

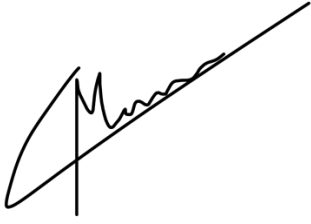
How going back to basic stimuli in an urban environment could improve  
the efficacy of our inner child.

Leelo Moreau

15/12/2022

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15/12/2022

A handwritten signature in black ink, appearing to be 'Leelo Moreau', written over a diagonal line that extends from the bottom left towards the top right.

## Acknowledgement

I am grateful for the help, opinion, and support of my tutor, who was able to guide me in the right direction. But also, for all participants that experimented with me on my primary research. And finally, my classmates and close ones for the inspiration and motivation that aided this paper.

## Abstract

This portfolio will explore the impact of information overload found in an urban environment on the status of adulting and the inner child.

The research will focus on how people feel in two situations: when in a city - or any fast-paced environment – compared to being in nature and any primary-like places.

It shall centre around their inner child's emotions and how it affects their behaviour in the two circumstances.

This portfolio asks the following question: How efficient are we when not in full control of the inner world?

Acknowledgement .....	3
Abstract .....	4
List of figures.....	7
Background.....	8
Introduction.....	8
1. The History of over-stimulation.....	8
a. The background of information overload .....	8
b. Effects of over-stimulation and path of healing .....	9
c. The road of minimalism in reducing overload .....	9
2. Trauma of overcrowding.....	10
a. The ill-being of urban living .....	10
b. Solutions to congested situations.....	10
c. Non-rural living from the child's point of view.....	11
3. Childhood, the root of the inner world.....	11
a. Awareness of the child's sub-personality .....	11
b. Consequences of the traumatised inner world.....	12
c. Re-educating the inner child .....	12
Conclusion .....	13
Methodology.....	13
Results.....	16
Participant 1 .....	16
Participant 2 .....	18
Participant 3 .....	21
Participant 4 .....	23
Participant 5 .....	25
Participant 6 .....	28
Participant 7 .....	30
Analysis.....	33
1. Acknowledgement regarding the inner child and information overload .....	33
2. The influence of cities on childhood.....	34

3. Nature, the core of efficacy and the beginning of a healthy inner world ..... 36

Glossary ..... 38

Reference list..... 38

Bibliography ..... 39

Appendices..... 42

## List of figures

Figure 1: Handmade notebook with interview and a sachet of sweets,2022.....	14
Figure 2: Personalized welcoming page with instructions, 2022.....	15
Figure 3: Definition of the inner child and information overload, 2022.....	15
Figure 4: Title page “1 <sup>st</sup> Set: In a city”, 2022 .....	16
Figure 5: Participant 1 inner child drawing in a city,2022 .....	17
Figure 6: Participant 1 inner child drawing in nature, 2022 .....	18
Figure 7: Participant 2 inner child drawing in a city, 2022 .....	20
Figure 8: Participant 2 inner child drawing in nature, 2022 .....	20
Figure 9: Participant 3 inner child drawing in a city, 2022 .....	22
Figure 10: Participant 3 inner child drawing in nature, 2022.....	23
Figure 11: Participant 4 inner child drawing in a city, 2022 .....	24
Figure 12: Participant 4 inner child drawing in nature, 2022.....	25
Figure 13: Participant 5 inner child drawing in a city, 2022 .....	27
Figure 14: Participant 5 inner child drawing in nature, 2022.....	28
Figure 15: Participant 6 inner child drawing in a city, 2022 .....	29
Figure 16: Participant 6 inner child drawing in nature, 2022.....	30
Figure 17: Participant 7 inner child drawing in a city, 2022 .....	31
Figure 18: Participant 7 inner child drawing in nature 2022.....	32

## Background

Working on the inner world, more specifically the inner child, comes from experiencing the creative part and joyful side brought by this child but also, on the counterpart, the exaggeration and traumatised feelings of past events preventing a full understanding and control of the self. It's an aspect of self-awareness that is often noticed later in life – talking about life as an adult – or even never. Many people don't know it's there despite its big impact on well-being. Bringing recognition to the subject is important for the development of mental health in society.

Linked to city living and over-stimulation in this specific environment, arises from personal experience growing up in a busy city, Meaux in France. As a child growing up during the 21<sup>st</sup> century in an urban environment with a lot of data being thrown at you, while you are trying to make sense of what you are feeling, what you must give importance to and what is to ignore; creates more traumas compared to a child living in a rural area.

Getting to adult age, this urban child tends to be more stressed or anxious, and most likely will go towards a paste of fast living increasing the need for healing this inner child.

## Introduction

Looking at information overload – an impossible amount of information for humans to acknowledge - has caused problems such as anxiety or confusion <sup>1</sup>(Bawden & Robinson, 2021, p.11) emphasized by today's society. Environments of our century look at technology, large spaces with much data, making it difficult to know and be conscious of the information received daily.

In this study, will be analysed the impact of this issue on a particular aspect of our behaviour as adults: the inner child – the child that stayed in the adult version of someone mature. This part of a grown person can have an invisible influence on how this person would behave, seen as just an exaggeration of the emotions felt whereas at those times it can be the inner world expressing anger, for instance, without the individual noticing it happening.

Urban spaces have been shown to change the way the inner child would act, in a negative way – hence over-stimulation. City life enhances this routine of an adult having this pressure of always doing something, overloading the initial capacity of a human being <sup>10</sup>(Noschis, 1992, p.51).

## 1. The History of over-stimulation

### a. The background of information overload

With the goal in mind to understand this study, it is fundamental to explain each defined concept used in this paper. Here, information overload is linked to over-stimulation by the effect of the brain being surrounded by an amount of data that exceed its capacity.

<sup>1</sup>*Information Overload: An Overview* (Bawden & Robinson, 2021), is a fine study of over-stimulation.

Even if infostress appears to be taboo only from our century, it is an issue that has been mentioned since ancient times with the production of books, and populations not being able to follow the flow of knowledge that is brought to them regularly - believing Bawden and Robinson, that would mean 82 000 papers being produced in 11 years at the present age(Bawden & Robinson, 2021, p.13).

With our generations getting faster and faster in the production lane by the reason of technology being a rooted part of our routine; this situation is only turning worse, making it an illicit subject.

Over-stimulation is, in addition, said to be a complex topic to define as it is not clear to people. Its definition is blurry as well as its symptoms because of the many traits it gathers – in this portfolio, we will refer to the definition given in the glossary.



Communities are wondering where the overload is coming from as it is rather large for humanity to acknowledge its totality even if it touches us all.

The generality of the subject makes it so that this issue, which touches a big part of our mental health and well-being, becomes normal and people are not aware of its effects leading humans deeper and deeper into overload.

This innocence towards overload comes to disturb our inner world.

## b. Effects of over-stimulation and path of healing

As previously stated, having a wide and anchored problem like information anxiety creates other branches of effects on humans. To heal from those concerns, it's indeed valuable to be aware of its presence but also to research different options for rehabilitation.

Dean & Webb wrote a fair paper on those ways, in *<sup>5</sup>Recovering from information overload* (Dean & Webb, 2011).

Starting with multitasking, this aspect of information overload has had a reputation for the past years to enhance your speed of productivity with your brain executing many tasks at one time. Studies have shown that multitasking hides itself under the cover of productivity, when it is more on the side of procrastination (Dean & Webb, 2011, p.3). Our brain is not asked to separate itself into many parts, but to go from one task to another rapidly. Asking it to change its focus quickly nourishes the amount of accomplishment it gets making it look like more is completed; in fact, it slows down its pace with a result of less being achieved.

Succeeding this fact, Dean and Webb raised that one of the most efficient solutions to betterment would be filtering followed by the increase of focus on one piece of information at a time (Dean & Webb, 2011, p.6). Naturally, selecting one piece of data that is well made and thought among every piece found that could not be as helpful, indicates to the subconscious the wish to suppress the harmful effect of over-stimulation. Affixed to this solution, focusing on a single fact at a time compared to multitasking, the cerebrum can be more efficient as it is not overloaded by unnecessary data that would fog it. By having less, you can produce more and provide a balanced diet to the mind.

## c. The road of minimalism in reducing overload

In design, minimalism is one of the most known principles with the famous quote of Mies van der Rohe "less is more". It is described as the idea of reducing the amount of information with the intent of enhancing its clarity; it can be seen as the antonym of information overload.

In *<sup>8</sup>Minimalism in information visualization: attitudes towards maximising the data-ink ratio* (Inbar, Tractinsky & Meyer, 2007), Inbar, Tractinsky and Meyer have studied the Tufte theory aiming to test minimalism in the non-designer population.

The principle of Tufte's theory is to filter the "junk" in information to increase the efficiency of reading (Inbar, Tractinsky & Meyer, 2007, p.186). His theory applies specifically to bar graphs but can be used in many scenarios.

In the study, the result shows that the general population, compared to designers, are more attracted to an original bar graph with unnecessary information compared to the opposite, Tufte's theory graph. Although, if the option is there, the subject will choose an in-between (Inbar, Tractinsky & Meyer, 2007, p.188).

It reveals, that even if minimalism has an appealing side of improving health and productivity, because of the unfamiliarity of extreme information clarity, people are intimidated by minimalism as the usual cushion of security of having enough "in case" must be visually abandoned if the person desires to practice true minimalism.

It suggests that minimalism, as in any area, has an extreme line that can be feared when it comes to fleeing from information anxiety; explaining the subconscious not being able to endure full minimalism.

Raising the importance of easing the way to healing from information overload to get an enduring effect on well-being.

Implying that mindfulness of minimalism is as essential as in over-stimulation for a successful conclusion.

## 2. Trauma of overcrowding

### a. The ill-being of urban living

The principal source of overcrowding can be seen as urbanization with its many distracting components (noises, crowding, pollution, etc.) and social stress.

A brain study by Lederbogen, Kirsch & Haddad with *City living and urban upbringing affect neural social stress processing in humans* (Lederbogen, Kirsch & Haddad, 2011), confirms this argument.

With the development of overconsumption, the present generations are pushed towards the desire of information overload from wanting to have better possessions, to the extreme social interaction that is asked from a person living in a city to be socially accepted and therefore, successful. But the print those aspects are leaving on the human brain and health are not often seen or voiced.

Indeed, people living in a city are most likely to be seen as the healthy population as they would be wealthy enough to have the totality of what they need for their survival in a close perimeter i. e. water, food, shelter and beyond (Lederbogen, Kirsch & Haddad, 2011, p.498). The issue comes in what those points bring compared to the hidden social stress it is to live in a city.

Following the research half of the population lives in an urban environment nowadays and most of them are exposed to 21% more chance to get anxiety disorders and 39% more risk to get mood disorders, affecting the general well-being of our world (Lederbogen, Kirsch & Haddad, 2011, p.498). Those situations are worst for people in an early stage of life as they would grow and build their brains based on social stress, increasing the factor of having mental disorders for the next generations.

This raises the concern of finding solutions to urbanization in an effort to reduce health disorders linked to its consequences.

### b. Solutions to congested situations

With this issue of the urbanicity effect, researchers have been observing different ways to solve the problem.

Blasches et al can justify a crucial finding on durable recovery, *Is a meditation retreat the better vacation? effect of retreats and vacations on fatigue, emotional well-being, and acting with awareness* (Blasche et al, 2021).

As a matter of, vacation is known to have virtues when it comes to fatigue due to over-stimulation. The controversy lies in the after vacation. The profits of this break are not substantial, and stress reaches back leaving the person in's original state before vacation.

Granting the addition of meditation to vacations.

The act of meditation happens to be practised in many cultures and is acknowledged for its fine effects on well-being and long-lasting facets.

Retreats or any vacation with meditation indicate a constant state of rest and well-being for 10 weeks, or longer, after the vacation compared to regular vacation, as during non-meditation vacations participants would still practice high energy consuming activities such as visiting, not offering full rest of the mind and body (Blasche et al, 2021, p.13).

But it is decisive to recognize the mental health of the person going on a retreat and the type of retreat before participating as some have deep thinking activities and if the participant is formerly affected by depression, this could lead to deeper depression (Blasche et al, 2021, p.14). For those participants along with standard participants, Basche et al advice practising meditation on a regular lifestyle as a good way to solve many health affairs.

Thanks to several pieces of research, it is possible to say that abounding solutions are available to counter over-stimulation and overcrowding in cities, they just need attention from the next generations (Blasche et al, 2021, p.15).

### c. Non-rural living from the child's point of view

Having more than half of the population living in cities, this includes children too. Countless adults nowadays are under the influence of a wounded child because of city living and the disregard that was brought to them in childhood. The investigation of Noschis on this impact in <sup>10</sup>*The Inner Child and the City* (Noschis, 1992), offers great information.

This social stress specified earlier in the discussion affecting children has a big influence on the inner child of a person later in life in how they will behave with themselves and others too. People not aware of their inner-world presence will call it a weight and a part to be erased. This ignorance is due to how our cities are built (Noschis, 1992, p.49).

An interurban habitat faces many dangers for a child to grow and poor attention to surroundings that would improve their experience. Depending on the city, the architecture can be hefty, cars are going fast, a considerable amount of information is to take in and most of the things are made to be used by adults and not children. All is there to say to a child or an inner child that they are not welcome.

Children are settled to act and see the future in one rigid way (Noschis, 1992, p.55). A way of growing up without considering others, without equality, as it was shown to them that only a few parameters are correct when you are based in a city. In a need to transform those habits it would be worth blending children and adults. This exchange could develop the inner child of adults and children would profit from adults being more influenced to create a world equivalent for all generations.

## 3. Childhood, the root of the inner world

### a. Awareness of the child's sub-personality

Meeting your inner child is an experience that is necessary for the well-being of an adult. It can be a discovery that is different for all but similar in many ways. Lucia Capacchione is a good guide through this process in the chapter <sup>4</sup>*Meeting Your Inner Child from Recovery of your Inner Child* (Capacchione, 1991).

Being aware of the child state can offer control, and mental well-being, but also cure things such as addiction or illness. In truth, some illnesses and most addictions, or similar issues, are caused by an abandoned or not well-parented child; but the process of parenting will be refined later (Capacchione, 1991, p.57).

The inner child is a rooted part of a body that may manifest through expressions, body language, reflexes or even language itself, making it so that people surrounding the adult will be aware of the person's inner child existence but the person themselves would not. It's there to express a desire for love and comfort, thus needing to drink hot cocoa in front of a funny movie. The responsibility of your child is all feelings.

Emotions are the inner child's first language with its adult (Capacchione, 1991, p.47).

If surroundings or feelings cannot notify the person of their child state all activities around adventuring, exploring or creating are seen as the easiest ways to reassure an inner child that the body and mind are at a welcoming level (Capacchione, 1991, p.50). But to experience a fine encounter with an inner child it is mandatory to build an individual with safe and healthy habits for the child to grow, change and express candidly.

Meaning that people with health issues need re-parenting to create a secure environment for the inner child.

## b. Consequences of the traumatised inner world

An inner child that was and is not treated with diligence can communicate dreadful feelings for the host. During the podcast *'How Childhood Stress Can Manifest in Adulthood*, Gabor Maté and goop are reflecting on the matter.

People with addictions or/and pathologies similar to ADD and ADHD are casualties of a traumatised childhood.

When it comes to a child in its early stage it is essential to pay attention to the social dynamics around the children, a healthy and stable atmosphere is favourable to a healthy adult, and a stressful and anxious climate will cause complications in adulthood. This worry appears as soon as in the womb of the mother. A stressed pregnant woman will have consequences on the growth of the baby which can cause diseases or pathologies.

As seen before, the stress in society is expansively present and responsible for more and more cases of disorders. With the stimulation and pressure of always having to do and have everything, problems like addictions get amplified. Those issues are often there to try and fill an emptiness or to escape from real life, escaping the inner child at the same time.

An unhealthy childhood is a source of where the child would get unhealthy behaviour in the future. If the children are used to seeing one parent abuse the other parent, then this child as an adult will abuse anyone to find an environment they know to feel "normal" and alive; it can also be labelled as a coping mechanism. Practising impulse regulation in childhood would help with this issue in adulthood. This raises the priority to discuss childhood trauma and education to eradicate any mental and physical obstacles.

## c. Re-educating the inner child

With a childhood that might be defaced, an adult would need to bring back the parent within. Citing *Recovery of your Inner Child* (Capacchione, 1991) again, but with the chapter *'Finding the Nurturing Parent Within* this time.

The nurturing parent would be a sub-personality that takes care of the child within (Capacchione, 1991, p.119). Creating good parenting within is improving the health of the child and therefore increasing the well-being of the whole being. This parent will bring the qualities of empathy, compassion, understanding and caring. To draw those traits is to know the parameters of good education for legitimate behaviour when of age.

It gathers knowing when to give and when not to give and, likewise, when to help and when to encourage the child for independence. A child that is given this when raised will integrate the qualities of a nurturing parent within (Capacchione, 1991, p.123).

Although, self-nurturing is known as one of the hardest tasks when it comes to inner child development. It asks to first be aware of the child within and then to gain its trust.

A child does not trust in words but in action, it needs proof that the nurturing parent will now be present, caring and loving towards this child. Capacchione mentions exercises that could help with acquiring this confidence. They focus on writing letters to the inner child asking for forgiveness, or love letters; querying in them what it needs to trust this parent. Once trusted, it is important to still put boundaries and have precise times for this part of the inner world, to apply the balance in the body (Capacchione, 1991, p.127). It is another way to show the child within that it will be loved.

## Conclusion

To conclude, the child within seems to be highly affected by today's urban environments because of information overload and childhood trauma caused by them.

Leaving with the wonder of how different the behaviour of the inner child is, following its surroundings. Following this interrogation, the method will look at solutions through experimentation and a questionnaire in two different environments: a city centre, a good example would be Princes Street in Edinburgh, and an immersive nature space, Blackford Hill for instance. Having this data would aim to find keys to solving the issue of an unparented inner child causing behaviour problems increased by information anxiety.

## Methodology

As a reminder, the thesis looks at "How going back to basic stimuli in an urban environment could improve the efficacy of our inner child."

In the secondary research during the literature review, it was found that an urban environment could be subject to more stress for a child due to information overload, but no direct connection was made between the effect different surroundings could have specifically on the inner child and how it could worsen or improve the health of this sub-personality. Additionally, the count of people not being aware of the inner child or not having knowledge about the subject is not known in research.

By using the method of cultural probes and interviewing, this portfolio will aim to narrow to a distinct study of the behaviour of the inner child in two opposite habitats as well as having a better picture of the statistics of acknowledgement towards the inner child and information overload.

The methods used regarding the research will be the technic of cultural probes mixed with an interview.

Cultural probes are usually used as a more artistic way to investigate compared to the more standard scientific way to collect data.

Adopting William W.Gaver's definition of a cultural probe <sup>11</sup>(W.Gaver, 1999), the method consists in creating what would be called a "package" gathering many artefacts that the participant will use in an exclusive way to provide open and original data for analysis.

As an example, in W.Gaver's packages, the subjects were provided with maps, postcards, a camera, a photo album and a media diary in order to trigger responses from the elderly and understand the local culture in the United States (W.Gaver, 1999, p.22). In the case of W.Gaver, all of the packages were given throughout a meeting to give the possibility to the participants to ask questions about the procedure. They were then left with the probes for a month before giving the probes back. Furthermore, in this study, it was wished to have answers that were the most personal possible, so no structured directions were given.

In terms of the interview, the model of Stefan Hrastinski and Naghmeh M.Aghaee with their research on social media in education <sup>7</sup>(Hrastinski, M.Aghaee, 2011) is a fine representation of how an interview can be conducted.

For indication, an interview would be the process of asking a list of questions with the intent of collecting data on a particular subject. Many types of questions can be used such as open questions – meaning the candidate will not answer with only a “yes” or a “no” but a sentence -, a yes/no question – the subject can only answer with yes or no -, and a multiple-choice question – a mix between an open question and a yes/no question; those will be seen as the standard type of questions in interviewing.

In this study, Hrastinski and M.Aghaee are using exclusively open questions to receive broader results (Hrastinski, M.Aghaee, 2011, p.454). Although, the interview is classified as semi-structured since they selected precise participants depending on their age and occupation as well as it is being led only in English and in the afternoon in May. Thanks to this procedure, they obtained results that are still precise enough to be analysed efficiently.

As told previously, to answer the current thesis the method will differ from the two examples with the first argument of the method being a fusion of a cultural probe and an interview, and the second being the ratio of structure.

The description of the method is the following.

Participants were called with no other condition than being in adulthood and non-aware of the study. It was open to France and the United Kingdom. Due to the short amount of time to execute the study, only people in the United Kingdom were given the package and others would receive a description and pictures of what was in the package to be able to procure what was needed for the study.

The package consisted of a handmade notebook containing three different categories of an interview as well as contact information if any help was needed during the experience and simple instructions on how the probe was to be utilized.

As the study focuses on the inner child, the participants were given a small bag of sweets to help trigger the child as well as crayons for one of the activities asking the participant to draw using their child state.

The three categories of the interview are, in order, a set of general questions – where it is asked about age, weather and if both of the two other sets of questions will be answered in one day -, then a set of open questions followed by the drawing activity to be answered in an urban and busy environment, and, lastly, the same set of questions and final drawing but in nature and a calm habitat.

The subjects were given a total of two weeks to execute the task with only a basic explanation of what the task was to assure clarity and accurate results but also openness. A total of 7 participants were in France and 3 in the United Kingdom and all signed a consent form.

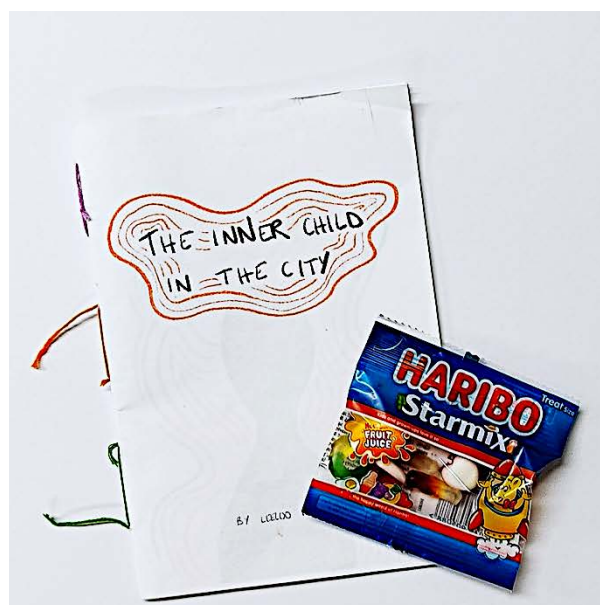


Figure 1



Figure 2

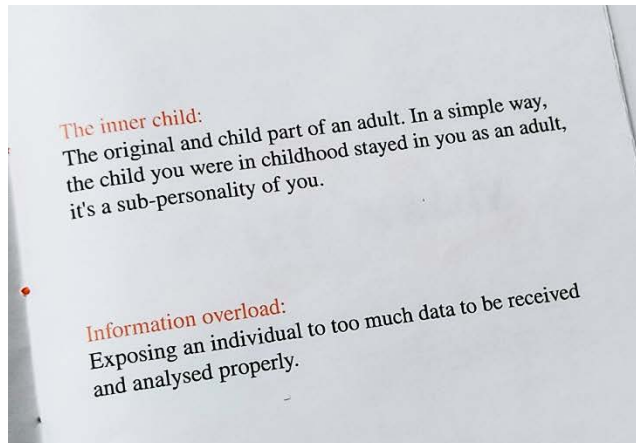


Figure 3

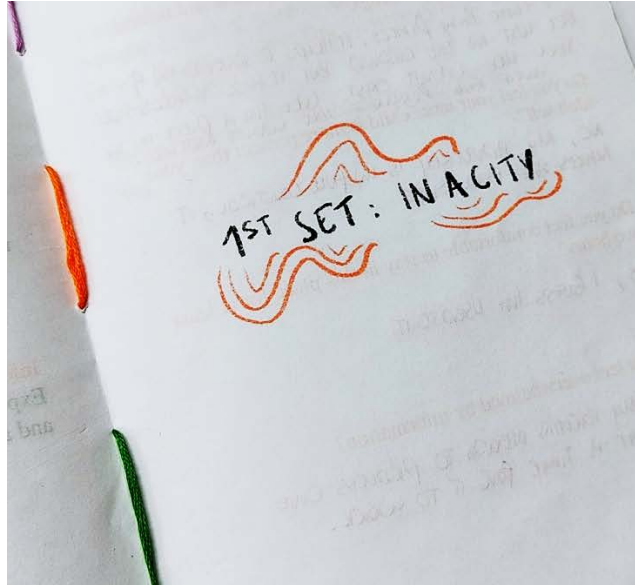


Figure 4

## Results

### Participant 1

#### General Questions

1. **How old are you?**  
21 years old.
2. **How is the weather like?**  
Very windy, cold and raining.
3. **In which country are you answering this questionnaire from?**  
Scotland.
4. **Are you doing both sets of questions in one day?**  
Yes, I am.
5. **Have you ever heard of the inner child before?**  
Yes, I have.
6. **Could you give me a definition of the inner child or what you think it would be?**  
Your childlike characteristics take over and control your actions.
7. **Do you know what is information overload?**  
Yes, the feeling of being overwhelmed by too much data/information.
8. **Could you give me a definition of information overload or what you think it is?**



Feeling that you can't process input due to high levels.

1<sup>st</sup> set: in a city

**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

I'm feeling okay, a little on edge of my surroundings.

**2. Do you feel your inner child is more present than your adult self?**

No. Adult-self is more present, feels like no room to be a child.

**3. Do you feel comfortable to stay in this place for at least two hours?**

No. Don't feel comfortable for 2 hours, maybe half hour most-feels like need to be on the go.

**4. Do you feel overwhelmed by information?**

Not this very second but I could if there were more people/ on a busier day. I do feel overwhelmed on a weekend.

**5. Do you think it would be safe place for a child alone?**

No. Not safe place for a child alone.

**6. Are you able to think efficiently?**

No, I can't think efficiently, there's always something/someone grabbing my attention making me lose my train of thought.

**7. In-site drawing using your inner child.**



Figure 5

1<sup>st</sup> set: in nature

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

Pretty calm.

**2. Do you feel your inner child is more present than your adult self?**

My inner child is out more than in city definitely, I would say overall present over adult self.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes, I could stay here for long periods of time and feel okay.

**4. Do you feel overwhelmed by information?**

No, not much information to be overwhelmed with very calm.

**5. Do you think it would be safe place for a child alone?**

Yes, I would, due to the park.

**6. Are you able to think efficiently?**

Yes, I can have clear thoughts.

**7. In-site drawing using your inner child.**

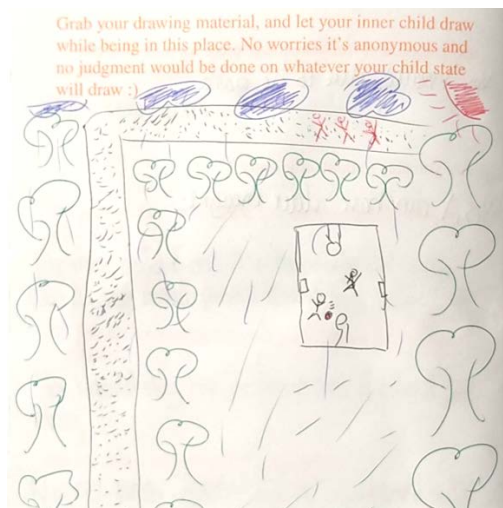


Figure 6

## Participant 2

### General Questions

**1. How old are you?**

22 years old.

**2. How is the weather like?**

Sunny but cold.

**3. In which country are you answering this questionnaire from?**

Scotland.

**4. Are you doing both sets of questions in one day?**

Yes.

**5. Have you ever heard of the inner child before?**

Yes!

**6. Could you give me a definition of the inner child or what you think it would be?**

A metaphorical version of your younger self who must be taken care of in order to help take care of yourself.

**7. Do you know what is information overload?**

I think so.

**8. Could you give me a definition of information overload or what you think it is?**

Too much stimulus to process at once?

1<sup>st</sup> set: in a city

**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

Fine but focussing hard.

**2. Do you feel your inner child is more present than your adult self?**

No.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Absolutely not.

**4. Do you feel overwhelmed by information?**

A fair bit yes.

**5. Do you think it would be safe place for a child alone?**

No.

**6. Are you able to think efficiently?**

I'd say so but I feel overly switched on.

**7. In-site drawing using your inner child.**



Figure 7

1<sup>st</sup> set: in nature**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

More zen despite an on-edge day. Peaceful.

**2. Do you feel your inner child is more present than your adult self?**

No.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

No.

**5. Do you think it would be safe place for a child alone?**

As safe an open space can be. Wouldn't recommend leaving a child here regardless though.

**6. Are you able to think efficiently?**

Yes.

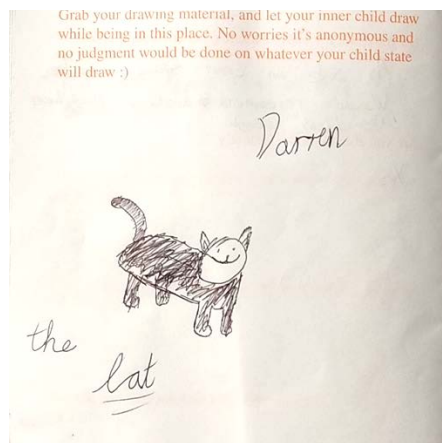
**7. In-site drawing using your inner child.**

Figure 8

## Participant 3

## General Questions

**1. How old are you?**

20 years old.

**2. How is the weather like?**

Half-sunny.

**3. In which country are you answering this questionnaire from?**

France.

**4. Are you doing both sets of questions in one day?**

No.

**5. Have you ever heard of the inner child before?**

No.

**6. Could you give me a definition of the inner child or what you think it would be?**

The child's core that is asleep inside of us.

**7. Do you know what is information overload?**

Yes.

**8. Could you give me a definition of information overload or what you think it is?**

Too much information at one time.

1<sup>st</sup> set: in a city**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

Stressed, oppressed.

**2. Do you feel your inner child is more present than your adult self?**

Yes, but because its scared.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Depends on the place but wherever there is a crowd, not at all.

**4. Do you feel overwhelmed by information?**

Yes.

**5. Do you think it would be safe place for a child alone?**

No.

**6. Are you able to think efficiently?**

No.

**7. In-site drawing using your inner child.**



Figure 9

**1<sup>st</sup> set: in nature**

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

Good and calm.

**2. Do you feel your inner child is more present than your adult self?**

Not really, I just feel freer and more relaxed so actually, maybe.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Absolutely.

**4. Do you feel overwhelmed by information?**

No, we can say that information is "flowing in me".

**5. Do you think it would be safe place for a child alone?**

Absolutely.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**



Figure 10

## Participant 4

### General Questions

**1. How old are you?**

20 years old.

**2. How is the weather like?**

Blue sky.

**3. In which country are you answering this questionnaire from?**

France.

**4. Are you doing both sets of questions in one day?**

Yes.

**5. Have you ever heard of the inner child before?**

No.

**6. Could you give me a definition of the inner child or what you think it would be?**

The child soul that is in us.

**7. Do you know what is information overload?**

Overdose of information.

**8. Could you give me a definition of information overload or what you think it is?**

Too much data.

1<sup>st</sup> set: in a city

1. Now that you have arrived in your closest and busiest city, how are you feeling?

I'm feeling okay.

2. Do you feel your inner child is more present than your adult self?

No.

3. Do you feel comfortable to stay in this place for at least two hours?

Yes.

4. Do you feel overwhelmed by information?

Yes.

5. Do you think it would be safe place for a child alone?

No.

6. Are you able to think efficiently?

Yes and no, it depends of my state of mind.

7. In-site drawing using your inner child.



Figure 11

1<sup>st</sup> set: in nature

1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?

Calm.

2. Do you feel your inner child is more present than your adult self?

Yes.

3. Do you feel comfortable to stay in this place for at least two hours?

Yes.



**4. Do you feel overwhelmed by information?**

No.

**5. Do you think it would be safe place for a child alone?**

Yes.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**



Figure 12

## Participant 5

### General Questions

**1. How old are you?**

21 years old.

**2. How is the weather like?**

Cloudy, but no rain. And enough rain to get my coat out.

**3. In which country are you answering this questionnaire from?**

France.

**4. Are you doing both sets of questions in one day?**

Yes.

**5. Have you ever heard of the inner child before?**

I think so...

**6. Could you give me a definition of the inner child or what you think it would be?**

I would say it's that side of us that is always joking and immature, maybe the innocent part too. Or even when you get into raptures in front of things that would seem basic for others. That little child state that follows us during life. That shows up differently depending on the people. Some of us keep it like it was precious.

**7. Do you know what is information overload?**

Maybe.

**8. Could you give me a definition of information overload or what you think it is?**

Hum...Getting too much information and having to consider them even if we already have too much to consider? It can lead to us ignoring some when there's too many and so our brain can't follow the rhythm and is struggling to analyse all of them.

1<sup>st</sup> set: in a city

**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

Not calm...A bit stressed maybe...My head is hurting me!

**2. Do you feel your inner child is more present than your adult self?**

I don't know, my tiny self is kind of here since I'm curious about everything around us, I want to visit the old town and find nice places.... But at the same time my adult-self is quite present because I don't want to come across someone else's eyesight so I'm looking at the floor. I don't feel comfortable staying in the middle of the crowd where its noisy... Maybe its my tiny-me being shy. But I still have a shared opinion. I would say my adult self is more present still because I'm more in a "alert mode" because of what is around me: cars, skateboarders, tramway and other people walking that don't care about others. Well after saying that, my mini self is not here!

**3. Do you feel comfortable to stay in this place for at least two hours?**

Let's say that when there's less people passing through, I could stay but not for two hours... And I think I would move. I don't feel like seating here and wait here while so many people are around me. Even if I was seating in a café, I could stay 45 minutes maximum.

**4. Do you feel overwhelmed by information?**

Yes truly, there's information everywhere. It's like a colony of ants! I feel like I can't see everything and if I saw something interesting, I would forget. Like a product you see in a window display, but you forget the name of the shop.

**5. Do you think it would be safe place for a child alone?**

I feel like he/she/they would feel very small and stuck in the middle of all of that. I wouldn't leave my child alone here. We can easily be overflowed and lost by what is around us and the issue is that when we are overwhelmed by information arriving from everywhere we are less aware, and it instantly becomes more dangerous for a child.

**6. Are you able to think efficiently?**

Hum... Yes, if I have headphones... And even with headphones I think I would struggle.

**7. In-site drawing using your inner child.**



Figure 13

1<sup>st</sup> set: in nature

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

Less on the edge, more at ease. It's calm, I feel like I can breathe and that it's smells nice and fresh around me. It's quite weird because even if I'm calm there's a small thing that is disturbing me, curiosity? The void? A spiritual void? But at the same time, I can still hear the city far away. It's relaxing but I'm not completely relaxed.

**2. Do you feel your inner child is more present than your adult self?**

Yes its more blatant, my adult-self is still a bit here for my security but I'm more curious, I want to see what's at the end of the pathway, read the name of the different plants and know where they're from. And there's all those shapes and colours. My inner child is more present here!

**3. Do you feel comfortable to stay in this place for at least two hours?**

Oh yes! I could seat and read a book without being disturbed. Let's say that I feel like the more I stay the more relaxed I am.

**4. Do you feel overwhelmed by information?**

The only information I have is "green" maybe because having just one nuance of colour makes me less on edge. I feel like I can take in information without leaving any. I want to say I'm not submerged but I voluntary want to get information.

**5. Do you think it would be safe place for a child alone?**

I could easily leave a child here.

**6. Are you able to think efficiently?**

Not really because I want to relax here.

**7. In-site drawing using your inner child.**



Figure 14

## Participant 6

## General Questions

## 1. How old are you?

50 years old.

## 2. How is the weather like?

Sunny.

## 3. In which country are you answering this questionnaire from?

France.

## 4. Are you doing both sets of questions in one day?

Yes.

## 5. Have you ever heard of the inner child before?

Yes, I have.

## 6. Could you give me a definition of the inner child or what you think it would be?

Really listen to what you want without being influenced.

## 7. Do you know what is information overload?

Yes.

**8. Could you give me a definition of information overload or what you think it is?**

Too much information to handle.

1<sup>st</sup> set: in a city

**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

Good, alive.

**2. Do you feel your inner child is more present than your adult self?**

Yes.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

Not overwhelmed but surrounded by a lot of information yes.

**5. Do you think it would be safe place for a child alone?**

Not really.

**6. Are you able to think efficiently?**

I'm a bit distracted by what's around.

**7. In-site drawing using your inner child.**



Figure 15

1<sup>st</sup> set: in nature

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

Good, calm.

**2. Do you feel your inner child is more present than your adult self?**

Not really, I'm thinking from an adult point of view.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

No.

**5. Do you think it would be safe place for a child alone?**

Yes.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**



Figure 16

## Participant 7

### General Questions

**1. How old are you?**

20 years old.

**2. How is the weather like?**

Feels chilly but not windy.

**3. In which country are you answering this questionnaire from?**

Scotland.

**4. Are you doing both sets of questions in one day?**

No..

**5. Have you ever heard of the inner child before?**

Yes, I have.

**6. Could you give me a definition of the inner child or what you think it would be?**

The version of myself that existed years ago & needed to feel safe, loved and grounded.

**7. Do you know what is information overload?**

No.

**8. Could you give me a definition of information overload or what you think it is?**

Maybe it's my brain collecting too much information at once that it doesn't manage to process it properly.

1<sup>st</sup> set: in a city

**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

I hate busy places; it helps to blend in and get lost in the crowd, but it also makes me feel like I don't exist. Like I'm a piece in a puzzle – you won't notice.

**2. Do you feel your inner child is more present than your adult self?**

No, my adult-self is in full control, it makes me feel safe.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes, I guess I'm used to it.

**4. Do you feel overwhelmed by information?**

Yes, my brains need to process one thing at a time for it to work.

**5. Do you think it would be safe place for a child alone?**

Maybe, I'm not sure. But if I was a child alone in the city, I would feel scared and unsafe.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**

Grab your drawing material, and let your inner child draw while being in this place. No worries it's anonymous and no judgment would be done on whatever your child state will draw :)



Figure 17

1<sup>st</sup> set: in nature

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

Peaceful, at harmony with myself. I can hear me think.

**2. Do you feel your inner child is more present than your adult self?**

They are both equally present. Enjoying the company of each other.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

No.

**5. Do you think it would be safe place for a child alone?**

No, there are too many dangers in nature.

**6. Are you able to think efficiently?**

Yes. Listening to the sounds of nature help calm my mind.

**7. In-site drawing using your inner child.**

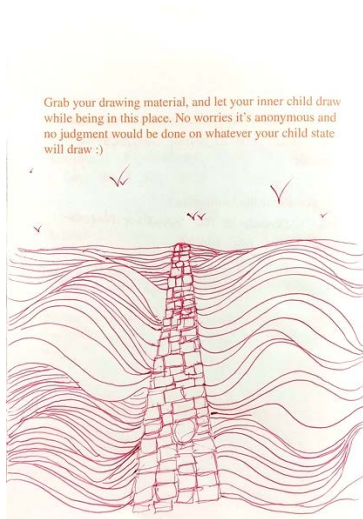


Figure 18

The essence of the results shows a global awareness of the inner child and information overload, but the definition of the inner child is often not entirely correct compared to the one for information overload.

In the urban environment, the participants are on the middle line between being okay and not simultaneously, knowing that the adult is often more present than the child. Although it is agreed that over-stimulation is present and forbids the participants from being efficient in their thinking, as well as a city not being a safe place for a child alone.

Countering the city, nature is qualified as a peaceful space where the candidates are feeling their inner child taking over and expressing their creativity. It is comfortable to stay for an extended part of time



knowing they can think efficiently and not feel overloaded. A child alone would feel safer than in an urban environment.

During the analysis, outcomes will be studied in an attempt to understand the possibility of an urban environment being toxic for the child's sub-personality, along with the consciousness about information overload and the inner child in today's society.

## Analysis

### 1. Acknowledgement regarding the inner child and information overload

Throughout the discussion, the awareness towards the principal subjects, the inner child and information overload, come as major aspects of the thesis regarding the efficacy, and the well-being of the child state and its host, the adult self.

During the secondary research, studies show that when information overload is talked about people think of it as a taboo point that is never mentioned due to the uncertainty around it. It's not clear what aspects of a person's life are affected by it, and how and the solutions – filtering, meditation retreat et al – are not said anywhere for the general population to use them. The authors think that it should not be a subject people are not talking about considering the impact it has on one's life, and the consequences generated on the world's dynamic.

In the primary research, most of the participants that are impacted by information anxiety in a city, can give an accurate definition of information overload compared to the few that are not affected by it as much, therefore would not have a clear explanation of the subject. This shows that people would be aware of the issue only if they were confronted with it. Even though confrontation usually has an unwelcome connotation, it seems that in this situation it brings more value to consciousness. The author acknowledges that when referring to the inner child, papers can show a lack of knowledge on the matter in today's society. It's often the source of many people's problems in adulthood but it remains invisible to society's sight. Although, it was revealed that non-awareness would not stop the inner child to manifest itself and act on the daily life of its body. Instead of seeing that there is an issue of re-parenting, most adults would blame this abandoned child state on the absence of control and discipline in their behaviour, burying the recognition of the sub-personality and worsening its attitude. Looking at the primary research, answers to the interview translate a consciousness of the inner child but when the person is asked to define its properties all answers are blurry and not always exact.

Despite a clear awareness of information overload and the inner child, people in the 21st century don't know how to interact with those facets for them to be healthy and neither know how altered their actions can be due to those features.

The constant ignorance of two of the most impactful aspects of an adult life in a city seems to contribute to the mental health crisis that many populations have been enduring for the past years. With this behaviour, it means that issues that could be solved by educating generations and researching solutions which then would be communicated to the public are not being processed due to the habit of ignoring them.

Over-consumption and production are increasing along with the mindset of fast life seen as the main way to improve and reach success in all aspects of one's life. In addition, creating environments that are overlooking primal behaviour, basic stimuli, and children; consequently, people are falling out from reflexes that the human body is built for. Meaning that creativity is being abandoned escalating with the well-being of the population drowning in society.

Creativity being the motor of joy and other feelings that improve the will to live, invent and explore, coming generations that are now going through childhood and teenage years find themselves more affected by this void than past generations, expanding negative factors. Hypothetically saying that the human race will extinct if this pattern is overly repeated.

As specified previously, when people are confronted with issues, they have the reflex to acknowledge it and, depending on their education, try and solve it. Implicating that civilization will eventually give importance to those problems and try to solve them.

It gives hope for a possible positive direction of mental health and the evolution of humanity which has been declining in many domains. This evolution would have a better understanding of the human body and could create a functioning dynamic that is healthier.

In design, illiteracy on info stress and the child part of the inner world can open a door for design thinking by focusing on inter-generational design which includes equally children, teenagers, adults, and seniors. This integrates playfulness in older generations and the right amount of discipline - while keeping the creative side - in young people.

Inventions that encourage people to collaborate more and learn from all ages additionally to take more time to observe and create things that touch the core of human beings with the goal to reach efficacy in all tasks.

Likewise considering an approach to minimalism that is well balanced with its extremes to not away people from it but invite them to a lifestyle that rejects information overload seems to be a path to follow when designing in the future. Having patterns, colours and shapes that are efficiently giving the information needed when the human brain is confronted with it.

Another aspect that could be raised is how products are made and with which materials. Looking at processes that are natural to achieve with materials that are safe for both the planet and all civilians in favour of improving the days of the maker and the user of the design resulting in an increase in happiness.

It seems that much research is ending with a solution that would ask future generations to mix the inventions of today with the processes of the past in order to find balance in design.

Ultimately, in overall community and design, being conscious of information overload and the inner child qualifies as not being enough for the welfare of populations.

To gain fitter health means to be mindful of the issue and create solutions based on how humans as a specie function and act; from the exterior shell of the body to the invisible along with everything that surrounds it such as its habitat. Nowadays, it feels like everything is made to be there without the purpose of properly serving or being useful to civilians, it is not adapted to human hood.

## 2. The influence of cities on childhood

City living has been seen to have a large influence on its inhabitants, rather its positive or negative. Although the amount of influence differs throughout generations, a child would not perceive social stress the same way an adult would. The query in this portfolio was concerning which type of influence urbanization has specifically on children of today's society.

In regard to the studies reviewed during the secondary research, it is clearly shown a preponderant pessimistic influence on children when they are raised and spend a large span of their life in an urban environment. It affects the way they behave in the future and how their whole inner system - meaning in a biologicistic and sociologicistic way - is involving. Building, as seen earlier, a greater chance to develop social stress and behaviour issues in adulthood.

Examples of issues quoted were addiction, boundary, uncertainty problems and more. It's shown that the main features that enhance the development of those facets are related to how a non-rural area is built and arranged mainly for adults and how generations - unless it is family related - would not mix on a daily saying to children that their surroundings are not welcoming them in the equation.

All along the field research answers from applicants confirms the evidence that cities are fabricated for adults. Indeed, when asked whether the adult or the child is more present, in an urban

environment, the percentage rate is higher in the presence of the adult in comparison to the one for the inner child.

In addition, some participants precise that it's related to how unsafe a city area makes them feel, needing the adult self to be more present in order to navigate better and keep themselves secure. Other questions show a general consideration that a child is not meant to be part of an interurban habitat. All participants wouldn't leave any children to circulate and be alone in a city from how uncertain the consequences can be, but also, feel like the rhythm of living is too fast for a child to comprehend.

It's concerning to know that a person's daily environment does not feel safe and is making doing tasks like walking a habit that is lost just because the surroundings of city populations are wrongly built and feel menacing.

From both the secondary and primary research an abandonment of the inner child can be extracted meaning, a rejection of childhood. The writer deducts that this can be seen as a fear to be confronted with any traumatic experiences lived as a child, wrapping any habitants of a non-rural space in a set that relates only to adulthood in a wish to focus more on their goals and not get affected by past-traumatic events.

This fear that leads grown-ups is then projected onto children, causing traumas to those children, and then repeating this cycle of apprehension when older.

This also encourages social stress in the early stages of development along with how the human body compose itself, getting further from a nervous and muscle system that can resist extreme conditions - except for pollution - which could result in a larger quota of damaged immunity systems and a bigger presence of other health issues such as mental disorders or deformations. Along with a difficulty to live in primal conditions, which lowers the functioning of the primary instinct, as well as reduces creativity since city living asks for less independence than rural lifestyles.

Knowing that what forms the behaviour and education is the amount of creativity this child has access to – the more a child gets to create the more likely he/she will have stable mental health – it's crucial for them to develop their brain's right hemisphere (creative hemisphere) to be able to have a healthy inner child when they reach mature ages.

For designers of future creation, emphasising design to a scale of children where creation is the fuel that makes those design function would give a clearer vision to children that they are part of city living too and that their well-being day-to-day is as naturally treated as someone older than them. Inventing spaces where they would feel safe and close to anyone that could reassure them even when they are out of school without enclosing them and pressuring them too much could comfort their development.

Furthermore, re-designing the way cities are arranged so a child could be alone and not risk being in danger because of all events that you can find such as cars, people running, long streets where you could get lost, etc. It feels unfair to oblige younger generations to live in a habitat that is threatening to them and not give them a chance to be equal to all.

The outcomes clarify a need to erase the fear regarding childhood, that adults have when living in urban habitats. A wish to have a behaviour where everyone is considered and free to feel safe and independent regardless of the generation. Taking off anything out-scaled and unsafe, and replacing those elements with others that are more accurate to the instincts present during the lifespan of a human.

Where creation and well-being overcome the priorities of production, information overload and perfection for a civilization that would be healthier and more willing to discover all capacities and aspects of themselves in a manner that is non-judgmental and safe, encouraging people to experiment, invent and collaborate in all areas.

Living in a city brings the advantage of being part of a large community, creating a hub of many unique personalities that could work to eliminate the negative aspects of urban spaces, for instance, social stress, information overload, mental disorders and more. But it is sorrowfully completely disregarded amplifying negative features of urbanization.

### 3. Nature, the core of efficacy and the beginning of a healthy inner world

Nature is known to have many beneficial virtues to it when it interacts with humans. Whether it is medicinal, as a source of inspiration, or for its biological system, it is the root of humanity and the main provider of the population's resources.

In the spiritual world, it is used to practice core stability and spiritual mindfulness and is considered the biggest power. In mental health, colours, shapes, and pheromones released by nature have a big impact on illnesses like depression. And lastly, in physical health, different plants can be used to cure diseases or other conditions.

In the literature review, it is discussed the impression that nature can have on mental health when people are leaving their regular homes for a meditative retreat or vacation. It is shown that retreats have a fairly positive effect on the mental health of those participants thanks to activities like meditation that are getting the mind closer to nature, the roots of human reflexes and their inner world.

Although no research was done specifically on the profound relationship between the inner world and nature, the primary research is to give more insights in this area.

When looking at the part answered in nature during the interview, answers from participants are more regular and all candidates can agree that it feels more peaceful to be in nature than to be in a city. They were able to think more efficiently, felt like it was an environment that is safe enough for a child to stay alone, and their inner child was more present than their adult self, resulting in more joy. Then looking at the drawings made by their inner child, more elements representing happiness – like a sun, happy faces, or even a cat – are drawn compared to when the drawings made in a city. The use of colour and more organic shapes is also enhanced displaying activation of the creative zone of the brain. They equally feel comfortable staying in those places for an extended time showing that the inner child feels welcomed, undisturbed and has the freedom to express any feelings. It could be said that as long as nature is present, the mind is more peaceful and thrive in clarity and creativity.

In society, this data demonstrates that a lifestyle where people can be more mindful and take more time to do a task as neanderthal men would do in primal times could augment core capacities linked to the inner world.

It would also relate to one of the values of minimalism which is consuming what is already there and what is needed for the survival of the human species as well as its well-being. Reducing the over-consumption of nature's resources would ease crises like climate change, leaving an environment for future generations that is more purified, balanced, and healthy in many aspects. Those generations would live in a civilization that prioritizes basic stimuli over industrial stimuli which would generate an efficacy that is more natural and beneficial to all sub-personalities of humans. This means including and caring more for nature in urban places, to a rate where there is a higher presence of nature than human-made structures.

Also using more energies that are less damaging to the atmosphere in an attempt to lower the amount of pollution and increase the well-being of populations. By increasing the existence of nature would likewise encourage community, exchange of knowledge and resources which could be favourable to the inner world in the sense that conditions like re-parenting could be easier when surrounded by supporting energy. With the advantage that cities already gather many people, it is only waited to act.

In the design field, nature can be used as an example of mechanic when inventing. The way trees adapt to different seasons in order to survive would be a fine example. Using this concept of adaptation could lead to the creation of designs that are more harmonious and natural to use for human beings, and additionally more pleasing. Encouraging users to grow along with their design that would adapt to them lessening the constant use of new designs.

Other features like aesthetics are already being considered in design but having schemes that gather this component along with minimalism could create a concept that supports well-being, thanks to the personalization of nature, and reduces over-stimulation thanks to minimalism.

Overall, nature seems to be a good way to treat any issues related to efficacy and the inner world. It brings a lot of comfort to the everyday life of society and greatly participates in evolution. Living in an environment surrounded by more nature could erase health issues but also social ones and encourage an environment closer to the humans' roots. It would be a place that is reassuring to children and could solve the concern of unwelcoming and unreliable habitats.

Adults would have a better knowledge of their inner child and therefore have more capacities and mindfulness when it comes to educating younger generations. But it's also a mutual exchange with nature itself as it would create a cycle where humans being healthier from interacting more with their environments would give back to nature itself.

Bringing more nature into urban habitats appears to offer mainly positive outcomes, the question relies upon why nature is still not the major presence in a city.

In conclusion, this research portfolio explored the key points of information overload, its relation to urbanization, mental and general health along with over-stimulation.

A connection was then made with the inner child and how society is affecting it and simultaneously the behaviour of the adult.

And lastly, the research was looking at the general knowledge concerning the inner child and how it influences the way we behave and feel in adulthood in addition to learning how to re-parent and gain the trust of the inner child.

The results and analysis highlighted the need for communities to create inter-generational environments that take equally adults and children into consideration. In conjunction with this, an issue that was thought to be in the zone of awareness people would have towards information overload and the inner child, was in reality in how the population would or would not be confronted with the problems related to both subjects, raising a demand to educate populations on those areas. The last urgency lies with re-creating the connection that the previous century had with nature and the basic stimuli that comes along with it in order to improve all features quoted earlier.

This leaves the wonder of how effective an improved relationship with the inner child and information overload will be in the next generations and if it will solve the main issues of efficacy present in today's society and design.

## Glossary

1. **Child state/child within:** the sub-personality of a child inside an adult's body and mind.
2. **City living:** the act of living in a city.
3. **Coping mechanism:** strategy made by the brain to escape any stressful situation.
4. **Cultural probes:** an approach to research in design using a combination of different mediums.
5. **Deep thinking activities:** any activities that rely on the principle of meditation and ask for mindfulness
6. **Fast life:** the process of doing everything fast in one's life.
7. **Filtering:** the act of selecting a precise object/piece of information.
8. **Information overload/Information anxiety/info stress:** exposing an individual to too much data to be received properly.
9. **Inner child:** the original and child part of an adult.
10. **Inner world:** anything related to sub-personalities, in this paper it refers specifically to the inner child part.
11. **Interurban:** in an urban environment.
12. **Interview:** a discussion where one is questioned on a specific subject.
13. **Minimalism:** a movement that specifies the use of simplicity and clarity.
14. **Over-stimulation:** being overly stimulated to a point of uncontrol.
15. **Overconsumption:** the act of consuming more than we have.
16. **Overcrowding:** having an excessive amount of people in a place.
17. **Parenting/reparenting:** the act of educating a child/inner child.
18. **Self-awareness:** being conscious of one's self.
19. **Social dynamics:** the result of the behaviour in a group of people.
20. **Social stress:** stress related to interaction with others.
21. **Sub-personality:** one specific part of one's personality that activates when needed.
22. **Tufte's theory:** erasing any useless information in order to keep only what's useful to the information.
23. **Urban city effect:** any stress related to living in an urban environment.
24. **Urbanization:** the act of creating an urban environment.

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## Appendices

### Results from primary research

Participant 1 ( in appendix)

#### General Questions

**1. How old are you?**

21 years old.

**2. How is the weather like?**

Sunny.

**3. In which country are you answering this questionnaire from?**

France.

**4. Are you doing both sets of questions in one day?**

Yes.

**5. Have you ever heard of the inner child before?**

Yes.

**6. Could you give me a definition of the inner child or what you think it would be?**

For me its the desire to always discover something new, understand our surroundings and risk trying other things. Even if its not for our generation anymore.

**7. Do you know what is information overload?**

Yes.

**8. Could you give me a definition of information overload or what you think it is?**

When we receive too much information at the same time and we don't know what to do with it.

1<sup>st</sup> set: in a city

**1. Now that you have arrived in your closest and busiest city, how are you feeling?**

I'm okay.

**2. Do you feel your inner child is more present than your adult self?**

Totally.

**3. Do you feel comfortable to stay in this place for at least two hours?**

I'm here for the day, so yes.

**4. Do you feel overwhelmed by information?**

No, I'm in a chill mood and I also feel sleepy.

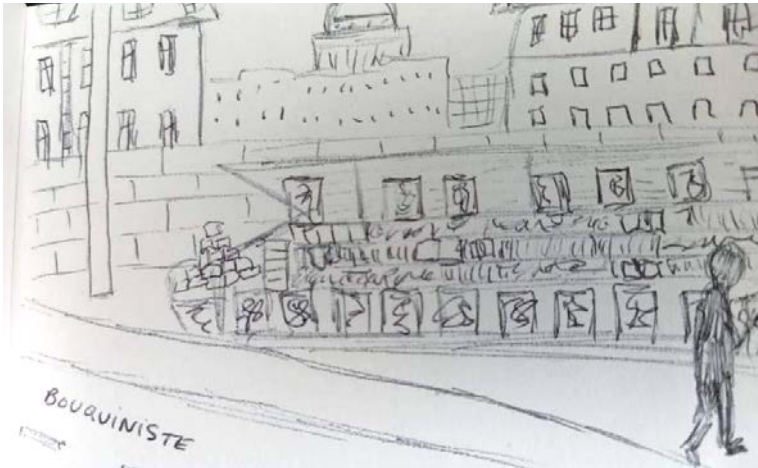
**5. Do you think it would be safe place for a child alone?**

During the day, yes, at night, not at all.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**



1<sup>st</sup> set: in nature

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

Very good.

**2. Do you feel your inner child is more present than your adult self?**

Yes because I want to climb in trees and run.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

No, not at all, it's very calm. I can empty my mind and just enjoy the moment.

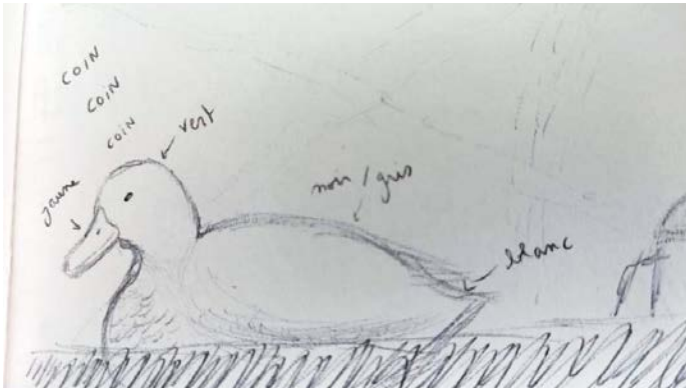
**5. Do you think it would be safe place for a child alone?**

Yes.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**



Participant 2 (in appendix)

#### General Questions

1. **How old are you?**  
30 years old.
2. **How is the weather like?**  
Beautiful night.
3. **In which country are you answering this questionnaire from?**  
France.
4. **Are you doing both sets of questions in one day?**  
Yes.
5. **Have you ever heard of the inner child before?**  
Yes.
6. **Could you give me a definition of the inner child or what you think it would be?**  
For me, it's the part of your child-self that stays in you as an adult.
7. **Do you know what is information overload?**  
No.
8. **Could you give me a definition of information overload or what you think it is?**  
No I can't.

1<sup>st</sup> set: in a city

1. **Now that you have arrived in your closest and busiest city, how are you feeling?**  
I'm okay.
2. **Do you feel your inner child is more present than your adult self?**  
No.
3. **Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

No.

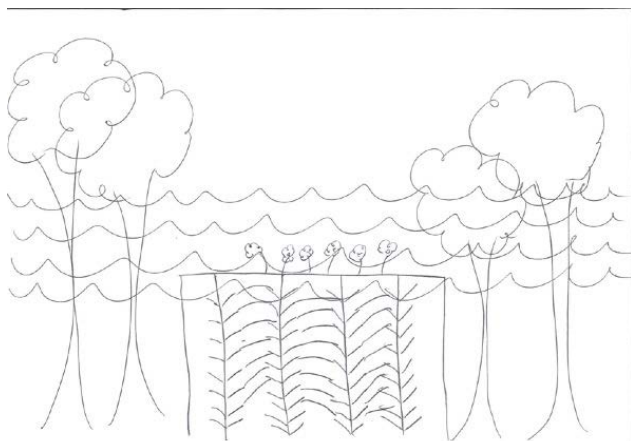
**5. Do you think it would be safe place for a child alone?**

No.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**



1<sup>st</sup> set: in nature

**1. Now that you have arrived in your closest and calmest nature environment, how are you feeling?**

I'm okay.

**2. Do you feel your inner child is more present than your adult self?**

Yes.

**3. Do you feel comfortable to stay in this place for at least two hours?**

Yes.

**4. Do you feel overwhelmed by information?**

No.

**5. Do you think it would be safe place for a child alone?**

Yes.

**6. Are you able to think efficiently?**

Yes.

**7. In-site drawing using your inner child.**

