

Self-experimentation

Mariusz Nowostawski
@praeteritio

University of Otago, New Zealand
Gjovik University College, Norway

- Mobile ubiquitous computing, sensing
 - Parkinson Disease and Essential tremor
 - Activity tracking
 - Well-being and aging
 - Quality of life
- Context, motivation, note taking
- Communicating things that are *“hidden”*

- Mobile ubiquitous computing, sensing
 - Parkinson Disease and Essential tremor
 - Activity tracking
 - Well-being and aging
 - Quality of life
- Context, motivation, note taking
- Communicating things that are *“hidden”*

curiosity

Epiphany

I do not do things
because of who I am

**I am who I am
because of things I do**

TO
KNOW

WHO I AM

Mind over matter

- Adrenaline high, brain chemistry
dopamine, serotonin, endorphins
- Tunnel vision, weird time perception
- Fight or flight response, fast body reactions

- Extreme levels of **concentration** and **focus**
- Extreme levels of **precision**
- Extreme levels of **mastery and control**
- **The sense of loosing oneself**

Mind over matter

- Adrenaline high, brain chemistry
dopamine, serotonin, endorphins
- Tunnel vision, weird time perception
- Fight or flight response, fast body reactions

- Extreme levels of **concentration** and **focus**
- Extreme levels of **precision**
- Extreme levels of **mastery and control**
- **The sense of loosing oneself**









The Practice Of **Silence**

The Practice Of **Silence**

- How was it?

- (long pause) Great...