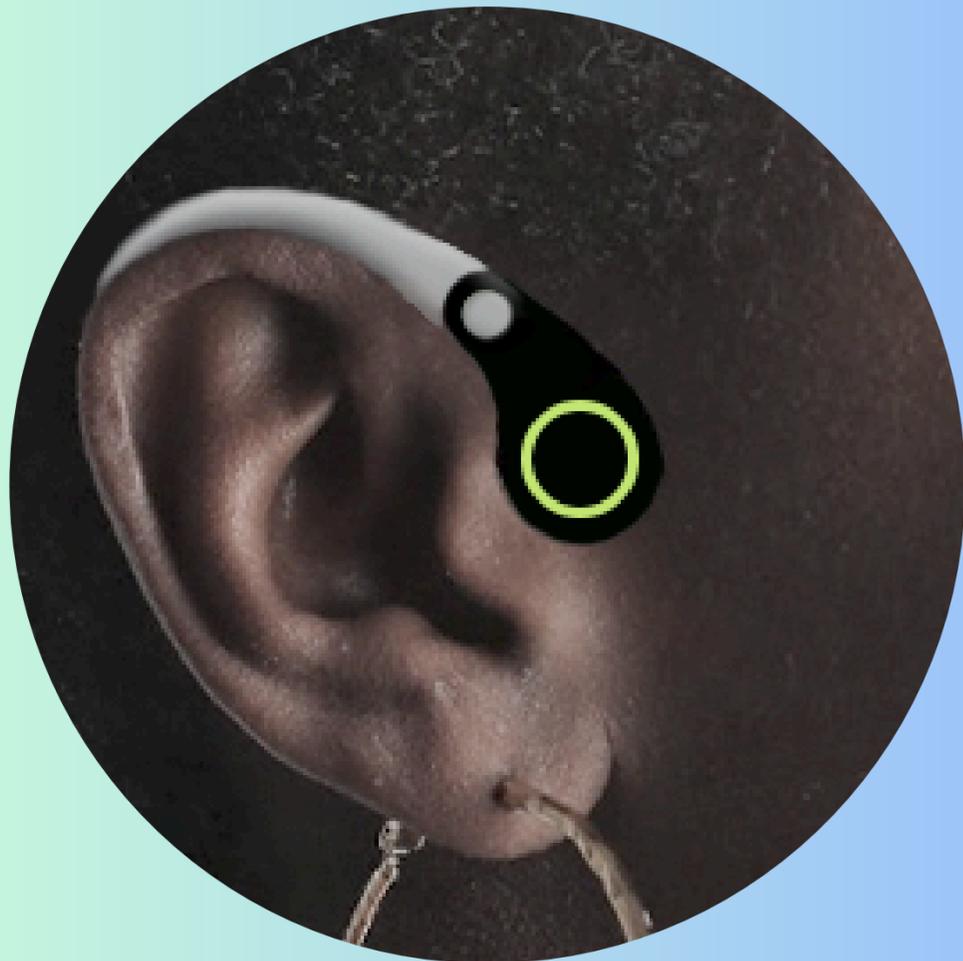
Reconnect with reality

- With features like bone-conducting earphones, mind control & voice assistance it helps in reconnecting with real life.
- It also helps in digital detox by giving people real-life tasks, such as engaging in physical activities, going out for walks, interacting with humans in natural settings such as parks, etc. so that they are reconnected with the real world. As an incentive, people who complete these tasks are awarded a digital currency which they can redeem as gift cards at various shopping stores, restaurants, etc.



How does it fit in this world

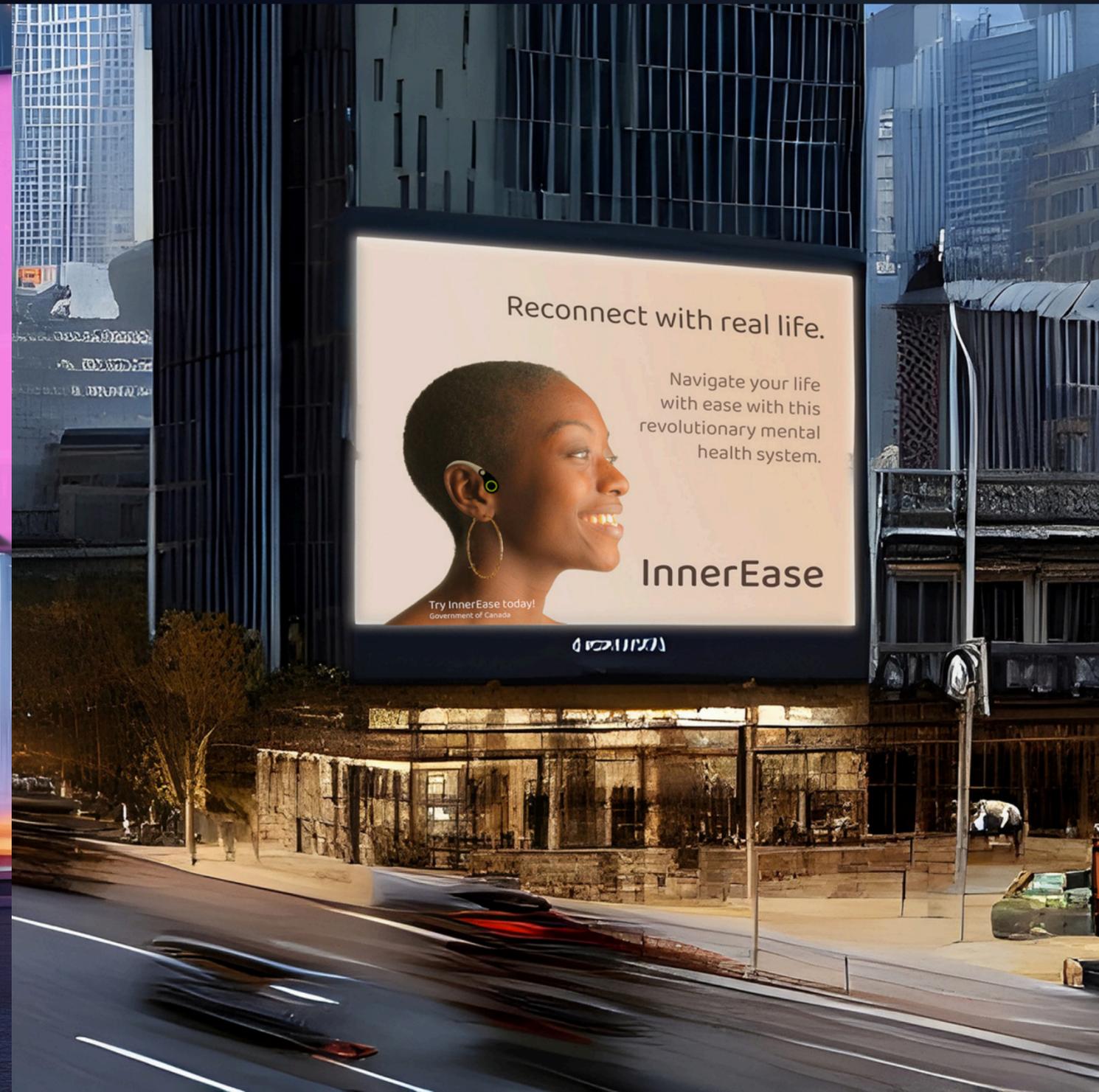
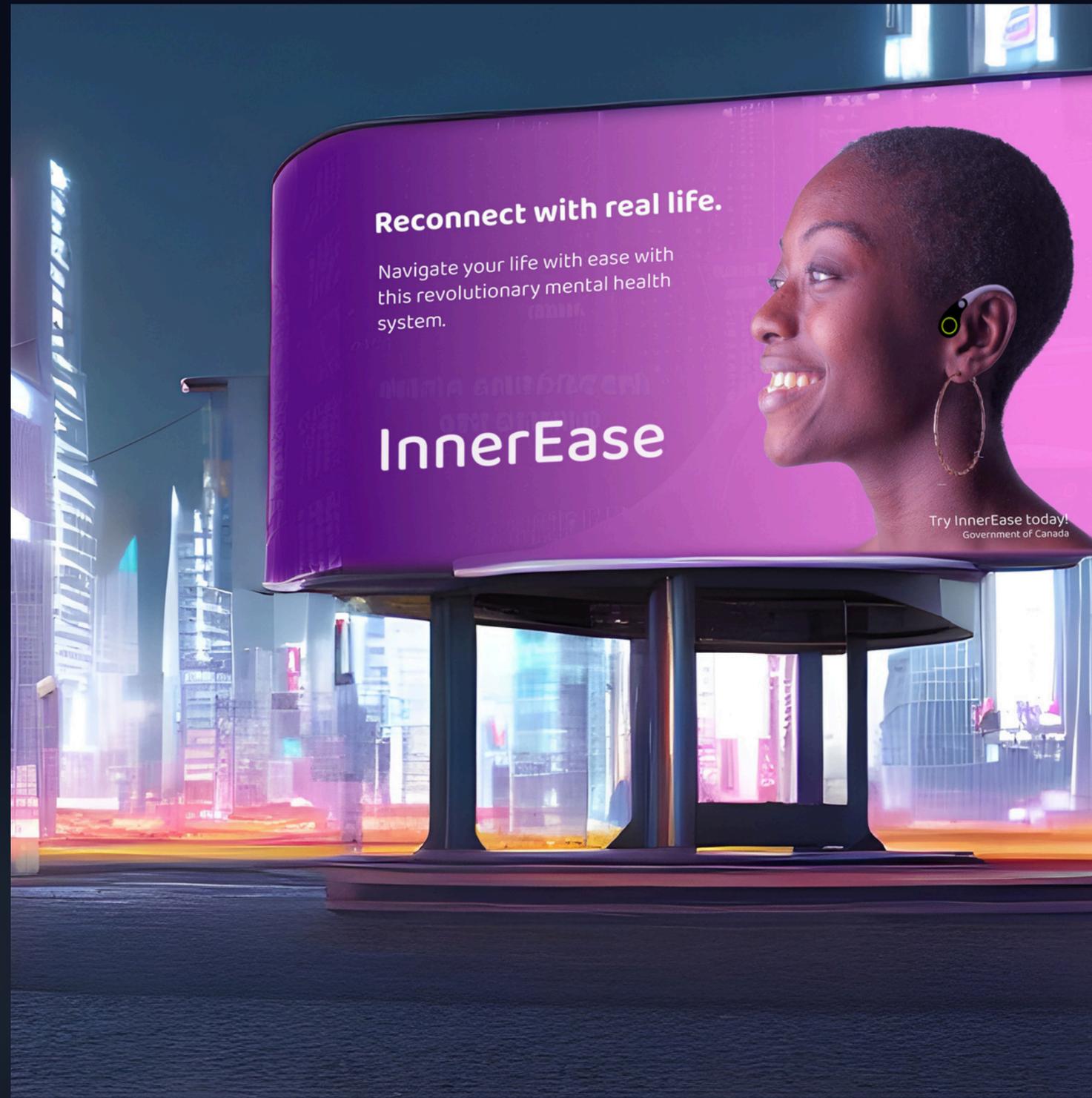
INNEREASE



- People are struggling with keeping up with a healthy mind and are addicted to technology, this device exists as a support in their struggles.
- It will help society to maintain a healthy balance between real and virtual lives.
- In a scenario where mental health professionals are in shortage and the demand is going higher as the mental health crisis increases exponentially, this device comes as an aid to restore the balance.

Advertisements INNEREASE

The Government is constantly promoting InnerEase in order to help the public combat the worsening mental health crisis and overall well-being of the population.



Public Reaction INNEREASE

In Today's News
20-02-2033

InnerEase - The Revolutionary Mental Health Support System

InnerEase was recently released by the Government of Canada to help the people struggling from mental health issues. The product is getting mixed reviews from various users. Some people are receiving this innovative product very well. Many users have reported significant improvements in their lifestyles and overall well-being. Some users have noted that life can get too much sometimes, this tool helps them to manage their stress and anxiety better.

Despite the positive response from the public, some people feel hesitant to use the InnerEase's reality-altering features such as the selective vision and hearing. People worry that these feature may have some unintended negative consequences on their mental health.

Even though there is a mixed response from the public, the Government of Canada continues to promote InnerEase in order to combat the worsening mental health crisis majorly accelerated by the over dependence on technology. They aim to improve the overall lifestyle of society & help them reconnect to the real life.

While this product may not work for everyone, it can't be denied that it helps a considerable amount of people through their mental health journeys. It is proving to be a promising tool for managing a balanced life and mental health.

- Since the public's release of InnerEase for usage, it has become a topic of discussion.
- Many users love using this product in their daily lives and have reported significant improvement in their overall well-being.
- Despite the good reviews, some users are skeptical about the reality-altering features of the product. They are hesitant to use those features and wonder if they negatively affect their mental health.



THANKS

