title: **How do you deal with obsession**
num_comments: 8
num_up_votes: 8
upvote_ratio: 0.84

Post Text

I'm working at a company as an intern. Pay is great, it's self-directed, very little pressure on me to perform (though obviously I want to anyway). I'm actually writing code for a company which is amazing. Though I'm having trouble staying on task.   It's easy for the most part so long as I don't get obsessed with some avenue of research, or personal project, and to a limited degree I can channel this compulsive curiosity into my work. But right now I'm translating MATLAB code into python. While informative and in some ways engaging (figuring out how to optimize it as I write it), it can border on tedious. At the same time I'm building my first PC and custom modding the case coming next paycheck, as well as building a nootropic/supplement stack that will improve my short/long term cognitive and physical health. It's very difficult not to think about personal projects at work, and I can spend hours at a time reading page after page. Does anybody else have this problem? How do you deal with it. I know it was a lot easier to deal with when I journaled, meditated, and worked out everyday but my schedule is rather hectic now, and properly allocating time to these things is difficult.

Comments

Unknown_User
ID: REDACTED! ~(o.o)~ <3, Upvotes: 3
Dude, try writing an automation to do the conversion. That way, you can automate your job and not have to bother again for a while.

While the whole lot of the thing is converting, you can look up whatever you want.

OP
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
It's not exactly a one to one. I'm remaking it as a class which isn't possible in matlab. I'm also reworking the code for their intended use. I'm mostly done with that part now anyway

OP
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
besides, I've learned a shitload in this process. I'm averaging about 3-5 hours of productive work a day, which from what I've read is pretty on par with many professional programers. for reference:

https://www.quora.com/How-many-hours-does-a-successful-programmer-code-per-day

https://softwareengineering.stackexchange.com/questions/56239/how-many-hours-can-you-be-really-productive-per-day-how

the fact that I'm getting 5 regularly sort of puts me ahead of the curve.

Commenter_3
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
While I can't offer much in the way of answers to your questions, you may have informed some potential answers to questions if my own... When you had the time, just how much did meditation and regular exercise help you?

OP
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
exercise helps me manage my hyperactivity. it's much easier to sit down all day when I'm doing high intensity training regularly. you see strength isn't just muscular it's also neurological, and I'm not nearly as restless when I workout regularly. BTW, I still do at least 1-2 days a week, but I was doing 4-6 during school(I actually had +50 hours logged in the gym).

https://titaniumtraining.wordpress.com/2014/04/20/five-fundamental-neurological-adaptations-to-strength-training/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4294439/

Meditation when couple with a digital journal(digital because my handwriting is slow, and tagging makes it easily search-able and hopefully useful for data analysis once I get further along in school) such as lifeograph is a tremendous help with keeping me on task. meditation, when done regularly, regulates anxiety and gives me the ability to step back when I realize I'm getting into an unhealthy pattern of stimulation(ie. obsessively searching the web for every bit of information or media surrounding a particular subject, or an obsessive pattern of thought): I also have a lasting sense of peace. journaling allows me to manage my impulsiveness by allowing me step back and see if I want to continue a particular pattern of behavior; it also reminds me of my short and long term goals, which makes it easier to make decision regarding the best path to them. Part of the issue with ADHD is executive function, this helps offset some of that deficit.

http://lifestreamblog.com/top-5-smart-journal-apps/

http://lifeograph.sourceforge.net/wiki/Features

I'm using it on various flavors of *NIX so it makes sense for me.

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Meditation was incredibly helpful, especially when I was really fucking stressed out about personal issues.

I found some Buddhists and meditated with them. I recommend it to anyone stressed out.

Commenter_5
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
I relate with this so much. Just make sure you are getting your work and responsibilities accomplished. The added benefit is if you can get it done fast then you have more time for research.

Commenter_6
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
> it can border on tedious

Our nightmare. :) Gamification? Pomodoro or 52/17? Music?