

Age of Distractions

Types of Distractions

Social Media Notifications

Entertainment Options

Web Browsing

Messaging Apps

Impact of Distraction

Decreased Productivity

Poor Academic Performance

Reduced Job Efficiency

Increased Stress

Affected Groups

Students

Professionals

Remote Workers

General Public

Settings Where Problem Occurs

Classrooms

Workplaces

Home Enviornments

During Leisure Activities

Possible Solutions

Time Management Techniques

Digital Detox Plans

Setting Boundaries for Electronic Usage

Mindfulness and Concentration Practices