

yishan

for andreas

homework series 2



yishan

for andreas

homework series 2

reflection

i realised through this that apps that help with burnout do not stop at mindfulness, mental health apps. in fact, the most basic things us creative use in our daily lives help make our lives easier in coming up with content. i feel like it might be a paradox however. having these ways to help us with out work might make us feel like we have even better quality of work, and that the strain put on us is harder to shoulder.

personally, i make use of chatgpt a lot these days. with many things to do in life, it helps me save a lot of time. of course, i have to double-check the sources provided and all, but it helps me, someone who really sucks at research a lot.

using reviews and product details provided by articles and the data compiled by chatgpt, i listed out the pros and cons of each app, before using the data to conclude how each app would be useful in combating creative burnout.

mindfulness apps

1. happily
 science-based activities and games app which help overcome negative thoughts, stress, and life's challenges

- helps combat burnout using well-researched games! mental health/mood tracker for well-being

play games to improve mental health

3. headspace
 a user-friendly app that features a variety of different guided meditations and mindfulness exercises

- helps combat burnout with personalised well-being exercises

guided meditation exercises to reduce stress

2. calm
 mindfulness app featuring meditation practices, calming sounds, ambient music, and sleep stories

- helps improve basic well-being with meditation exercises, stories, by improving sleep quality

focuses on meditation / sleep quality

4. insight timer
 meditation app that features an extensive free meditation library

- helps improve mental and physical well-being with meditation and yoga

live yoga event, private mentoring, workshop platform

General reviews
 * might not work for all, as most apps require dedication and personal practice
 * exercises are applicable and improved mental health is observed after participation in exercises

industrial tools

1. canva
 used to create social media graphics, simple videos, presentations, slides, posters and other visual assets

- eases the stress of a creative: a source of inspiration, tool used to speed up the design process

speed up your design process, stay stress-free

3. evernote
 note-taking and organisation app used for personal and professional purposes

- ensure you are not procrastinating by keeping yourself organised and structured

helps to ensure you don't stress out near deadlines

2. slack
 collaboration and messaging platform for teams and businesses

- aides in the stress of communicating with teammates, workflow organisation

helps with the stress of organisation when working with others

General reviews
 * canva has an obvious style, can be inflexible
 * slack's collaboration tools might take some time to get used to
 * evernote's interface can be complex
 * slack and evernote can be intense on system resources

tools fueled by ai

1. chatgpt
 an artificial intelligence (AI) tool that can answer questions, tell stories, produce essays and even write code

- helps to come up with creative prompts, speeds up data and research gathering

speed up your design process, stay stress-free

1. talkspace
 online therapy and mental health professionals that connects users with licensed therapists and mental health professionals

- therapy lol

expensive, free and easy therapy which you can plan whenever

2. artbreeder
 platform that allows users to create and explore AI-generated art and images

- the ease of image experimentation might provide users with new ideas

fresh ideas are always welcomed to help curb creative block

General reviews
 * ai-based softwares have ethical concerns
 * talkspace matches people up with therapists, which might not be their preferred one

!

medium: text
chatgpt involved for research

assigned
 year 3 week 3
 31 august 2023

completed
 year 3 week 4
 6 september 2023

reviewing the app types

mindfulness apps
 expensive, for people who have money and self-discipline. probably would not work for someone with commitment issues

industrial tools
 good for ~~slow~~ people who work fast-paced / cannot organise themselves for shit / people who wait till the last minute to do their work

tools fueled by ai
 for people who are at peace with their work not being 100% self generated / do not have a prejudice against ai-generated content, actually very useful! and probably will be incorporated into future design practices

honourable mention

1. forest
 productivity app designed to help users stay focused and reduce phone addiction by encouraging them to stay off their phones for a set amount of time

- prevents procrastination during productive times

helps keep users up-to-date and in time for deadlines which are a cause of stress

con-selling app