

SID 2025

Sibiu Innovation Days

06-07 November, Sibiu - RO



From Virtual Flow to Real-Life Void: Educating for Balance in the Tech Era

- ❑ The state of flow that programmers and designers passionate about creating in the digital environment often immerse themselves in through their work is often doubled by the post-flow emptiness, sometimes a lack of meaning and significance, sometimes of vital energy to give meaning to life in the "real" setting;
- ❑ *Dual-Process Theory* / *"Cognitive Balance"*: Daniel Kahneman and Stanovich & West described the two systems of thinking:
 - *System 1: fast, automatic, emotional (dopamine, reaction, scroll, reward loop)*
 - *System 2: slow, reflective, deliberate (serotonin, reflection, consciousness, meaning).*
- ❑ Digital media depletes voluntary attention, and nature, silence, and reflection restore it;
- ❑ *Attention Restoration Theory*
- ❑ The philosophical study of human fulfillment, understanding the relationship between *Body-Mind-Soul-Spirit* and paying attention to each.