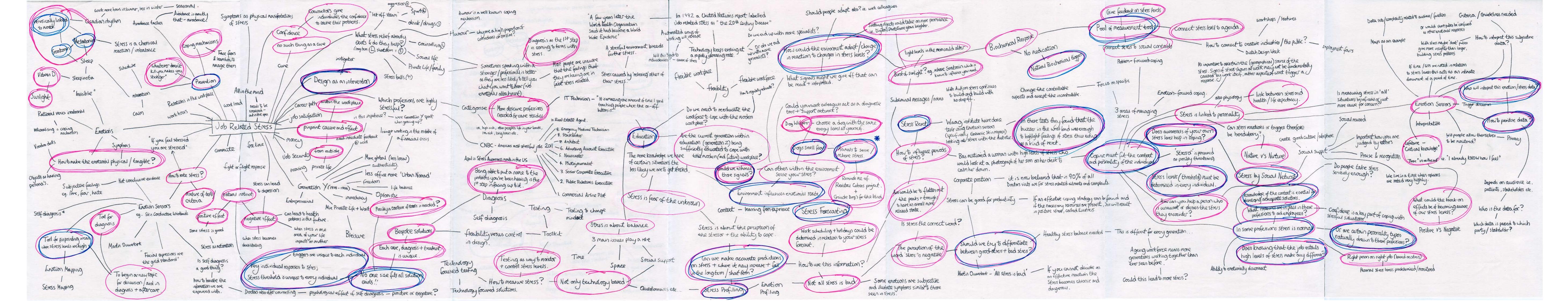
GRIP

May 2011 Mike Thompson Research Associate Design Academy Eindhover CRISP



GRIP MIND MAP.

SUMMARY

- Stress is a natural instinct (fight or flight).
- Stress (incl. triggers and ability to cope) is unique to every individual.
- Prevention is better than cure.
- Education Pinpoint cause and effect (Learn signs and how to react).
- How to make the emotional tangible?
- Bespoke solutions there is no one-size-fits-all solution.
- A toolbox of tools is needed.
- Design as an intervention.
- How can you help someone who is unaware of or denies stress?
- Does awareness of your own stress help in coping?
- How to rate stress?
- Who will interpret this stress data?
- How to prioritise stress data (What criteria are needed?)
- Testing as a way to monitor and control stress levels.
- Can we accurately predict stress levels? ie. Stress Forecasting / Profiling.
- Environmental factors influence our emotions.
- How might an environment adapt in reaction to changes in stress levels?
- Can others within the environment sense stress? e.g. dogs smell fear.
- Can we enhance these signals?
- Can we alter / interrupt these signals? e.g. stress reset.
- Stress is a biochemical response.
- Melatonin and Seratonin levels are intrinsically linked to mood.
- Are we able to use natural biochemical triggers e.g. sunlight, to influence mood and reverse stress ?
- The perception of the word is negative are new terminology needed?

MIKE THOMPSON MIND MAP MAY 2011