

**FUTURING CARE**

Trend Research & STEEP Analysis

# **Mental and Emotional Care**

## **For Adult/Worker**

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**2023...**





**Climate anxiety**



**Environment and well-being**

**Mindfulness APPs**



**VR Retreat**



**Wearables**



**Metaverse workspace**



**Remote work**



**Work stress**

**Body awareness**



**Supplements for mental health**



**Global mental care awareness**



**No shame  
Post-natal stress**



**Rising awareness on PTSD**



**Urbanization stress**



**Political anxieties**



**One 411**  
Using connected devices to help us build a bigger connection through ourselves and improve our daily life

**TREND TITLE**  
Public facilities for citizens well-being



**Brief description of the trend**  
Public health (2022)  
New health has set up a unique use of public facilities in London featuring green spaces, promoting local people's mental and physical well-being.

**Relevance**  
Public health (2022)  
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**Keywords**  
Public health (2022)  
New health has set up a unique use of public facilities in London featuring green spaces, promoting local people's mental and physical well-being.

**Source**  
[https://www.london.gov.uk/press-releases/npr-2022-03-16-public-health-2022](#)

**TREND TITLE**  
The benefits of green spaces and nature on mental health



**Brief description of the trend**  
Studies have shown that green spaces can lower levels of stress (Wells et al. 2003) and reduce rates of depression and anxiety. Reducing cortisol levels (Park et al. 2010) and improve general well-being.

**Relevance**  
Green spaces are useful to reduce work stress and global warming.

**Keywords**  
Green spaces can improve well-being of workers.

**Source**  
<https://www.infragistics.com>

**TREND TITLE**  
Immersive Virtual Reality



**Brief description of the trend**  
Immersive Virtual Reality (VR) is a technology that allows users to experience a simulated environment through a head-mounted display (HMD) and motion tracking. It is used in various fields, including gaming, education, and healthcare.

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**VR in the classroom**  
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**TREND TITLE**  
co-creation in healthcare



**Brief description of the trend**  
Co-creation in healthcare is a process where patients, healthcare providers, and other stakeholders work together to design and deliver healthcare services. It aims to improve patient outcomes and reduce costs.

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**Source**  
[https://www.infragistics.com](#)

**TREND TITLE**  
Wearables for Mental health



**Brief description of the trend**  
Wearables for mental health are devices that can monitor and track mental health symptoms, such as stress, anxiety, and depression. They can provide real-time feedback and alerts to users and healthcare providers.

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**TREND TITLE**  
Greater focus on self-care and mindfulness practices



**Brief description of the trend**  
Greater focus on self-care and mindfulness practices is a trend where individuals are increasingly prioritizing their own well-being and mental health. This includes practices such as meditation, yoga, and journaling.

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**TREND TITLE**  
Mental health support application



**Brief description of the trend**  
Mental health support applications are digital tools that provide users with resources, support, and guidance for managing mental health issues. They often include features like mood tracking, journaling, and access to professional help.

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**TREND TITLE**  
Stress Focused Supplements



**Brief description of the trend**  
Stress focused supplements are products designed to help manage stress and improve mental health. They often contain ingredients like adaptogens, vitamins, and minerals.

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**Source**  
[https://www.infragistics.com](#)

**TREND TITLE**  
Digital health



**Brief description of the trend**  
Digital health is a broad term that encompasses the use of digital technologies to improve healthcare and patient outcomes. It includes areas like telemedicine, digital therapeutics, and health data analytics.

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**TREND TITLE**  
Rising awareness and reduction of stigma around mental health



**Brief description of the trend**  
Rising awareness and reduction of stigma around mental health is a trend where society is becoming more understanding and supportive of people with mental health issues. This is leading to more open conversations and better access to care.

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[https://www.infragistics.com](#)



# VISION

“

*Mental health is no longer an issue but a solvable matter we're working towards collectively.*

”



In 10 years

we will all **contribute** to an **emotionally intelligent system** to be aware on the state of the **world**, because **mental health** will transition from being a individual matter to a **collective** matter.



**Emotional  
sphere**

**Human  
Relationships  
Extensions**

SCENARIO  
MATRIX

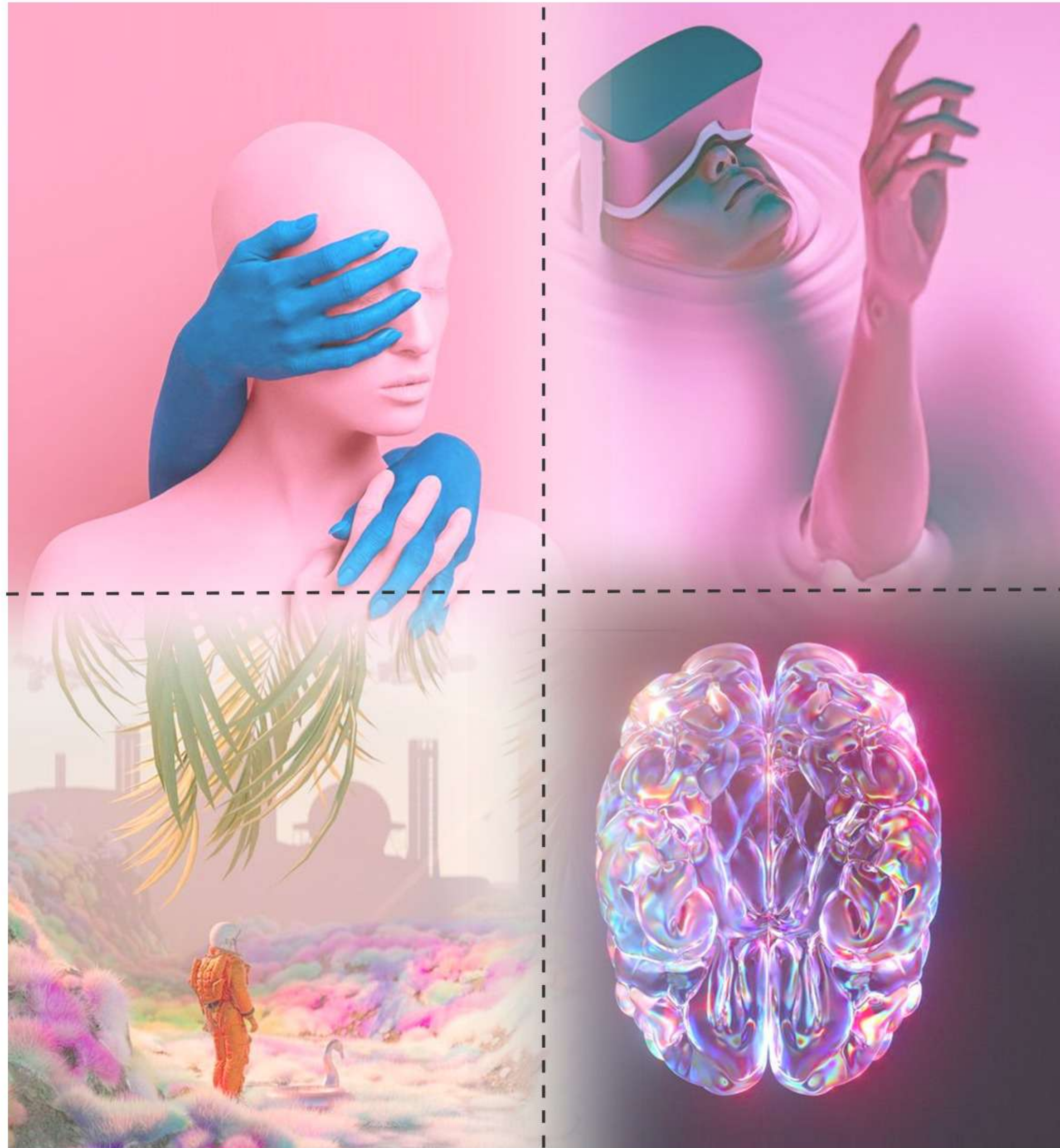
SCENARIO  
MATRIX

Tangible

Intangible

**Universal  
sense  
sharing**

**Super brain**



Human

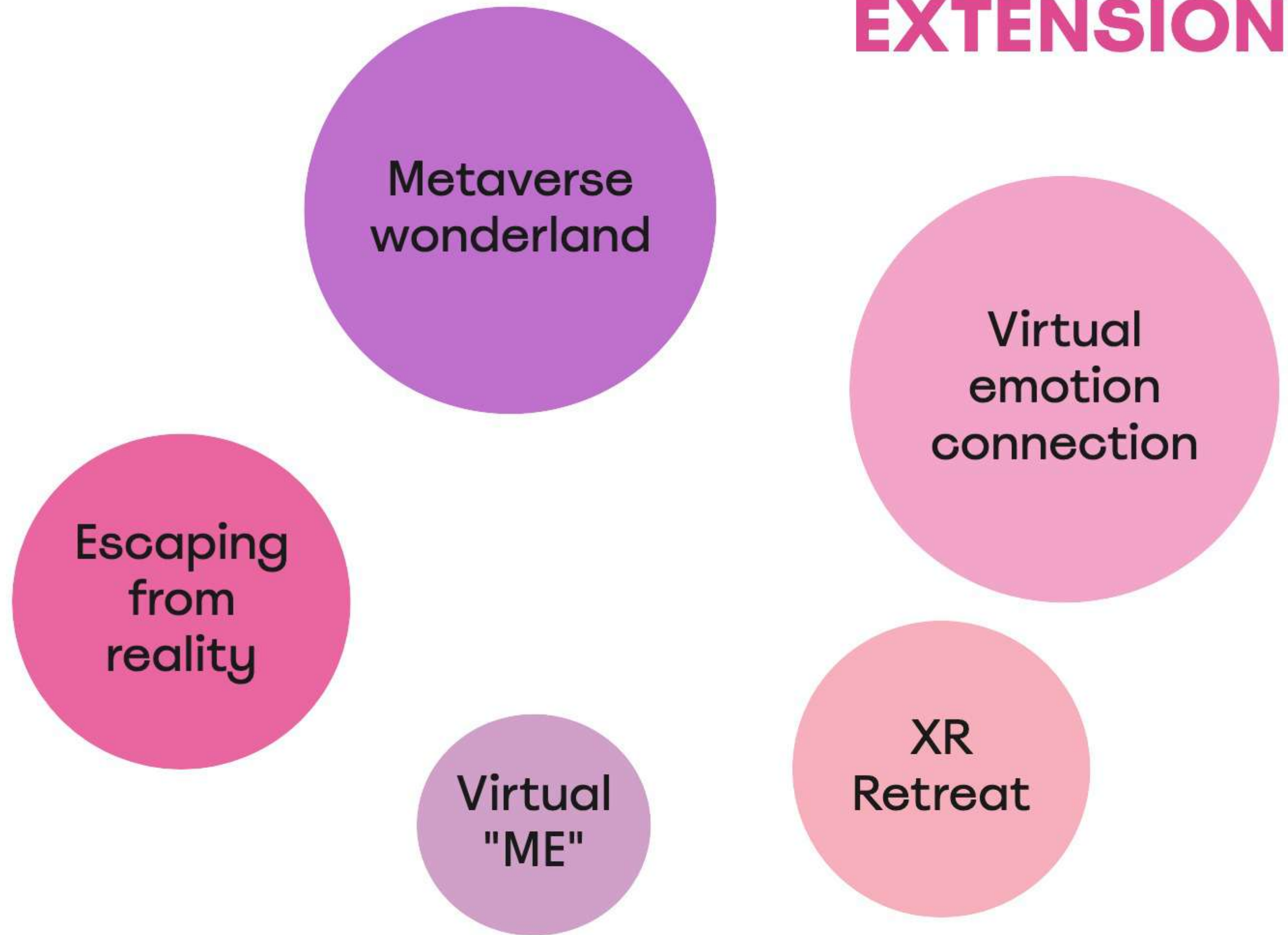
Living beings





Human

# HUMAN RELATIONSHIP EXTENSIONS





# Intangible

Rising cultural  
conflicts and  
anxiety

Over-  
connected  
world

Sharing feelings  
with every living  
species

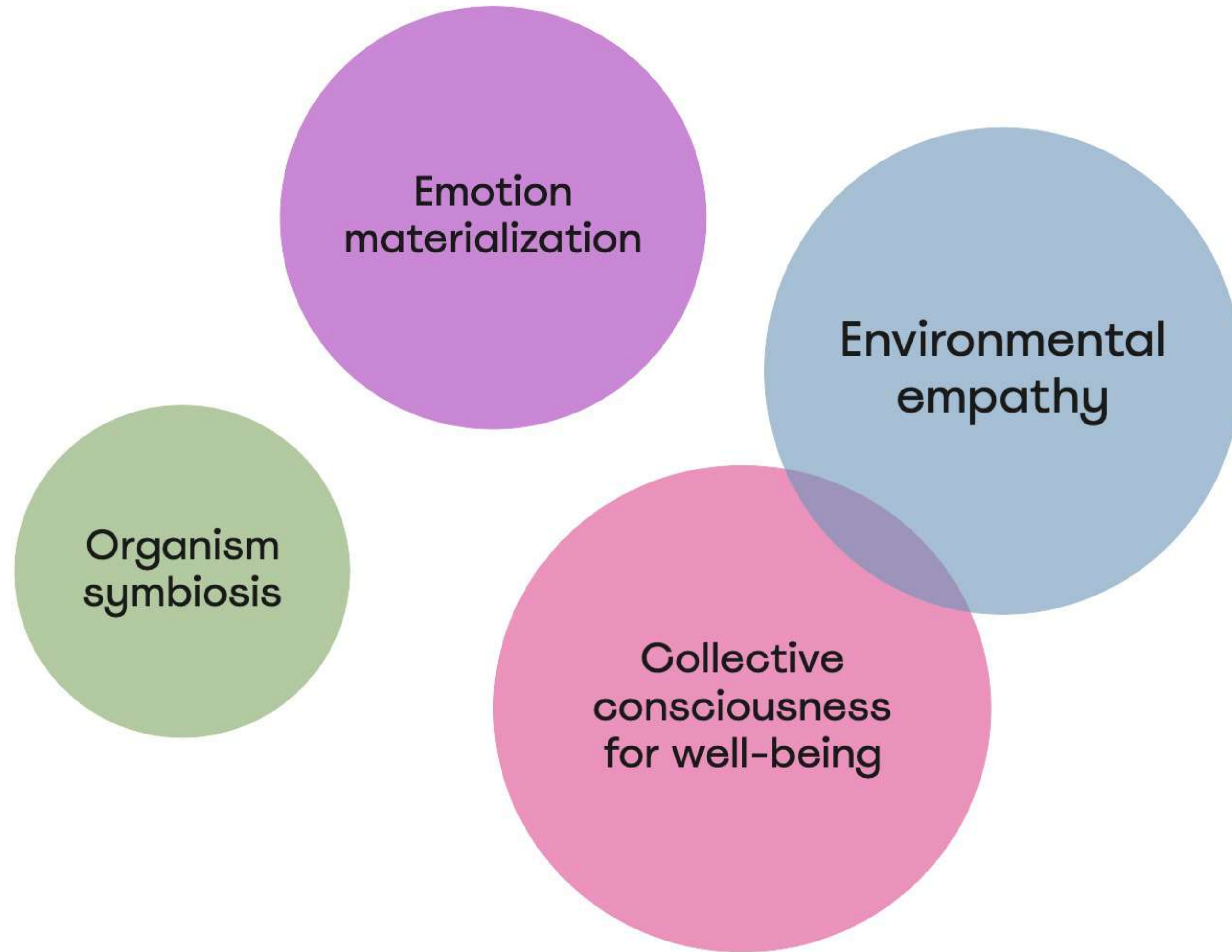
**SUPER BRAIN**

Living beings



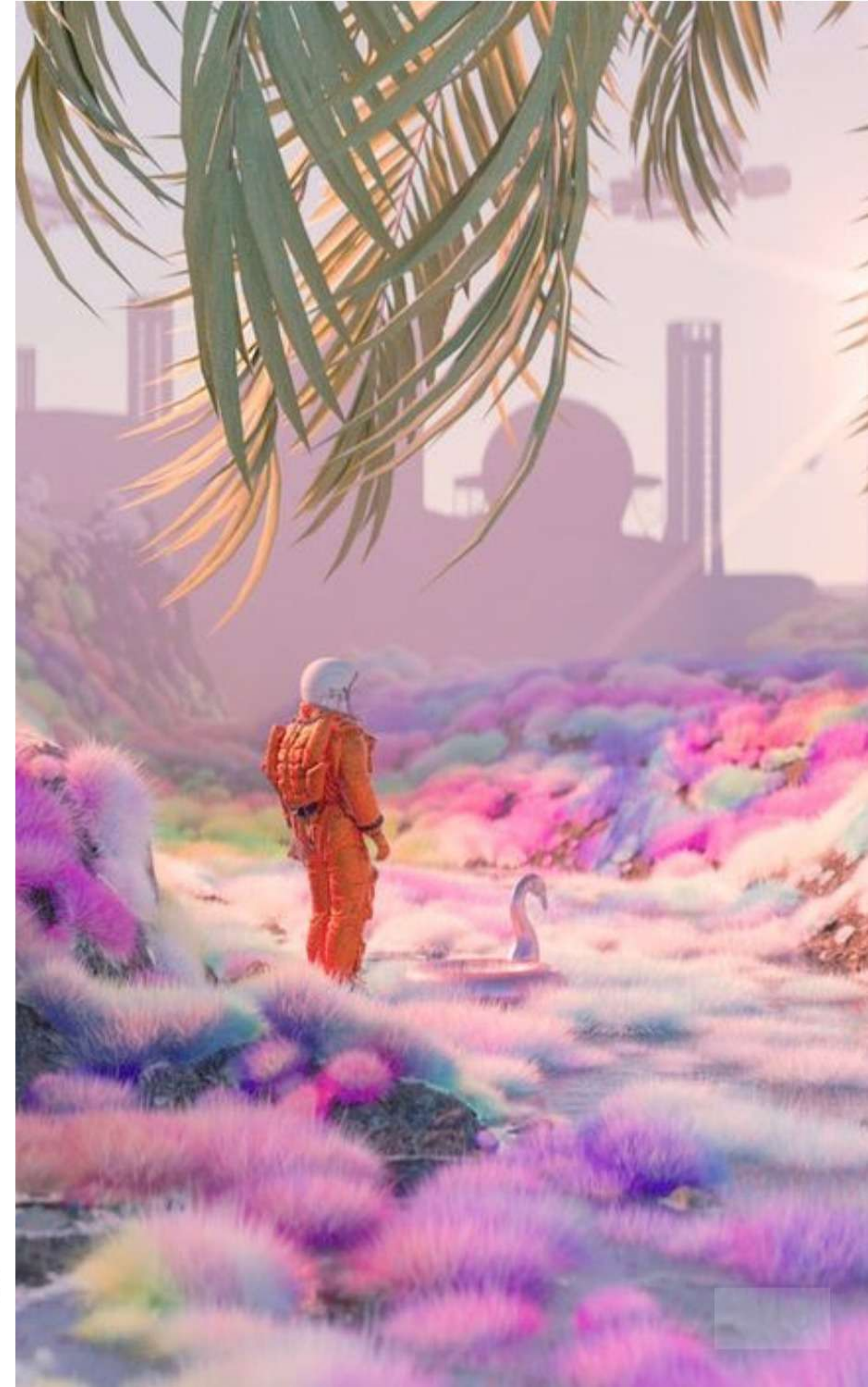


# Tangible



## UNIVERSAL SENSE SHARING

Living beings

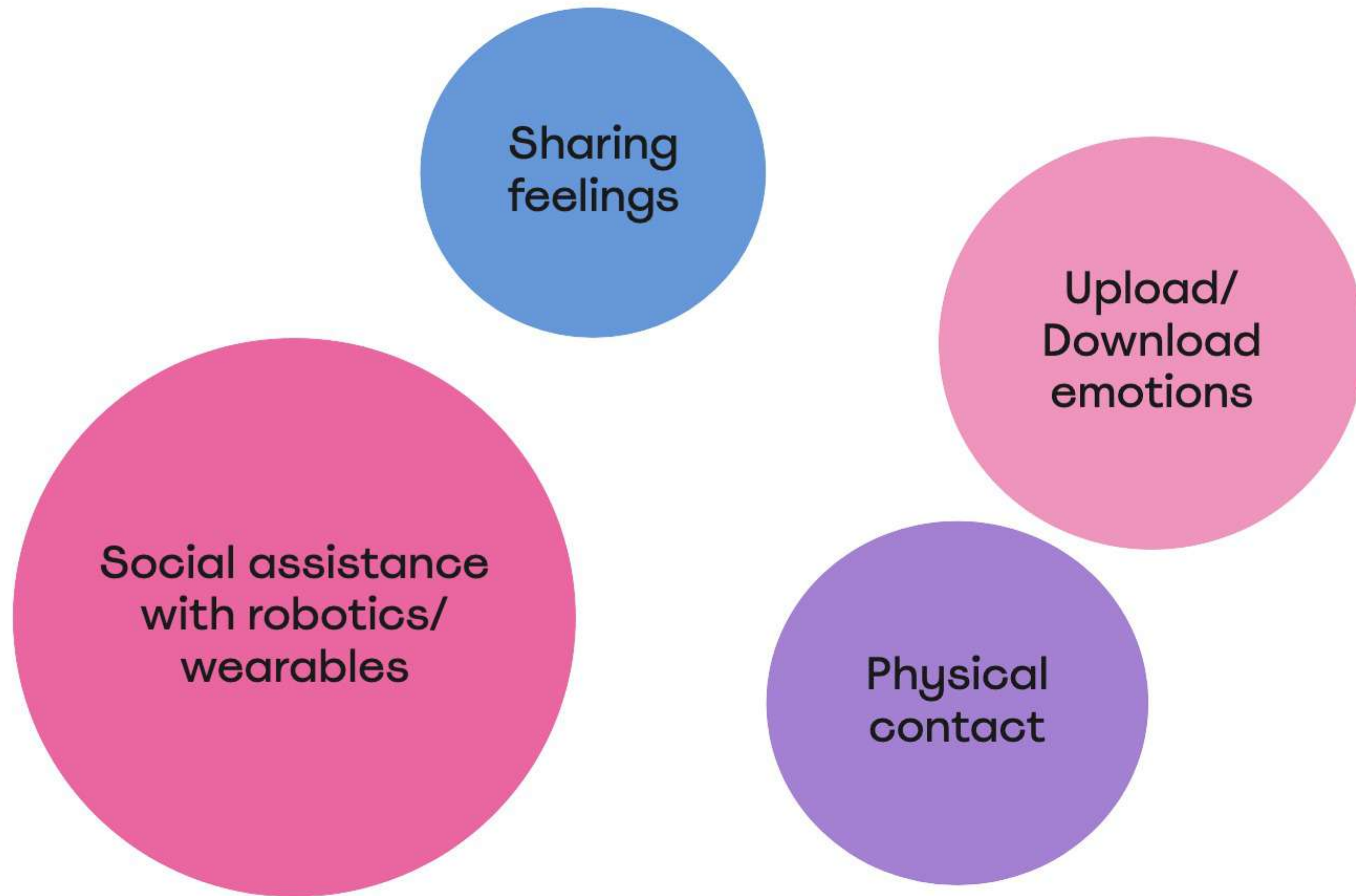






# EMOTIONAL SPHERE

Human



Tangible



**2033...**



# Situation

- Networking
- Social interactions
- Connecting with others
- Touch-augmented





# Fernando

📍 New York

33 years old male  
Marketing manager

**Interests:** travel / socializing  
activities / play football

**Drivers:** meet new people / group  
connections / enthusiasm to the  
world

**Fear:** isolation / no social / life  
without passion





# Actions & emotions

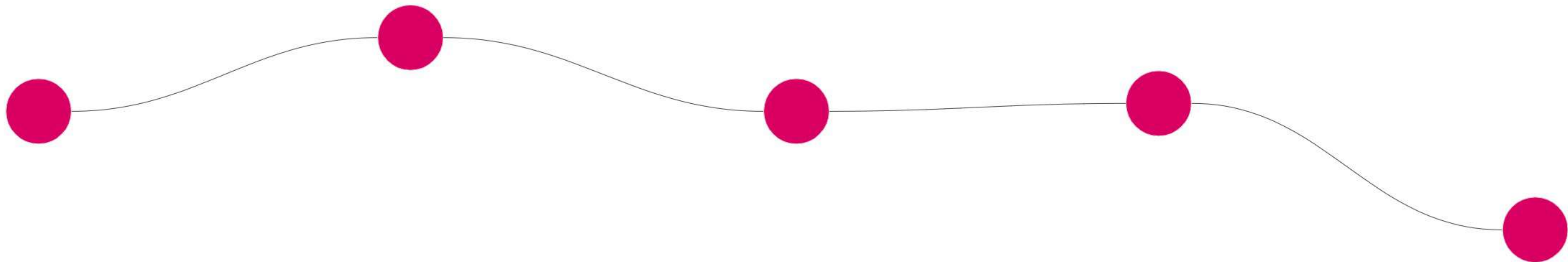
apply for new job  
online

is selected and is  
ready to go

moves outside

makes his first day  
on the job

seeks to build links  
with colleagues



insecure

enthusiastic

fear of the unknown

anxious

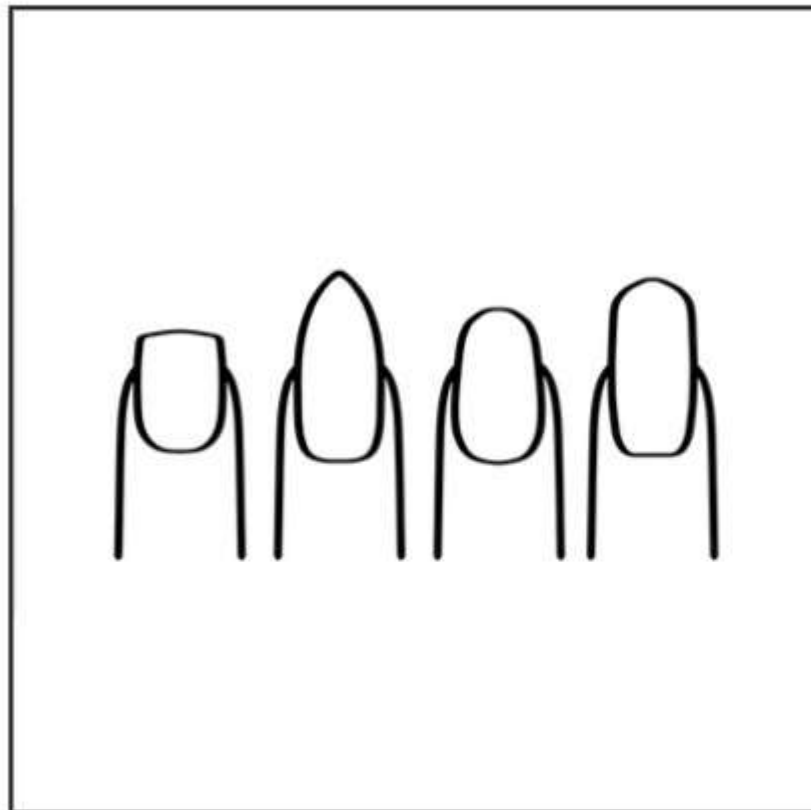
not included



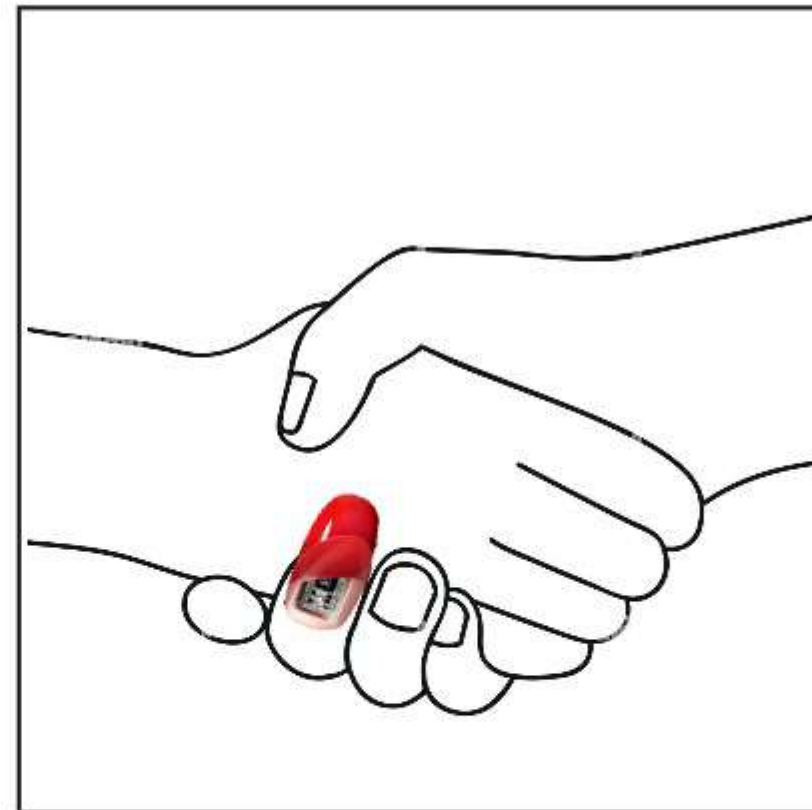
# Wearable nails

**A smart nail that can share the emotions/feelings with other people**

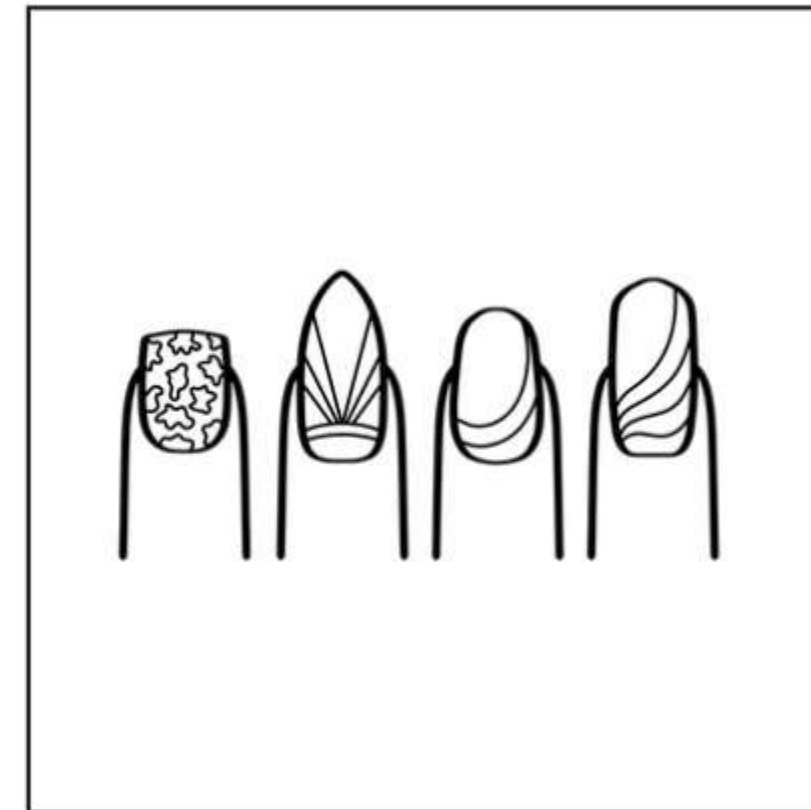
- It can change shape, texture, color according to the current feelings of user.
- By a simple handshake, or even a finger contact, you can share your emotions directly to another people



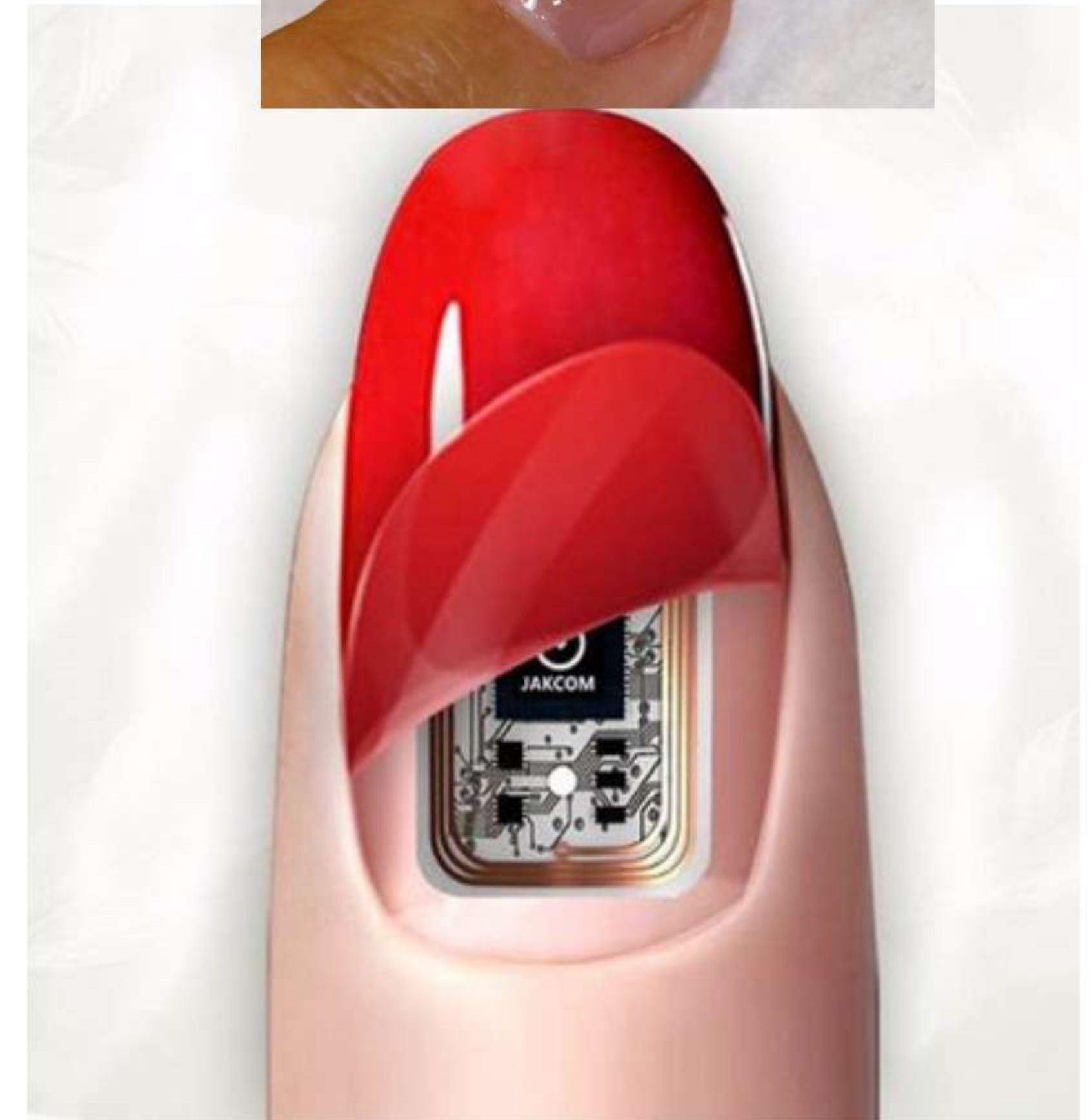
**Put on wearable nails**



**Handshake with people**



**Sharing emotions  
Nails change  
form/color/decos**



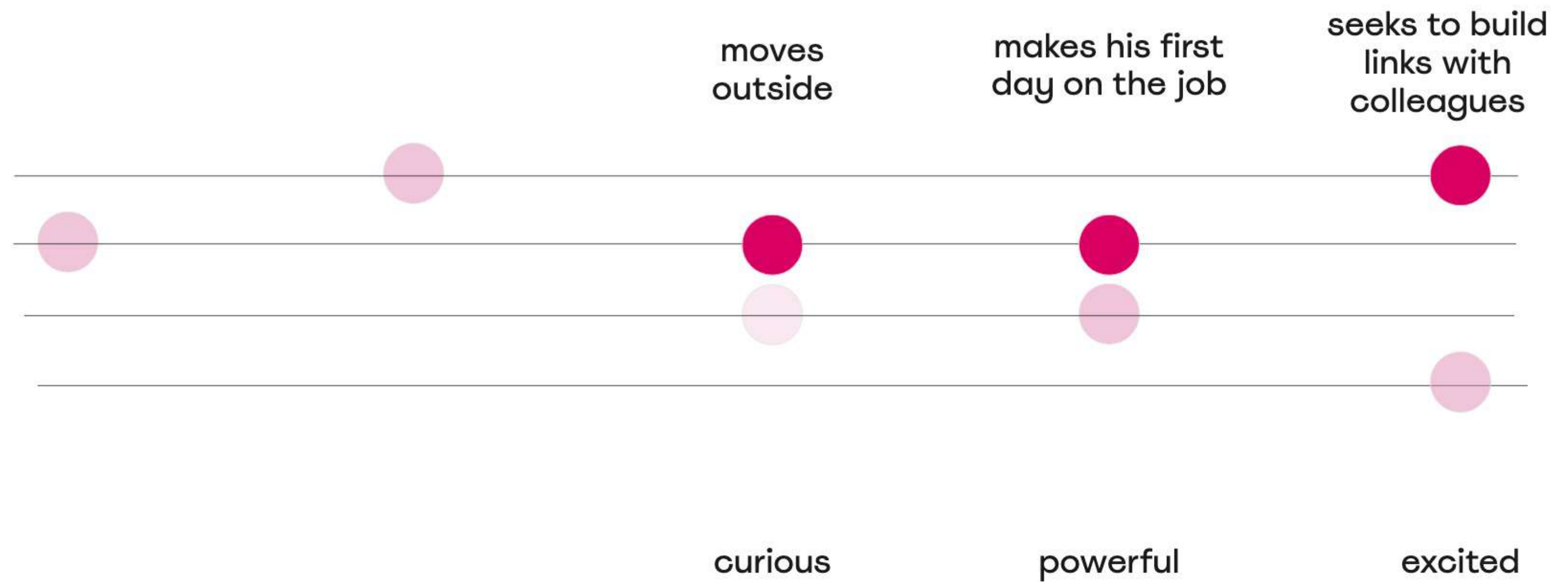


**2033 SCENE...**



# Compered emotions

**USING**  
Wearable nails





# Motivation

Helps to better  
manage performance  
anxiety

Decrease social  
anxiety of  
communicating with  
people from different  
cultures

Humans are social  
creatures and  
socializing better  
improves their mental  
state

Improve networking  
between peers



**Thank you**  
**Teşekkür Ederiz**  
**Grazie**  
**Merci**  
**谢谢**