

Types of Distraction

Impact of Distractions

Affected Groups

Settings Where Problem Occurs

Possible Solutions

Social Media Notifications

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Decreased Productivity

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Students

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Classrooms

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Time Management Techniques

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Entertainment Options

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Poor Academic Performance

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Professionals

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Workplaces

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Digital Detox Plans

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Web Browsing

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Reduced Job Efficiency

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Remote Workers

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Home Enviornments

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Setting Boundaries for Electronic Usage

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Messaging Apps

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Increased Stress

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General Public

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During Leisure Activities

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Mindfulness and Concentration Practices

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