

# IMPACT OF NEW TECHNOLOGIES ON PEOPLE

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#### IN BED WITH SMARTPHONE

#### WE'RE ADDICTED TO CHECKING OUR PHONES







# IN BED WITH SMARTPHONE

#### WHERE DO PEOPLE CHECK THEIR PHONES?







# WE LOVE TO BE CONNECTED

#### HOW DID YOU FEEL WHEN YOU MISPLACED YOUR PHONE?





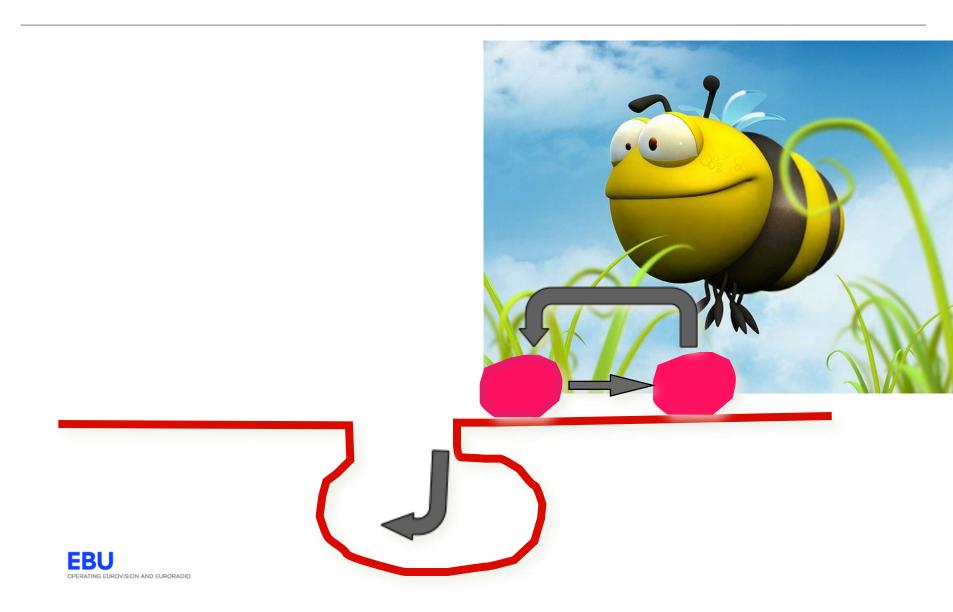




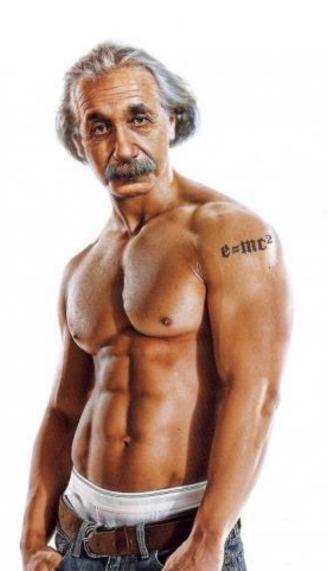




# THE SANDWASP PHENOMENON



# BRAINBUILDING- HOW IT WORKS

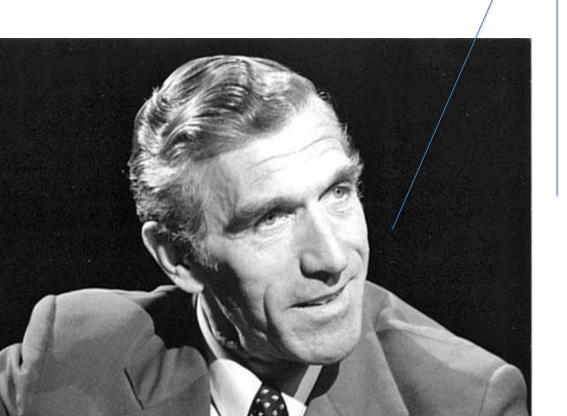


Neurons that fire together, wire together.

Building a habit essentially means building neuronal pathways by doing the same thing over and over again.

My habits shape my brain!

# THE PURSUIT OF UNHAPPINESS



Follow the logic of

"MORE OF THE SAME ..."

#### "MORE OF THE SAME": iDisorder

- Withdrawal symptoms (restlessness, panic ...)
- Compulsive email checking
- Attention deficits in real life social interactions (multitasking)
- "Narcissification" of society
- Excessive increase of our self-image leads to depressive symptoms
- Hallucinations (e.g. ghost cell phone rings, phantom vibrations)



# OUR "RESTLESSNESS-STRESS-SYSTEM"

... makes us sick!

#### **Triggers**

- Unpredictable future
- Loss of control
- Multitasking =

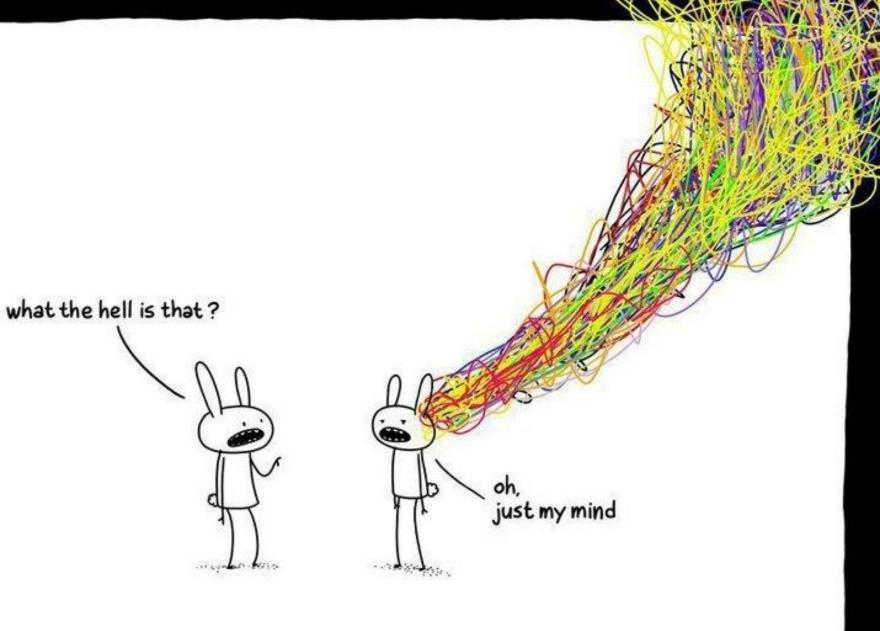


A HUGE STEP BACKWARDS INTO OUR MODE OF LIFE IN THE WILD

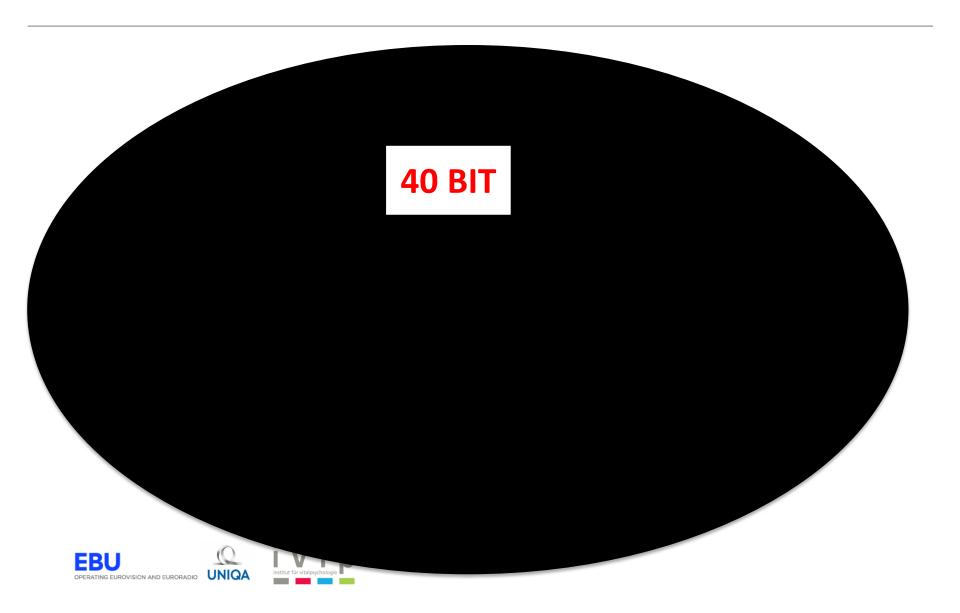








# MULTITASKING – A MYTH



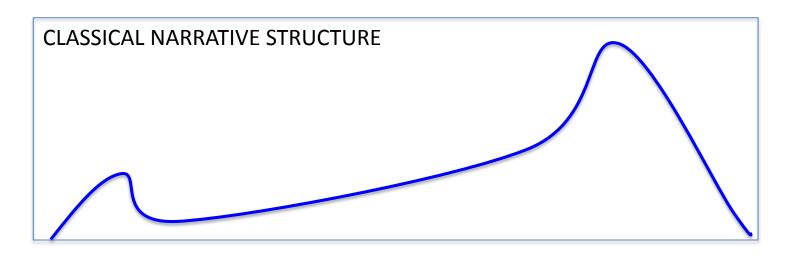
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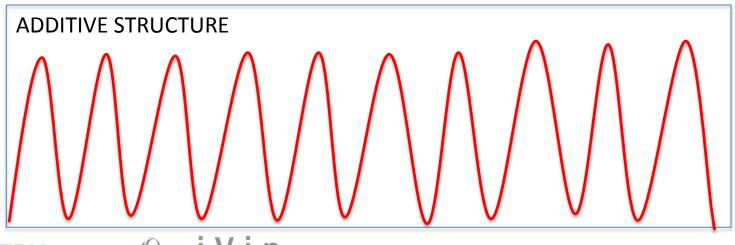
SHORT FILM BY RICHARD WISEMAN





# **ADDICTION TO ADDITION**











# PROTECT ME FROM WHAT I WANT (Jenny holzer)



Inspired by BYUNG-CHUL HAN

WE NEED NARRATIVE STRUCTURES.

ONLY BY NARRATIVE STRUCTURES WE CAN EXPERIENCE MEANING.

BUT TODAY WE ARE CONFRONTED MAINLY WITH ADDITIVE STRUCTURES WITH NO DEEP MEANING.

THE SENSE OF AN ACCELERATED WORLD IS NOT ABOUT SPEED. IT ROOTS IN A LACK OF MEANING.

FOR EXAMPLE: ON FACEBOOK WE HAVE NO CONNECTION BETWEEN THE POSTINGS. FACEBOOK IS ORGANIZED BY NUMBERS - ONE CLIMAX AFTER THE OTHER.

LIKE A PORN-MOVIE

WE DO NOT GIVE ATTENTION – OUR ATTENTION IS CAUGHT.

MORE AND MORE - WE ARE ALL "PORNOGRAPHED".



# BEING PRESENT = BEING A GIFT THANK YOU SO MUCH;)

