

Alleviating digital fatigue: actions to increase life-satisfaction

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the facial muscles, the viscera, the respiratory system, the skeleton, autonomic blood flow changes, and vocalisations

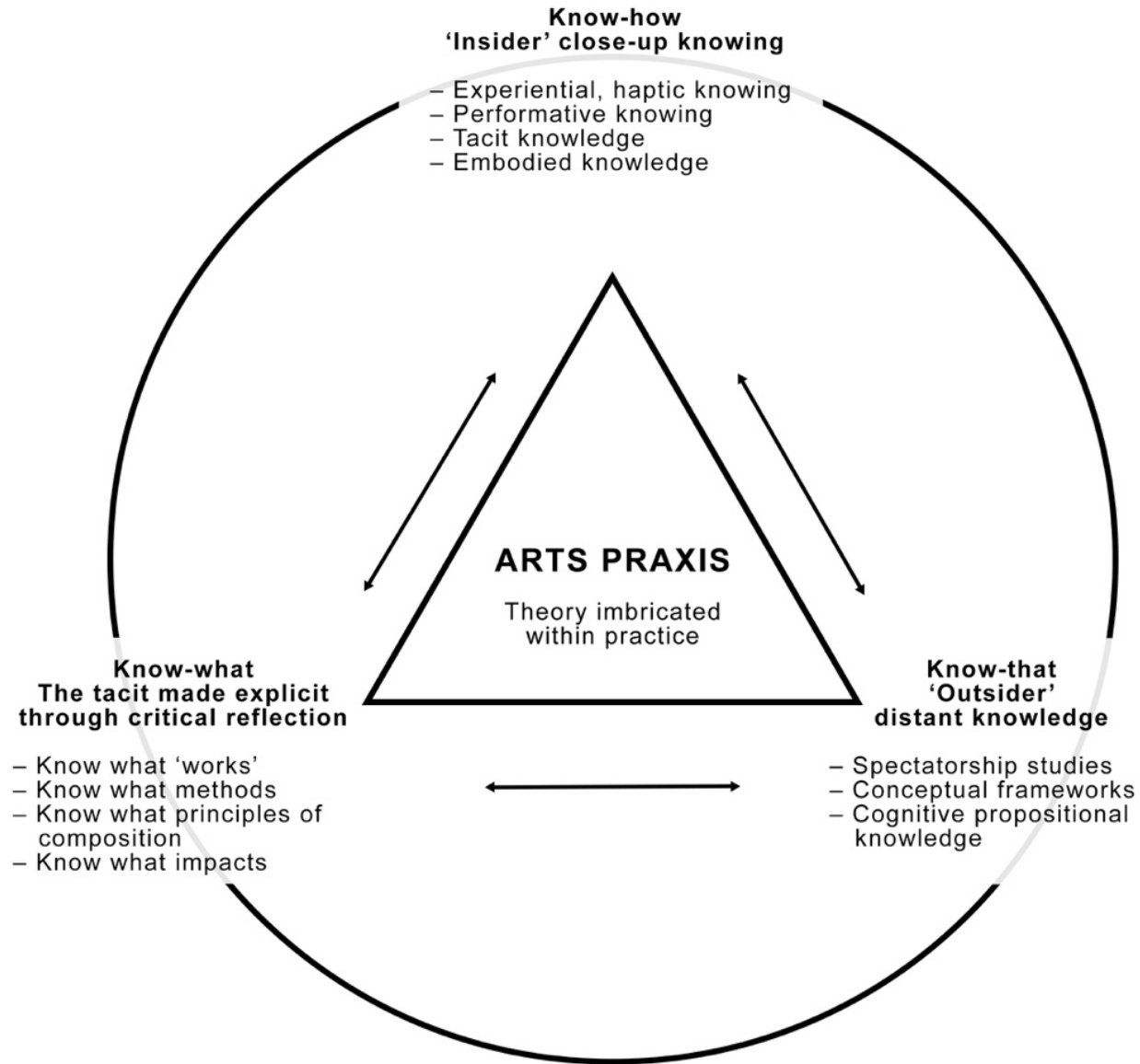
Tomkins and Demos 1995

L'affect (Spinoza's affectus) is an ability to affect and be affected. It is a pre-personal intensity corresponding to the passage from one experiential state of the body to another and implying an augmentation or diminution in that body's capacity to act.

Massumi cited in Deleuze and Guattari 2004

Knowledge exists on a spectrum. At one extreme, it is almost completely tacit, that is semi-conscious and unconscious knowledge held in people's heads and bodies. At the other end of the spectrum, knowledge is almost completely explicit or codified, structured and accessible to people other than individuals originating it.

Leonard & Sensiper 1998



Practice as Research based on Nelson 2013

[Sea that it is] both a limitless expanse and a sameness, flattening it into nothing, into the no-space of sensory deprivation. The optical and its limits

Krauss 1996



What I can name cannot really prick me! The incapacity to name is a good symptom of disturbance

Barthes 2000

The first moment of phenomenology originates in doing, but accompanying this doing is a weaving in and out of a line of thought, a line of questioning. The thought as it emerges is non-homogenizing, and sometimes goes quiet. In this sense it is different from normal analytical thought.

Kozel 2007



alleviate digital fatigue:

- 1- be aware of the *affects* of surveillance capitalism's exploitation of digital technologies
- 2- acknowledge the spectrum & fluidity of human knowledge and its non-binary nature
- 3- recognise & celebrate the importance of tacit, embodied knowledge
- 4- rest directed-attention in green-space settings

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Thank you

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