


Skyrim another life

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Executive DirectorSo now we have 10 posts that tell life hack/startup fail/success story writers to stop writing about that life.But now I'm like, you all need to stop and stop riffing off the beat of others, because the drum will stop playing. That is, hopefully people will notice your clickbait tokens and never click again.Join Hacker Noon Photo courtesy: jeshoots/Unsplash Technology has made it harder than ever to stay focused on your work. Apps, notifications, emails and social networks pose constant threats to your productivity. Instead of trying multitasking or doing a digital detox, there are much simpler ways to be productive. Check out some of these simple life tricks to increase your daily productivity. Everyone is constantly bombarded with text messages, emails and other distractions during the working day. No wonder 20% of full-time employees feel exhausted. A common technique for handling the influx of distractions is multitasking, but the human brain can only focus fully on one thing at a time. Photo courtesy: marka/Universal Images Group/Getty Images Sure, you can try texting on your phone while watching the news, but you can't do both together with the same success as you would individually. Precisely why doing anything else while driving is so frowned upon. So stop trying to do everything at once and let yourself concentrate on one thing at a time. Music can motivate you in many ways, but it can also be a distraction from doing your job. The constant influx of words and rhythms in your brain can limit your concentration. Don't worry, there are alternatives to your favorite hits. Photo courtesy: Relaxing White Noise/YouTube Try to hear the white noise help you concentrate. White noise can be a great tool for blocking out external noises while keeping you focused on your work. YouTube has many clips like rain on a tin roof or ocean waves to help you stay focused. The Italian entrepreneur Francesco Cirillo developed developed Pomodoro technique to improve your time management. Asserted by your timer in the form of tomato, the technique breaks down the tasks in block blocks of 25 minutes. Between each block, a cyle allowed a break of five minutes. Photo courtesy: Immo Wegmann / Unsplash after four blocks of pomodoro, took a longer rest. This system works in theory because you concentrate completely on a task at a time without interruptions. The pomodoro technique offers the opportunity to give their total attention to their homework while getting time to cool off in the middle. It is easy to fall through the hole of the electronic mail rabbit. Open an email can be a slippery slope that leads to a great suction of time in the middle of your work day. It's great to see an empty entrance tray, but not if it is at the expense of your most important tasks. Photo courtesy: Web Hosting / Unsplash Try to devote twice a day to respond to emails. For example, review electronic mail once for the morning and once in the afternoon it will allow you to spend more time at bigger tasks. If someone requires your attention immediately, you will find other ways to contact you. Saying not to others can be difficult, but you can not let them interrupt your productivity. In general, it is well that people know that you are busy at the moment. Let them know that you will return to them at a later time so you can stay focused on your work at this time. Photo courtesy of Horia Varlan / Flickr Now, if it's your boss who is trying to take off time, you should use a different tactics. Let your boss know that you can handle the new task, but make sure your current task list. Let your boss decide what task you must complete first. This does not require that you live alone at the top of a mountain. It is much easier than that. The Hermitage mode of two hours allows you to isolate you from the distractions that you can concentrate. Find a quiet and solitary place where you can immerse yourself deeply in your work. Photo courtesy: Tim Gouw/Unsplash Help if you can turn off your phone phone Avoid other distractions as well. Be sure to drink some water and maybe a snack to keep your stomach happy. Of course, allow yourself to go to the bathroom as needed. Waking up in the morning can be difficult. That groggy feeling doesn't go away easily, but a cold shower can often do the trick. In addition to bursting your sleepy eyeballs, cold showers offer other benefits to help your productivity. Photo courtesy: Laura Marques / Unsplash As cold water pours over you, your breathing deepens in response to the temperature. Your body tries to keep you warm, which increases your heart rate and activates your immune system. These body reinforcements can help you stay alert, focused, and motivated to get your tasks done. It's time to get rid of your phone. This can be super difficult, but it is incredibly beneficial for your productivity. When you're working on something and your phone starts buzzing, it's easy to feel tempted. Don't give in to the temptations of your phone. Photo courtesy: Viktor Talashuk / Unsplash Seriously, keep it somewhere else. Get out of your phone to drastically reduce the opportunity for interruptions. It's too easy to check your phone's notifications and updates, so keep it at bay and keep it focused on the task at hand. We're not suggesting you take your phone away, of course. If you want to check it from time to time, schedule phone time on your work day. If your phone is something that never lets you see, it might be easier to start slowly. Photo Cortesy: Robin Worrall / Unsplash See If you can face your phone once an hour. If that already feels like an impossible stretch, try once every half hour. No matter where it starts, what is more important is that it finally works too much. The longer you go without checking your phone, the more time you can spend on your We have already covered how important it is to limit your phone use and avoid distractions. Staying away from your phone is one thing, but are other distractions on your computer. Those small notifications can be constant interruptions. Photo courtesy of Rahul Chakraborty/Unsplash Pop-ups, alerts and messages of any kind can be annoying that interfere with your concentration. Take the time to mute all unnecessary notifications on your devices. A small banner message is all it takes to get you away from your work. If you are working on your computer, there are ways to lock yourself so as not to lose focus. It is too easy to target your favorite websites, so avoid temptation by blocking access to these sites. There are several different web apps that you can use to block sites that cause you to waste valuable time. Photo courtesy: NESÄ by Makers/Unsplash Some apps like SelfControl allow you to set timed blockers on your favorite websites. Once the time passes, you can visit the sites again. If you're always tempted to watch the news or the weather, it's a small adjustment with a big reward. Okay, this sounds horrible, but it might be the best way to be more productive. Nobody likes to get up before they have to, but that time of the morning is totally theirs. You can get your most challenging tasks taken care of before someone contacts you for other reasons. Photo courtesy: Malvestida Magazine/Unsplash If a 5:00 a.m. wake-up call is too much, start slow and get back to work. Not everyone is a morning person, so hurry up setting the alarm ten minutes at a time. Social media can be the biggest time sucker that costs you productivity. On top of that, social media can sometimes have a negative effect on your emotional well-being. Luckily for us, there are several apps that specifically track and block social networking sites. Photo courtesy: UC / Unsplash Applications as Moment tracks the time you use social networking applications throughout the day. Once you know your average time of use, try reducing it slowly. If that does not work, applications such as FlipD and Appblock block social networking applications to work work A smile can be much more useful than it seems. The act of smilng, is happy or not, can deceive your brain to think you are happy. That smile causes a chemical reaction in your brain that frees hormones such as dopamine and serotonin. Photo courtesy: Philip Cavalcante / Unsplash Serotonin helps reduce stress, and dopamine increases your feelings of happiness. Having a lot of work to do can be stressful, but simply smiling through it can give you a more positive perspective of your workload. DISTRACTIONS can come from anywhere, including your workspace. The chefs know it more than anyone. Its rapid pace work requires concentration and precision in a rapid rhythm work environmnt. To help them carry out their work, the chefs use a system called Å «MISE in Place.Å» Photo courtesy: Piotr Wilk / Unsplash is a process that involves organizing your utensils and ingredients before cooking. If you adopt a similar method and organize your workspace to reduce lost time, you can improve your general workflow. When you stop flowing your creative juices, it is natural to think about new tasks or remember pending tasks you need to complete. But as the mind wanders, some previous thoughts move to a background. Photo courtesy of Brad Neathery / Unsplash has a small notebook with you so you can write your thoughts as you have them. This prevents you from forgetting your idea and helps you start addressing the task subconsciously. You can continue working on your current task and eventually return and address your idea. Not that kind of kiss. In fact, this old acronym means "to keep it simple, stupid", which is not loving at all, but it can help you do things quickly. Sometimes the tasks can be overwhelming, and you do not know where to start. Give him a k.i.s.s.s. and different approach. Photo courtesy: Tyler Franta/Unsplash In many cases, this means breaking down your intimidating projects into smaller, manageable tasks. Simplify your process to take care of problem at once, and it is much easier to finish a great project. Do you remember how smiling can help with productivity? The same goes for volunteering your time to help others. Research shows that volunteering reduces stress and helps you stay mentally active. In addition, dedicating time to helping others also invests in your own personal productivity. Photo courtesy: Anna Earl/Unsplash It's a win-win situation! You are blocking the time of your own schedule to help others, which will ultimately help you feel better. Then, when you go back to work, you come back with a better mood and a better perspective. Do you like to go for a walk in the afternoon? A bite of chocolate? Buying another garment of leopard-printed clothes? There's no trial here. Go for it! But win your reward first. If you need to block time to focus on a pressing task, then incentivize yourself with a reward afterwards. Photo Courtesy: Analia Baggiano/Unsplash Late gratification is an easy-to-use trick to get your job done. A small reward at the end of a difficult work session is a healthy version of working hard and playing hard. Yes, doing "nothing" for 10 minutes a day can improve your productivity. Meditation does not require a yoga mat, and you do not have to change your clothes. First, just go somewhere quiet. Then close your eyes, breathe and concentrate on the breath. Photo courtesy: Mitchell Griest/Unsplash Step away from the challenges of your day and float above your homework, if only for a moment. It can refresh your brain and keep you focused when you get back to work. It also gives you clarity about what is important and what is not. The more distractions you can remove from your life, the better. So, if a newsletter or Twitter profile you follow isn't providing any value, just get rid of There is nothing more satisfying than saying goodbye to unimportant distractions. Photo courtesy of Oli Scarff/Getty Images News/Getty Images Digital detoxification includes not following emails and social media accounts that take up time and space. Doing this once a month will reduce the time you spend on your inbox. It will also feel better to follow fewer unimportant social media accounts. It is inevitable that the small tasks appear throughout the day. When you have bigger projects to tackle, smaller tasks can be annoying. Instead of putting off a lot of smaller tasks, ask yourself if one of them can be done in less than two minutes. Photo courtesy: Dan Gold/Unsplash If the answer is yes, stop doing what you're doing and do it. It's only two minutes of your day. If it takes longer, add it to your list of things to take care of later. If you want to be more productive, focus on your dream. When you are deprived of sleep, you have more trouble concentrating on the task at hand. It's also easier to get distracted, and you have less energy to commit to important tasks. Photo courtesy: Julie Johnson/Unsplash Sleeping can help prevent exhaustion and helps keep memory strong. At the same time, a good night's rest reduces your chances of making mistakes. The fewer mistakes you make, the faster your job will be done and the happier your boss will be. If you still cling to the concept of multitasking, do your work close to natural light. Studies suggest that exposure to sunlight in the morning helps you sleep at night. This means you can work on your project and absorb sunlight at the same time. How's that for multitasking? Photo courtesy: Volkan Olmez/Unsplash Exposure to sunlight is also associated with increased production of serotonin, which reduces stress, and also helps the body produce vitamin D, which contributes to a stronger immune system. So, grab your laptop and remove the curtains! When you have something boring or unpleasant to do, it's natural to stop. later. Unfortunately, the more you ignore it, more sits on the back of your head, distracting you finish finishing another job. Photo courtesy: Lucas Favre / Unsplash If you know you have to do that day, try to do it the first thing you do after waking up. By doing so at the beginning of your day, it makes it much easier to make other pleasant tasks for the rest of the day. If you communicate with workcomers using chat applications such as Slack, your productivity may be slowing down. The application affirms that it can "make the working life of people more simple and more productive," but be careful. Being available at Slack All Day facilitates others to distract it with comments that are not important. Photo CORTESY: Chris Ratcliffe / Bloomberg / Getty Images being "always available" in applications like Slack, it could also be a main contributor to Burnout. If your office requires you to use slack, change to your "compact" theme to mute notifications and mute non-important group chats. Believe it or not, singing provides benefits to your physical and emotional health. A study at Frankfurt University revealed that singing increases the immunologic system and reduces stroke. The reduced stress and a stronger body are superfts when it comes to remaining productive. Photo CORTESY: XEVI CASANOVAS / USPLAK This does not mean you have to start singing in the middle of your office. Serenate in the shower, or sing in your car on the way to work. Effects last long for your mental alert, concentration and memory status. Diation is inevitable for most people. The vague mind from time to time, and that is totally understandable. The key is to learn to benefit from its dilation. This does not include checking Facebook and Twitter every half hour. Photo courtesy: Mohamed Mazouz / Unsplash instead of postponing something that does not benefit you, try something else. Establish a goal to learn something beneficial for your brain to feel energized. The displacement through tweets is not as stimulating to your brain as reading an article in the New York Times. When you get back to work, your brain will. It will, refreshed and energized. Staying productive at work means your brain needs to stay alert and energized. If you're not doing anything outside of your job to keep you engaged, your productivity may lag behind. Try to learn something new in your downtime to keep your brain energized at work. Photo courtesy: annie spratt/Unsplash This doesn't mean you should search for Candy Crush or other distraction apps. Try learning a new language with an application like DuoLingo or read new recipes to try at home. Stimulating the brain creatively may help you think differently about other tasks. Everyone wants to do their job well, but don't take it to extremes, always striving for perfection. Being perfect means you can't make any mistakes along the way, and that's too stressful for your emotional and physical health. People will always make mistakes, so doing a perfect job all the time is almost impossible. Photo courtesy of Matthew Hamilton/Unsplash Any mistake you make along the way is an opportunity to learn how to improve, and this also applies to productivity. If you try any of these life tricks to be more productive and don't work for you, try something else! There are many ways to increase your productivity (and your mood!) at the same time, and something is sure to work for you. you.

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