# Self-knowledge VR

by AEROLITO

Self-knowledge VR is a virtual reality experiment that aims to promote awareness on the benefits of self-knowledge to our brain. We present a series of tasks based on real-world psychological theories that collect and interpret your data while playing, providing you with insights about yourself that you can further explore.



Healthcare is increasingly shifting
from care of the sick to
prevention of sickness

World Economic Forum, 2016




It is known that mental health is culturally understated and while it consists on a social taboo it harms both people with mental illness and healthy people that could improve their wellbeing. Our brain is a dynamic biological organ subject to both healthy and harmful processes, such as fatigue, stress and our overall physical health. There is always a way to pursue a healthier life.

**$47 trillion**
by 2030 may be the cost
of ignoring our brain health

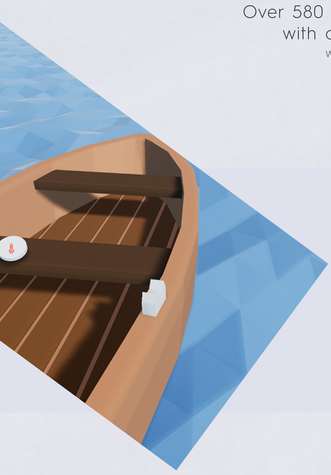
Corinna E. Lathan, 2016

Virtual reality is a powerful storytelling tool, and it can be used to immerse people in virtually any context imaginable. We believe that immersive technologies like this will continue to grow and acquire greater relevancy over the years, and it is our responsibility to develop softwares designed to positively impact us. Experiments like this aim to explore how health initiatives, as well as educational and cultural ones could benefit from this.



Over 580 million people diagnosed
with depression or anxiety

World Health Organization, 2015



This experiment was made by geeks at Aerolito, a company that accelerates desirable futures. Lead by the futurist Tiago Mattos, Aerolito partners with organizations and individuals that want to understand and embrace the future. In Aerolito's Labs, we experiment with future technologies, such as virtual reality, internet of things, artificial intelligence, blockchain and many others.

## Thank you for playing!

be sure to reach us at labs@aeroli.to
or find out more in www.aeroli.to

