

Pomodoro(Tomato) Program

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Are you suffering from burnout?

Introduction to issue

With these modern times and the increasing demand of individuals all around the world, burnout is becoming a constant occurrence. Burnout is a serious matter, it is a mixture of both physical and mental fatigue. Consistent burnout can lead to short term and long term health/wellness issues overall. In a 2022 article from the National Library of Health, negative habits such as substance abuse and self isolation can develop as ways of coping with repeated stressors. This is an ever growing issue. Due to the constant that is work, school and personal tasks that never end, I find myself trying to find new ways to cope with burnout.

[Burnout: A Review of Theory and Measurement](#)



What can we do?

Possible Solution

While stress is an ongoing issue and can never fully be stopped, steps can be made to mitigate the severity and possibly prevent burnout. Breaking up tasks and projects can assist in preventing this from happening. There is a known grouping method called the Pomodoro technique. Named after the Italian word for tomato, this technique involves working on a task for 25-minutes then taking a 5-minute break. Each group is called a pomodoro. While the 25 on and 5 off method may not be effective for everyone, technology could provide a way for everyone to have their own pomodoros. How can technology help us with this?

- Physical timers on phones set by the individual depending on how much time they have available
- Scheduling applications to help organize one's time
- Use home automation to set “non-work” hours to prevent individuals from overworking themselves.



My Solution

Create an application that uses the Pomodoro method to create timers for individuals to break up their daily tasks into different groups of work items. The design of the application can include a list of different timers to assist in breaking down the “work” time. With the application it can set timers and give an alert when work time starts and a alarm to “take a break”. With a personal set timer, an individual can focus more on getting quality work done without the worry of losing time. Users would select how many pomodoro’s they would like to run, then set a name and category for this timer to be saved for a future use. Once the pomodoro is set the user can work on their task, while the program provides them with the alerts to stop or continue their work.



What is out there?

There are a couple of web and mobile applications that use the pomodoro technique for individuals to use to break up their hard work. Here are some web applications that use timers to help in productivity. Both applications utilize timers and task to assist in breaking up a individuals work load.

pomofocus.io- Web based application that allows for minor task creation with timers

[Marinara Timer](https://marinara-timer.com/)-Another web based application that allows for custom timers and even a kitchen timers included.



Pseudocode

```
    Import necessary modules (for time, and one to make sounds )
Define function timer
    Initialize durations list with [25 minutes in seconds, 5 minutes in seconds]
    Initialize work_messages list with various motivational messages for work
    Initialize relax_messages list with various motivational messages for break
While True (infinite loop)
    #Work Cycle
        Print the message from work_messages(List of motivational sayings)
        Play a beep sound for work alert
        Sleep for the duration of work period
    # Relax phase
        Print the message from relax_messages(Second list of motivational sayings)
        Play a beep sound for break alert
        Sleep for the duration of break period
    #Go through the list of the messages(Prevent same message if used for multiple instances)
        Move the first message of work_messages to the end of the list
        Move the first message of relax_messages to the end of the list
    #Ask user if they want to continue
        Prompt user with "Would you like to continue? (yes/no): "
    #Make sure they can only use yes or no
        If user_input is "no"
            Print a final motivational message
            Break the loop to stop the timer
        Else if user_input is not "yes"
            Print an invalid input message

Call the function pomodoro_timer
```



Open Questions

1. Would it be feasible to allow the application to import data from pre-existing timers and task tracking applications out there?
2. Can the application be made to run on multiple platforms and allow cross syncing from each? I.e Mobile, Web, Client, versions of the application
3. How would the application generate revenue for sustainability?



Citations

[The Pomodoro Technique By: Dean Kissick](#)

[The Power of Pomodoro By: JEFFERY BATTERSBY](#)

[A Break is Never A Waste of Time By: Lynn Zubernis PH.D](#)

[The Pomodoro Technique: An Effective Time Management Tool By Amrita Mandal, PhD](#)

[Understanding the burnout experience: By Christina Maslach & Michael P. Leiter](#)

[Burnout: A Review of Theory and Measurement By: Sergio Edú-Valsania, Ana Laguía, & Juan A. Moriano](#)

[Data Structures](#)

[Python Time Module](#)

[Python Windows Sound Module](#)



Thank you

[My attempt at making the timer](#)