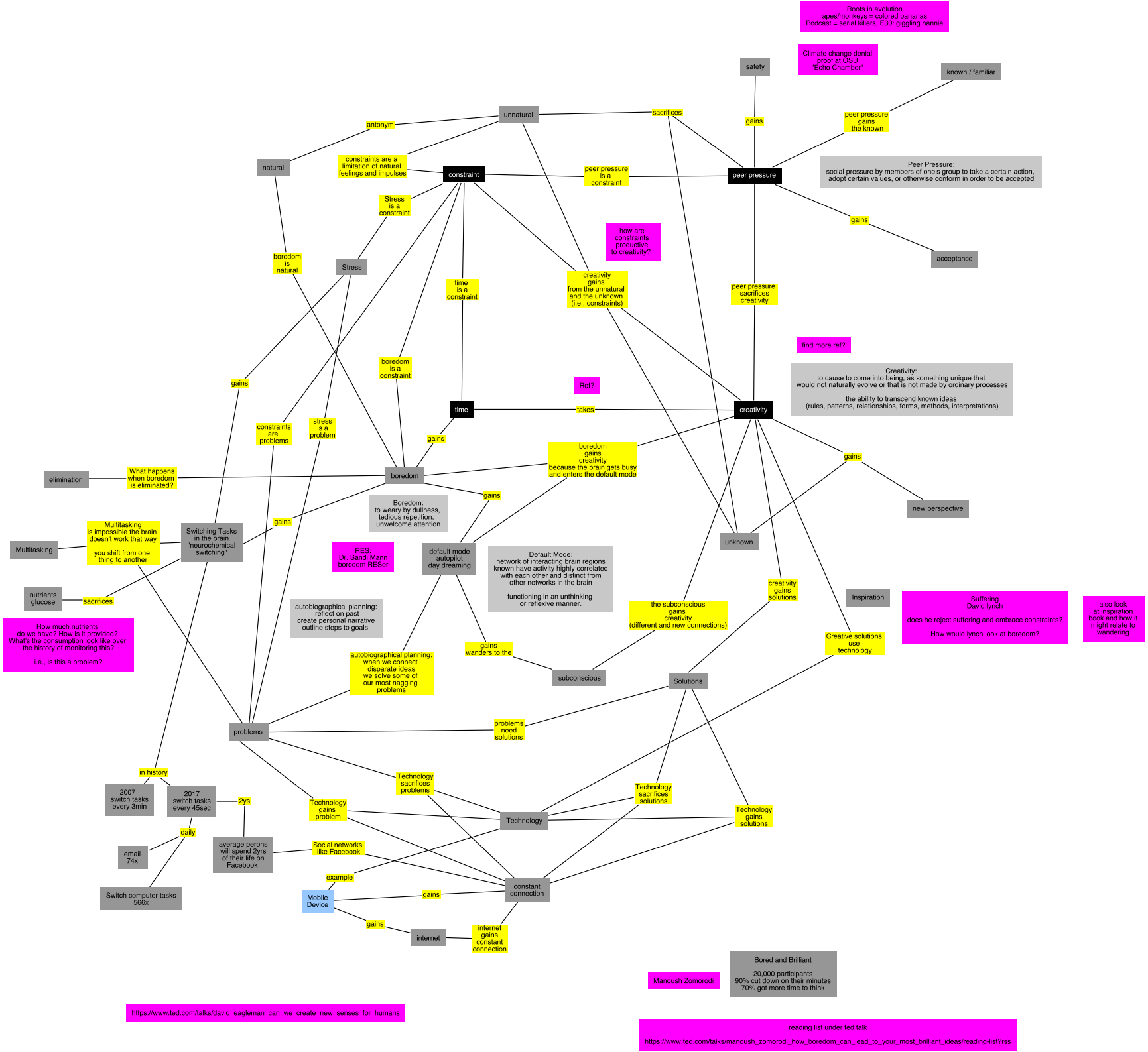
Roots in evolution
apes/monkeys = colored bananas
Podcast = serial killers, E30: giggling nannie
Climate change denial
proof at OSU
"Echo Chamber"
safety
known / familiar
unnatural
sacrifices
gains
peer pressure
gains
the known
antonym
natural
constraints are a
limitation of natural
feelings and impulses
constraint
peer pressure
is a
constraint
peer pressure
Peer Pressure:
social pressure by members of one's group to take a certain action,
adopt certain values, or otherwise conform in order to be accepted
Stress
is a
constraint
how are
constraints
productive
to creativity?
gains
acceptance
boredom
is
natural
Stress
time
is a
constraint
creativity
gains
from the unnatural
and the unknown
(i.e., constraints)
peer pressure
sacrifices
creativity
find more ref?
boredom
is a
constraint
Creativity:
to cause to come into being, as something unique that
would not naturally evolve or that is not made by ordinary processes
the ability to transcend known ideas
(rules, patterns, relationships, forms, methods, interpretations)
gains
Ref?
time
takes
creativity
constraints
are
problems
stress
is a
problem
gains
boredom
gains
creativity
because the brain gets busy
and enters the default mode
gains
elimination
What happens
when boredom
is eliminated?
boredom
gains
new perspective
Boredom:
to weary by dullness,
tedious repetition,
unwelcome attention
gains
Multitasking
is impossible the brain
doesn't work that way
you shift from one
thing to another
Switching Tasks
in the brain
"neurochemical
switching"
Multitasking
RES:
Dr. Sandi Mann
boredom RESer
default mode
autopilot
day dreaming
Default Mode:
network of interacting brain regions
known have activity highly correlated
with each other and distinct from
other networks in the brain
functioning in an unthinking
or reflexive manner.
unknown
nutrients
glucose
sacrifices
autobiographical planning:
reflect on past
create personal narrative
outline steps to goals
the subconscious
gains
creativity
(different and new connections)
creativity
gains
solutions
Inspiration
Suffering
David lynch
does he reject suffering and embrace constraints?
How would lynch look at boredom?
also look
at inspiration
book and how it
might relate to
wandering
How much nutrients
do we have? How is it provided?
What's the consumption look like over
the history of monitoring this?
i.e., is this a problem?
autobiographical planning:
when we connect
disparate ideas
we solve some of
our most nagging
problems
gains
wanders to the
subconscious
Creative solutions
use
technology
Solutions
problems
problems
need
solutions
in history
2007
switch tasks
every 3min
2017
switch tasks
every 45sec
2ys
Technology
sacrifices
problems
Technology
gains
problem
Technology
Technology
sacrifices
solutions
Technology
gains
solutions
daily
email
74x
average perons
will spend 2yrs
of their life on
Facebook
Social networks
like Facebook
example
Switch computer tasks
566x
Mobile
Device
gains
constant
connection
gains
internet
internet
gains
constant
connection
Manoush Zomorodi
Bored and Brilliant
20,000 participants
90% cut down on their minutes
70% got more time to think
https://www.ted.com/talks/david_eagleman_can_we_create_new_senses_for_humans
reading list under ted talk
https://www.ted.com/talks/manoush_zomorodi_how_boredom_can_lead_to_your_most_brilliant_ideas/reading-list?rss