

places:

- schools
- working spaces (offices)
- train and bus stations
- squares
- (Zuid, Rietveld, metro stations ...)

1. social media
(competition between real and virtual life)
(comparison & isolation)
2. climate change
3. debts
4. terrorism
5. home sickness
6. politics
7. paradox of choice
8. future expectations

anxiety oriented consumerism

purpose
significance
value
reason
meaning

more east
politics, natural catastrophies
justified fear

DEPRESSION

-career
-surpassing your parents

more west
economy
unjustified fear

ANXIETY

FEAR, ANXIETY, DEPRESSION

CHRONOPHOBIA
fear of time

FOMO
fear of missing out

fear of finality of life

=

Science of happiness

Death anxiety

THE MEANING OF

of life

of MY life

who/what assigns purpose to your life

explanations

- philosophical
- religious
- scientific
- political systems

different aspects from different research fields

- psychology
 - neuroscience
 - sociology
 - religions
 - philosophy
- Kant
Nietzsche
Plato
Aristotle

- existence
- social ties
- consciousness
- happiness
- free will
- worthwhile goals
- sense of fulfillment