Summary This research-by-design project provides designers with new strategies to design for sustained well-being.

Positive activities have been proposed as the most promising starting point to improve well-being (Wiese et al., 2020). Currently, 14 activities have been identified (Lyubomirsky, 2007; Wiese et al., 2019).

Avoiding overthinking and *learning to forgive* were chosen to design for in this project, as few existing products meaningfully support people in engaging in these activities. The Vision in Design approach (Hekkert & van Dijk, 2011) was applied to construct future world views of both activities, in order to create meaningful design goals.

Two design strategies were developed for both activities and evaluated by PhD candidates and a design practitioner. This concluded that the strategies meet most of the requirements of a strategy (Wiese et. al., 2020), and could support designers. Recommendations to improve the strategies were composed and presented in the report.

The conducted research and developed strategies contributed to existing knowledge by showing how designers can promote sustained well-being on an activity level.

Further research should be conducted with more designers to evaluate the strategies' usefulness in practice more extensively.
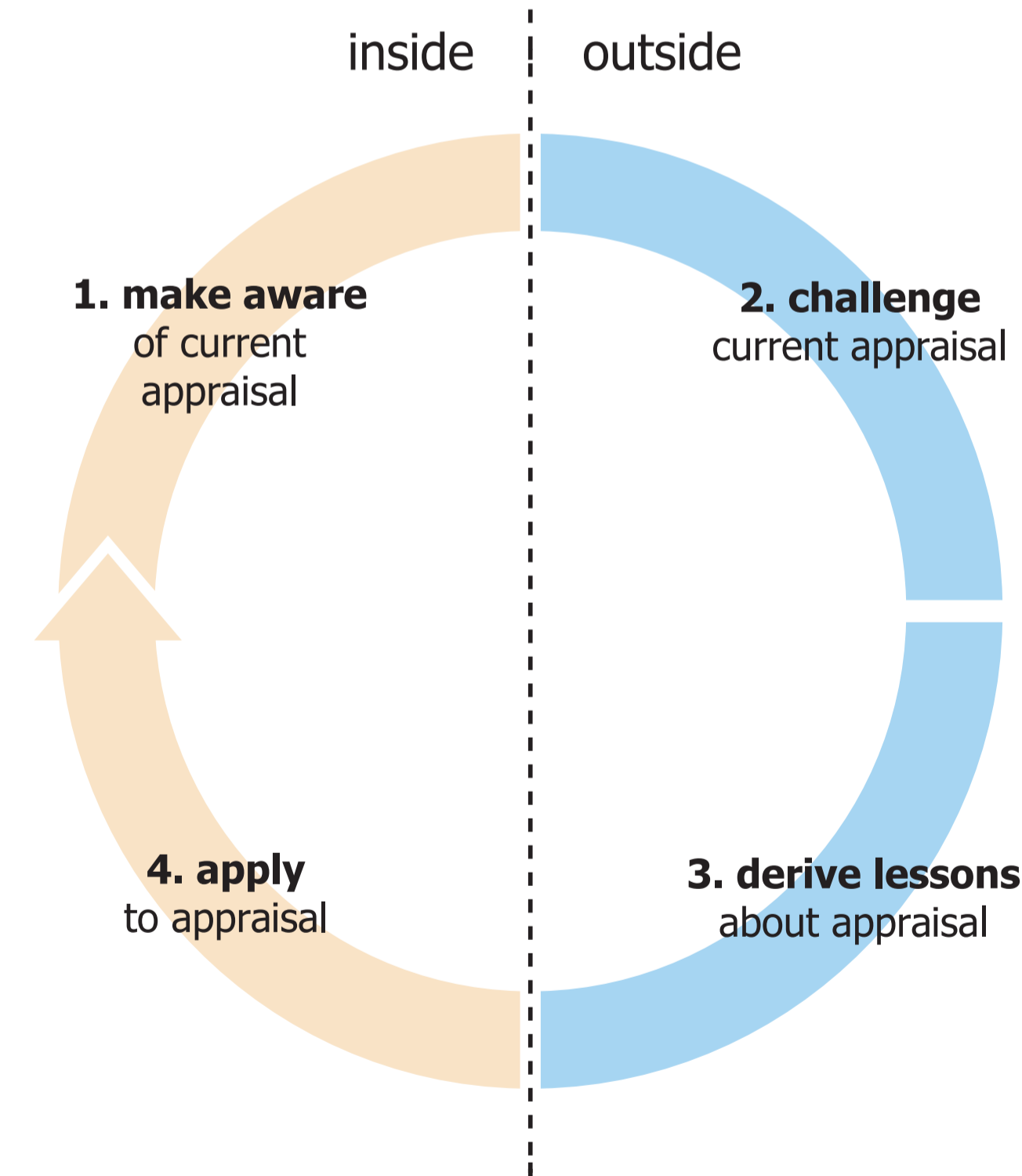
Designing for positive activities
Development of design strategies for forgiveness & overthinking

Design for Forgiveness strategy
The strategy is visualised below. It helps designers to evoke a critical evaluation of people's appraisal.

If done successfully, people realise their negative view of an action is either unwarranted, doing more harm than good, or can be reframed positively. Any of these outcomes help people to let go of negative feelings toward someone.

inside | outside

1. make aware of current appraisal
2. challenge current appraisal
4. apply to appraisal
**3. derive lessons** about appraisal

1. make aware of current appraisal
Map the person's behaviour and where your design can intervene to create awareness

2. challenge current appraisal
Push the person "outside" their current appraisal and challenge it. You can apply a "challenge type" shown right.
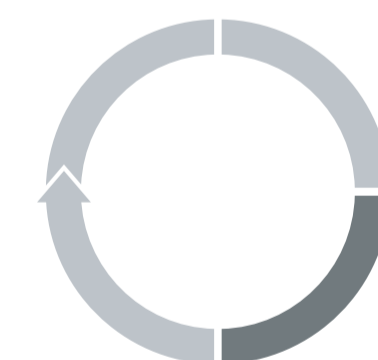
3. derive lessons about appraisal
Extract and make newly derived knowledge on the current appraisal explicit, using the challenge type as inspiration.
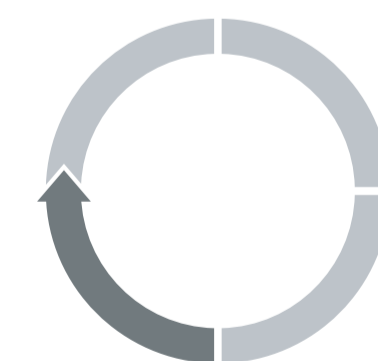
4. apply to appraisal
Enable the person to return "inside" their current appraisal and now change or reframe it.

If applicable, the strategy can be repeated with the new appraisal.

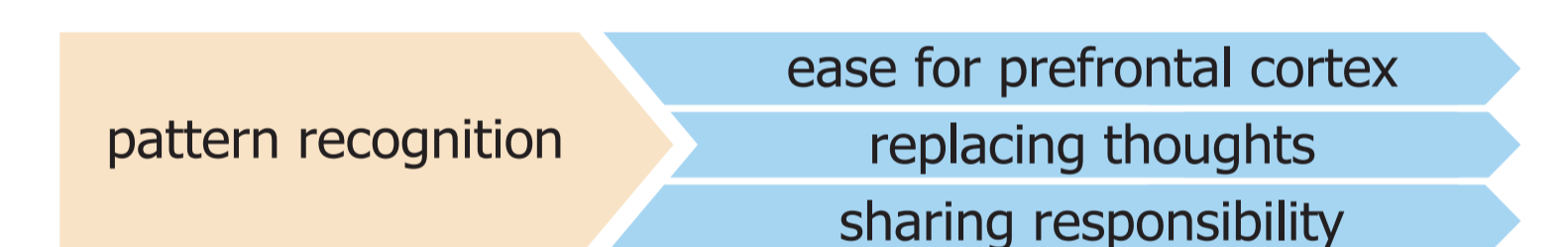|	the confidant	the spectator
type		
aim	a third party helps you to forgive	you recognise yourself in a different situation
why	you trust him/her to see things clearer at the moment	you can assess things more clearly as a spectator

	the empathiser	the lookout
type		
aim	you gain understanding about the wrongdoer	you learn to see the bigger picture
why	you learn the complexities of the situation	you realise the (long-term) effects of a certain behaviour

	the historian	the futurist
type		
aim	you look back at the evolution of your appraisal	you want to help others and prevent similar situations
why	you see that your judgment can change, however little, which gives hope for the future	you reframe your motivation to forgive: to help others with whom you sympathise

Design for Avoiding Overthinking strategy
The strategy is visualised below. It helps designers to enable people to enter a temporary distractive state.

This state will make it (near) impossible to overthink. Afterwards, people can return to their original thoughts with a rested and more creative mind to solve them, or realise that they are not worth overthinking about.

pattern recognition → ease for prefrontal cortex / replacing thoughts / sharing responsibility

1. Enable the person to map their overthinking pattern with triggers and reminders.

2. Temporarily stop the overthinking by using the three mechanisms above.

3. To implement mechanisms, use the steps below.

explore mechanism → **experience qualities** → **product qualities**
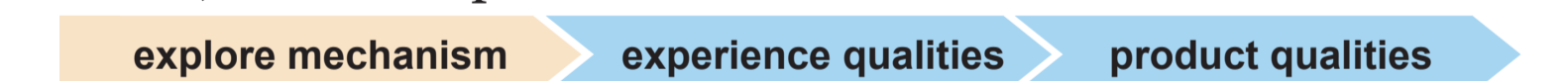
Why this mechanism? What are its elements that bring about its effect?

What experience would facilitate the mechanism?

What qualities should your design have to manifest this experience?

Or: In what other contexts is the same mechanism at play?

Or: How would you describe the experience in the other contexts?

Or: What qualities of the situation create the experience?

Michael Soenthorn Speek
Design for happiness-enhancing activities
June 25, 2021
Design for Interaction, specialisation Medisign

Committee
Company

Prof. dr. P.P.M. Hekkert (chair)
Dr. ir. A.E. Pohlmeyer (mentor)
Lisa Wiese (company mentor)
brands4friends

TU Delft

Faculty of Industrial Design Engineering

Delft University of Technology