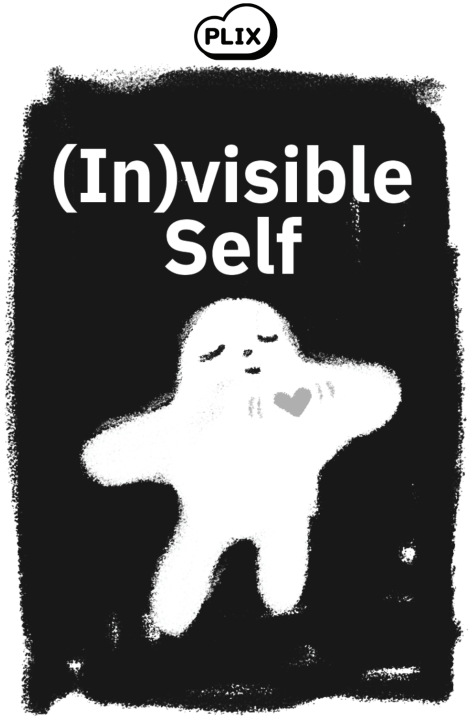
(In)visible Self



This zine was created by the MIT Public Library Innovation Exchange (PLIX) and Caitlin Morris, a researcher in the Fluid Interfaces group.

More ideas:
plix.mit.edu/activities

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Mind and Body

Close your eyes and take a few deep breaths.

Do you notice anything change in your body?

Does your heart start to beat more slowly?

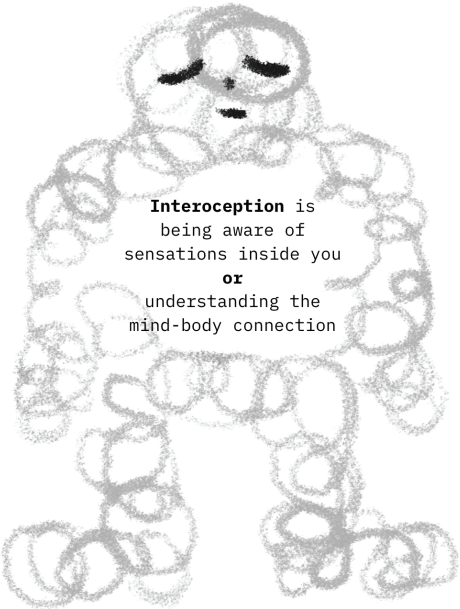
Does your mood change in any way?

Our minds are linked to our bodies.

Our thoughts and emotions can influence the different parts of our body. They can change your heart rate, your breathing, and even the way your skin feels!

Sometimes we notice these sensations, but most of the time they can be invisible to us.

Understanding the mind-body connection is called **interoception**.



Tools See What We Cannot

Technology helps make our invisible processes more visible.

Sensors can use light and electricity to "see" our heart pumping, our breathing, and how sweaty we are!

We can use technology to improve our own interoception.



Skin Moisture

A tool sends electricity to two spots on our skin. If the electricity flows easily between those two spots, it can tell how sweaty we are!



Heart Rate

A tool shines a light on our blood vessels. Sensors measure how much light gets reflected.



Breath

Sensors measure the small movements of our chest, or measure the movement of the air into and out of our nose/mouth.



Understanding Yourself

Imagine ways to improve your own interoception.

What would you measure?

How would you use the information to better see the mind-body connection?



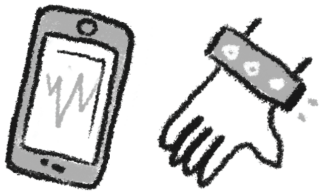
Would you want to share your hidden emotions with those around you?



Create a low-tech wearable that tracks, expresses, or communicates something about your emotional/physiological state.

Think about inputs and outputs. How would your internal state look if it were a drawing or a sound/song?

Imagine and create a prototype for a tool, sensor, or device that is impossible with today's technology.



How would you improve a tool that already exists?