

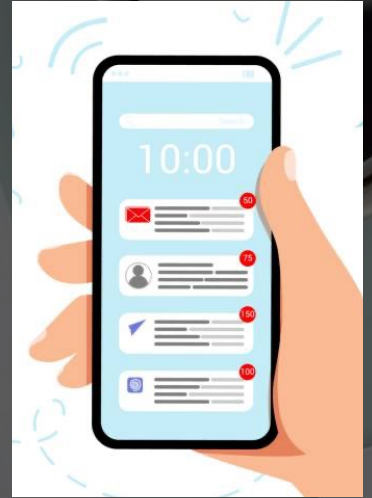
Preventing Distractions

Distraction: Cell phone notifications.

Strategy to fix: Put cell phone away at work/school.

Our phones can be one of the most distracting things we use. Constant notifications from hundreds of different apps will easily distract and disturb your productivity.

To fix this, research says to put the phone away while at work or school. This could mean putting the phone in a bag or in a desk drawer and silencing the ringer.



Distraction: Stress.

Strategy to fix: Find ways to relieve stress and refresh the mind.

Stress can play a major role in our ability to focus during a task. When our bodies feel overwhelmed or stressed, we tend to become less productive and get less work done. On top of that, stress can lower the quality of the work as well.

To fix this, research says bring your mind under control. This is achieved by finding ways to bring your mind and body under control. Deep breathing, meditation, exercise. These are all great stress relievers.

