

# Resilient@work: wear ebo for a more positive outlook on life!

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“ I think maybe it could be used during therapy, it would be a helping device to more focus on your positive moments and be more aware of your emotions as it happens.”

- User

## Objective

People with stressful occupations are at risk of health problems. Additional stressful life events like for example parenthood or taking care of family may increase this risk further. Strengthening resilience, being able to adapt to changing circumstances or stressful/traumatic life events (Bonanno et al, 2012; Masten, 2014), is expected to prevent sick-leave, burnout and chronic stress symptoms. People become more resourceful and resilient in stressful circumstances through positive emotions (Tugade & Fredrickson, 2004). Therefore, a wearable was developed to increase awareness of positive emotions.

## Method

A wearable device, named ebo was developed in cooperation with potential users such as the Dutch National Police and social workers working with traumatized professionals (Jain, 2016, see Figure 1). Ebo registers positive moments during the day by pushing a bracelet, and is connected with an app which registers time, location and intensity of the positive emotions. The app is designed to function as a journal of positive emotions recorded by the user. An experiential prototype was tested with 8 participants for a duration of 5 days per participant.

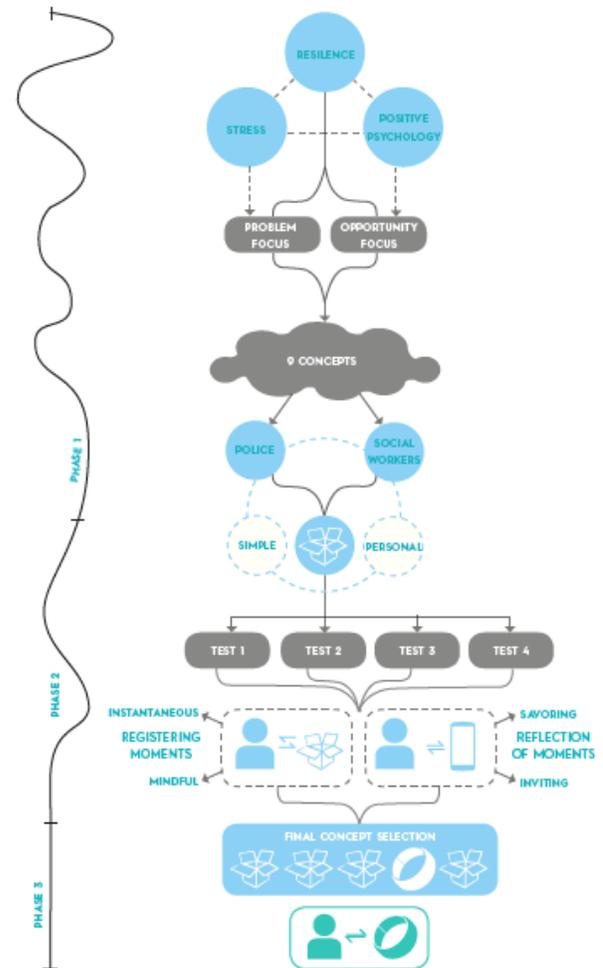


Figure 1 Process map

## Results

- Final user tests showed mostly positive effects of ebo.
- Participants became more aware of their positive moments by registering them and experienced happiness by reflecting on their registered moments.
- Ebo promoted positive emotions and reduced the effects of negative emotions in participants, which can be attributed to the reflection on personal positive moments at the end of the day.

## Conclusion

Preliminary results suggested that ebo seems to support a more positive and optimistic outlook on life.