

# Concepts In Time-Based Media

## WELLBEING WEEK A 7-Day Project November 11-18 2014

**Objective:** Create a plan and execute a 7-day process aimed at improving some aspect of your personal WELLBEING. Document and share your efforts throughout the week publicly and with the class. Use any form of media to document your progress as necessary – examples may include; drawing, photography, video, text, sound, tweets, or more.

**The Form:** Create a public website or blog that chronicles your process and progress in improving some aspect of your Wellbeing.

### **TIMELINE:**

Thursday 10-30 Alex McKenzie visiting - announce new project

Tuesday 11-4 Preliminary Proposals Due For Small Group Discussion

Thursday 11-6 Set Up Sites / Blogs - Share With Class

Tuesday 11-11 Well-Being Week Begins (class meeting TBA)

Thursday – 11-13 Wellbeing Week continues (class meeting TBA)

Tuesday 11-18 Wellbeing Week concludes and we are all doing well! – Begin Review

Thursday 11-20 Share, discuss and celebrate projects with potluck?

### **Challenges to address: (see preliminary proposal sheet attached)**

- Which aspect of your being do you want to change and how much? Is it measurable? Or not? Self-Alteration!
- Looking closer at strategies for personal Wellbeing, what aspects of our mass media popular culture make this difficult?
- Considering a few of the main topics of achieving Wellbeing - how can you put an artful and poetic spin on this? In other words, how do you **do something** to improve your wellbeing that twists things and makes people wonder, laugh, inspire, think, re-think, reject, pause, rewind, share, bookmark, question, puke, wake up, follow, and possibly change their own mind in the process.
- What are some consistent ways to document your process of improving your wellbeing?
- Do you have a mailing list or small cult following you can tap into?
- In what location does your process of self-alteration take place? Or is it mobile?

- How often and how structured is your process? Every 48 hours, Daily, hourly, minutes, seconds? (time-based media...!)
- What other artists or cultural producers have chronicled self-change?
- Why do you want to do this?
- Do you really want to do this? (if **yes**, this is wonderful. If you answered **no** to this question – be way more selfish with this opportunity. Re-think your idea and create another proposal).

### **Hints and Resources (to help get you started)**

*General starting points to begin thinking about cultures view of Wellbeing.*

[http://www.southerntrust.hscni.net/pdf/5\\_Ways\\_to\\_Wellbeing\\_Booklet.pdf](http://www.southerntrust.hscni.net/pdf/5_Ways_to_Wellbeing_Booklet.pdf)

<http://blogs.telegraph.co.uk/news/peterwedderburn/100040999/five-simple-steps-to-improve-mental-wellbeing/>

Do search for APPS on your phone designed for Wellbeing. You will be amazed the range of tools available for use and inspiration. <https://itunes.apple.com/gb/genre/ios-newsstand-health-well/id13017?mt=8>

### **Free Resources to Consider for Your Web / Blogsite. (Im sure there are more...)**

- Wordpress
- Tumblr
- Dedicated Facebook page
- Dedicated Twitter account
- Wix
- Square Space
- Your own personal domain (not free, but its about time!)

### **Questions or Concerns**

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**WELLBEING WEEK**

A 7-Day Project

November 11-18 2014

**Project Proposal**

*Please respond to the following questions and email to me by **11am on Nov. 4<sup>th</sup> 2014**. I understand that some responses will be shorter than others, that is ok. Write what you need to write.*

1. Which aspect of your Wellbeing do you want to change and how much? Is it measurable? Or not
2. Looking closer at strategies for personal Wellbeing, what aspects of our mass media popular culture make this difficult?
3. Considering a few of the main topics of achieving Wellbeing - how can you put an artful and poetic spin on this? In other words, how do you **do something** to improve your wellbeing that twists things and makes people wonder, laugh, inspire, think, re-think, reject, pause, rewind, share, bookmark, question, puke, wake up, follow, and possibly change their own mind in the process.
4. What are some consistent ways to document your process of improving your wellbeing?

5. Do you have a mailing list or small cult following you can tap into?
  
6. In what location does your process of self-alteration take place? Or is it mobile?
  
  
7. How often and how structured is your process? Every 48 hours, Daily, hourly, minutes, seconds? (time-based media...!)
  
  
  
8. What other artists or cultural producers have chronicled self-change?
  
  
  
  
  
  
  
  
  
  
9. Why do you want to do this?
  
  
  
  
  
  
  
  
  
  
10. Do you really want to do this? (if **yes**, this is wonderful. If you answered **no** to this question – be way more selfish with this opportunity. Re-think your idea and create another proposal).