

Executive Summary

Distracted By Technology

The Situation

Technology has allowed for more access to information, better productivity, and improved connection.

§ With an abundance of programs to help users work and socialize they are able to engage at a quicker pace.

§ Technology has allowed users to monitor their health, track physical activity and link medical devices to improve their physical health.

§ With friends and family on the go or at a distance devices allow users to link up at a moments notice to stay connected.

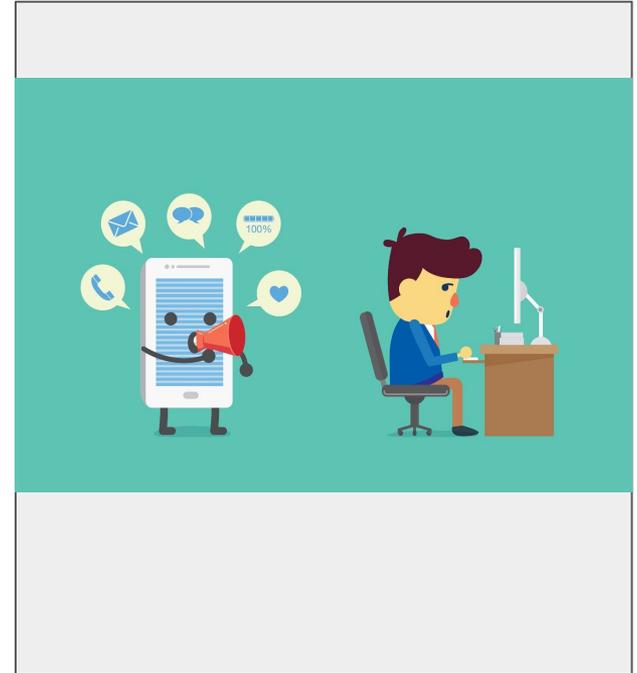


Image source:
<https://blog.mirrorreview.com/impact-of-technology-on-human-life/>

The Tension

While people agree that technology has provided positive advantages in society; the lack of technological boundaries has created not only interpersonal challenges, but also mental and physical health issues. Technology interfaces have become so addictive that they blur the boundaries where users have a difficult time shutting it off.

- § Many are less productive at work while simultaneously becoming more stressed.
- § People have less time for family and friends.
- § Burnout is on the rise with people feeling less connected from real life. There seems to be a constant sense of urgency for employees.
- § Eye strain, headaches, neck and back pain due to the physical strain brought about by focusing on our devices for too long during the day.



The Opportunity

The key for change is human-centered technology that emphasizes less distraction and more opportunity for quality connection.

- § Users have the opportunity to utilize technology allowing for more optimized productivity.
- § Technology has the opportunity to create more intentional and thoughtful more intentional and thoughtful communication that may lead the user to deeper connections.
- § With addictive interfaces and algorithms tech companies have an opportunity to build more thoughtful designs that keep the users mental wellness at healthier levels.
- § Users have an opportunity to build better boundaries through prioritizing how they want to spend their time on devices. This allows the user to disconnect from the digital world to focus on in person interactions.
- § Through maximizing device capabilities we can monitor the duration of users engagement resulting in healthier and happier users.

