POMODORO TECHNIQUE

**ADVANTAGES**

1. By encouraging single-tasking, the method improves your ability to focus intently on a single job at a time
2. Decreased Burnout: Taking regular pauses helps you avoid mental exhaustion and stay alert all day..
3. Enhanced Productivity: You may sustain high productivity levels without feeling overburdened by working in brief, intensive spurts.

Decide a task and put timer of 25 minutes.

Take five minutes to relax after the timer rings

Stay focus on task until the timer rings.

After completing four same cycles, take a longer (15–30 minute) break.