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If I Could Invent Something New…

Imagine being super mad and instead of doing something you’d regret later, an electronic bracelet powered by AI advises you on a better way to react, like to walk away or just not retort at all. This is the Xiame-S. We all struggle to manage our emotions sometimes, and when managed wrongly it only worsens the situation at hand. I do believe this invention will greatly impact my generation and the ones to come. As we grow older, we will obviously learn to manage and deal with our emotions better.

 The Xiame-S would be a bracelet with a screen and sensors that can detect your emotions based on what is happening in your body. For example, when you are angry, your heart rate, blood pressure and respiration increase, the body temperature rises and the skin perspires, the bracelet would detect these things and call your attention with a series of beeps. The number of beeps is dictated by the intensity of the emotion you are currently feeling.

Then it would display a series of recommendations and advice on the screen for you to decide on the best ways to respond to the situation. The advice given is carefully put together by professional Psychologists. Some sample advice for anger: “think before you speak”, “try to distract or calm yourself”, and “count to ten before responding”. To add an interesting twist to it, the bracelet comes in various colours and designs and can be customized according to your style and taste, you could also change the alarm to a sound that will always capture your attention.

Our bodies react in different ways to the feelings we experience everyday. Like sadness, when you’re sad, stress hormones speed the heart rate and make blood vessels tighten, putting your body in a prolonged state of emergency. Over time, this can lead to heart disease. Guilt causes problems with sleep, your stomach and digestion, and muscle tension. The Xiame-S only deals with negative emotions because well, people rarely react wrongly to positive emotions.

Xiame-S is recommended for teenagers. young adults, and everyone prone to emotional stress, because they are the ones that struggle with managing emotions the most.

To develop a prototype, I would need to recruit some professionals to help in the construction. Engineers would do the job of constructing the electric part of the bracelet and the wiring, a software engineer would develop the AI and sensors, a jeweller to design the bracelet and a psychologist to compile a wide range of recommendations and advice to be given to the users.

Thereafter I would require the help of Investors to roll out the first batch of Xiame-S and Marketers to widely spread the news about my invention.

My vision is that the Xiame-S would dramatically reduce the number of youths struggling with emotional distress, depression, and ultimately reduce social vices as well as the rising suicide count among the youths.