

Cyberloafing: the line between **rejuvenating** and wasting time

When Stephanie Andel can feel her eyes **glaze over** scrolling through academic papers, institutional emails or student marking, she'll open a new tab in her web browser and explore. "I take a few minutes every hour or two to surf the web, look at news or scan my Facebook feed to catch up with friends," Andel, assistant professor of psychology at Indiana University Purdue University of Indianapolis, **admits**.

cyberloafing 网络神游

rejuvenation 恢复

glaze over 呆滞

admit 承认

This phenomenon — known as **cyberloafing** — is an issue that costs businesses \$85bn a year through lost time, according to researchers at the University of **Nevada**.

Nevada 内华达

Cyberloafing is often presented as a negative. Yet more recent research suggests that a degree of cyberloafing may be beneficial to employees; that small breaks help them refocus between tasks and even deal with workplace stress.

The key question is when a short break to reset after a tough task turns into **procrastination**. "There's a fine line between cyberloafing to refresh the mind and when people are doing it as an escape from the task because they find the task challenging," says Dr Fuschia Sirois of the University of Sheffield's Department of Psychology.

procrastination 拖延

Sirois says that extending a break to recalibrate needs to be done with care. "You've always got to be reasonable," she says. "A 15-minute break because your brain is turning into mush is fine. But if you... find yourself saying you just need another few minutes, it's bad. If you go past the point where you set a limit on your break time, it becomes just procrastination."