

Why Keeping Your Desk Tidy Matters

Klára Záškanová _ March 2024

close your eyes and imagine
your working desk at home



as little stuff as possible

I must have been overwhelmed



I was always busy.

(too) many options

Everyone's better

I can't be a designer

I can't even draw

So many options

Everyone's better

I'm so scared

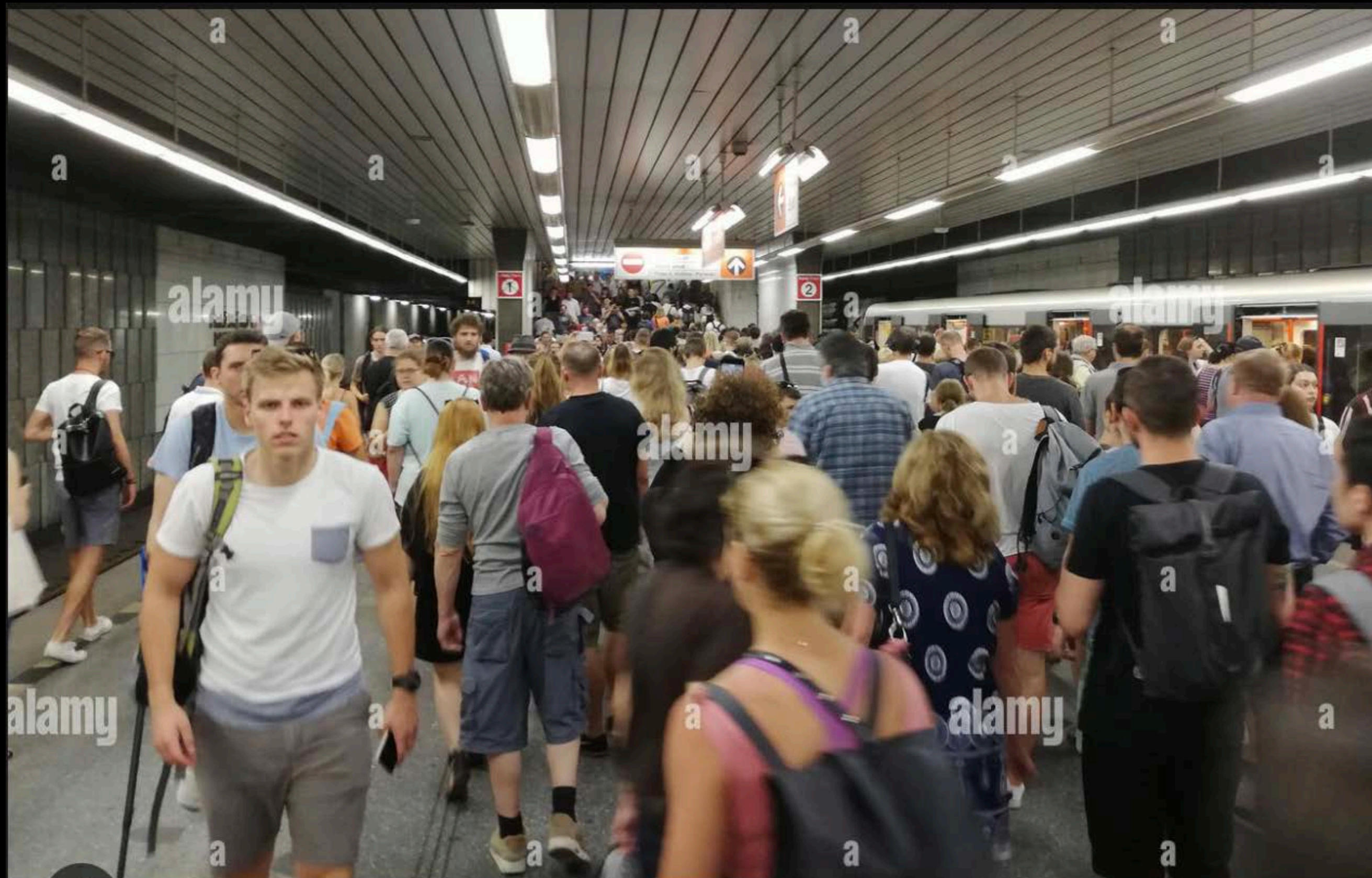
I'll never learn all this

I know nothing

Am I able to do this?

Prague

Day	08:00-09:30	09:45-11:15	11:30-13:00	13:15-14:45	15:00-16:30	16:45-18:15
Mon			Aula II. 410 / 1 UMK1 Introduction to marketing communication 1 <i>K. Eliáš</i>			
Tue		Ateliér GMD I. 301 / 1b-gmd UGD1 Introduction to graphic design 1 (1,2) <i>J. Kolář</i>		Ateliér GMD II. 303 / 1b-gmd K1 Drawing 1 <i>L. Korman</i>		Učebna 306 / 1b-gmd DGD1 History of graphic design 1 <i>J. Tvrdon</i>
Wed		Aula I. 001 SPM1 Media sociology and psychology 1 (3,4) <i>M. Vaculíková</i>	Učebna 004 / 1 AJ1 English 1 (2,3) <i>K. Novotná</i>	Učebna 004 / 1 AJ1 English 1 (2,3) <i>K. Novotná</i>	Aula I. 001 / 1b- (lalva) DUK1 History of art and culture 1 (3) <i>M. Vaculíková</i>	
			Učebna 101 / 1 AJ1 English 1 (2,3) <i>N. Novotná</i>	Učebna 101 / 1 AJ1 English 1 (2,3) <i>N. Novotná</i>		
			Učebna 306 / 1 AJ1 English 1 (2,3) <i>L. Novák</i>	Učebna 306 / 1 AJ1 English 1 (2,3) <i>L. Novák</i>		
			Učebna VOS 106 / 1 AJ1 English 1 (2,3) <i>T. Stehlíková</i>	Učebna VOS 106 / 1 AJ1 English 1 (2,3) <i>T. Stehlíková</i>		
Thu		Ateliér GMD I. 301 / 1b-gmd GMD1 Graphic and media design - studio 1 (5,6,7) <i>M. Roubíček</i>	15 min for lunch			Aula II. 410 KMP Culture of spoken language (7,8,9) <i>Z. Eška</i>
		Ateliér GMD II. 303 / 1b-gmd GMD1 Graphic and media design - studio 1 (6,7) <i>J. Rindler</i>				
Fri			PC učebna 310 / 1b-gmd ZDO1 Digital picture processing 1 (10) <i>J. Macuch</i>			



5-14:45	15:00-16:30	16:45-18:15
Ateliér GMD II. 303 / 1b-gmd K1 Drawing 1 L. Korman		Učebna 306 / 1b-gmd DGD1 History of graphic design 1 J. Tvrdoň
a 004 / 1 glish 1 (2,3) Novotná	Aula I. 001 / 1b- (lalva) DUK1 History of art and culture 1 (3) M. Vaculíková	
a 101 / 1 glish 1 (2,3) Novotná		
a 306 / 1 glish 1 (2,3) Novák		
OS 106 / 1 glish 1 (2,3) Vehlíková		
		Aula II. 410 KMP Culture of spoken language (7,8,9) Z. Eška



Image ID: W186AB
www.alamy.com

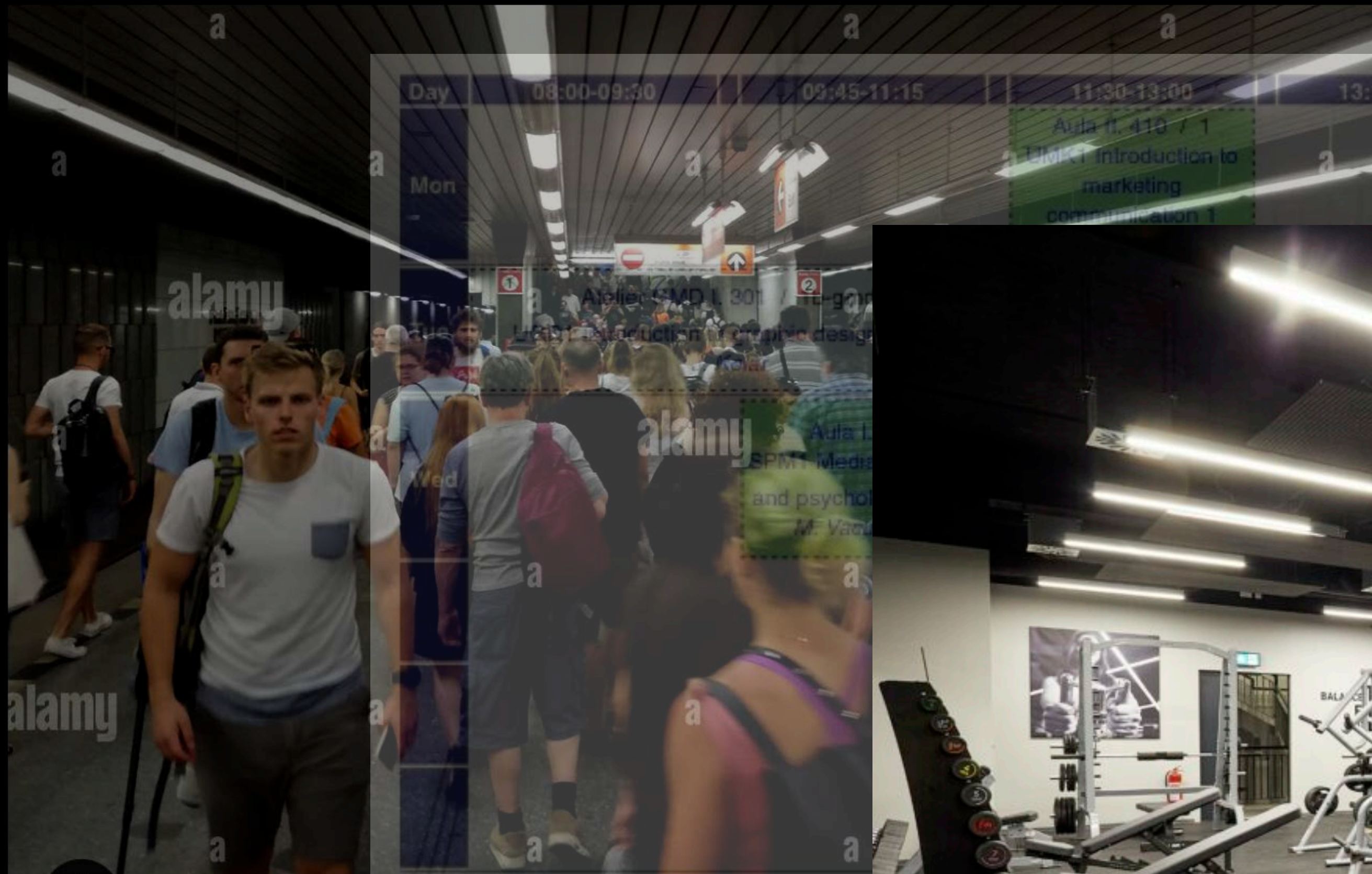
Prague, Czech Republic. 01st July, 2019. Commuters are crowded at Pražského povstání metro station on Monday,...

Navštívit >

Fri

J. Rindler

PC učebna 310 / 1b-
gmd
ZDO1 Digital picture
processing 1 (10)
J. Macuch



Prague, Czech Republic. 01st July, 2019. Commu
crowded at Prazskeho povstani metro station on



Prague was somehow too big
and too loud for me



NoiseNet

<https://www.noisenet.com> › post › 2018/04/11 › city-se... ⋮

City sensory overload changes the brain



University of Southern California
<https://news.usc.edu> › tips-mana... ⋮

Urban living: 5 tips to manage mental health and city life

It was somehow too big and too loud for me



forestsociety.org
<https://www.forestsociety.org> › h... ⋮

How the City Changes Your Brain - Forest Society



Big Think

<https://bigthink.com> › the-present ⋮

Are big cities bad for our mental health?



Healthline

<https://www.healthline.com> › liv... ⋮

How Living in a City Can Mess with Your Mental Health

urbanites are 21 percent more likely to have anxiety disorders and 39 percent more likely to have mood disorders

perfect *uncluttered* space





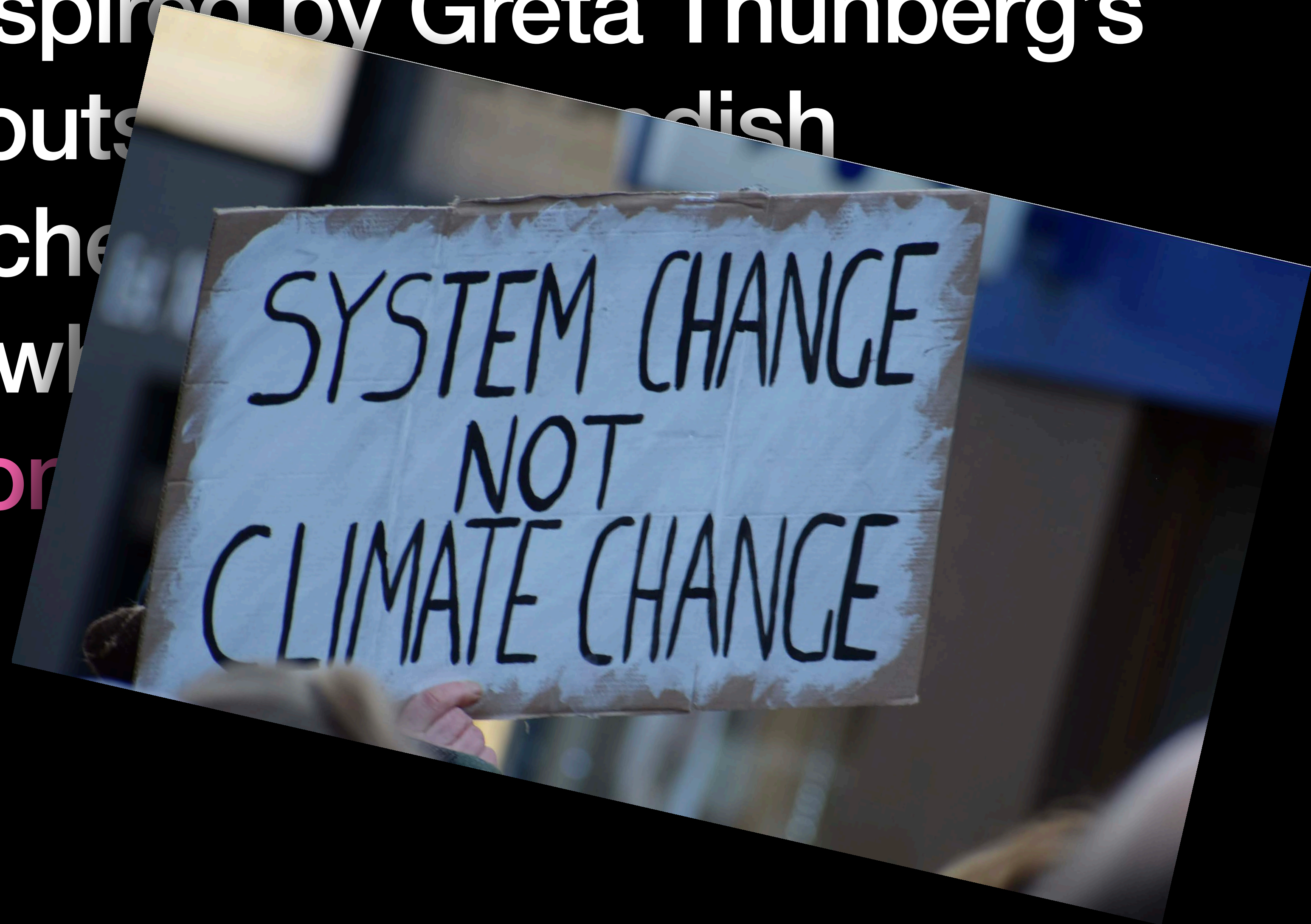
just green



The Fridays For Future youth movement began in 2018, inspired by Greta Thunberg's solitary protests outside the Swedish parliament. It reached a high point in November 2019, when 4 million people took part in 4,500 actions worldwide on one Friday.

— The Guardian

The Fridays For Future youth movement began in 2018, inspired by Greta Thunberg's solitary protests outside the Swedish parliament. It reached over 1 million participants in November 2019, with participants taking part in 4,500 actions.



Exploding global movement of teens
specifically, sort of young people more
generally, protesting in various ways **the**
inaction of the community of business
people and political leaders in combating,
what this generation sees as, the
existential **challenge of climate change.**

keep global warming under
1.5 degrees Celsius



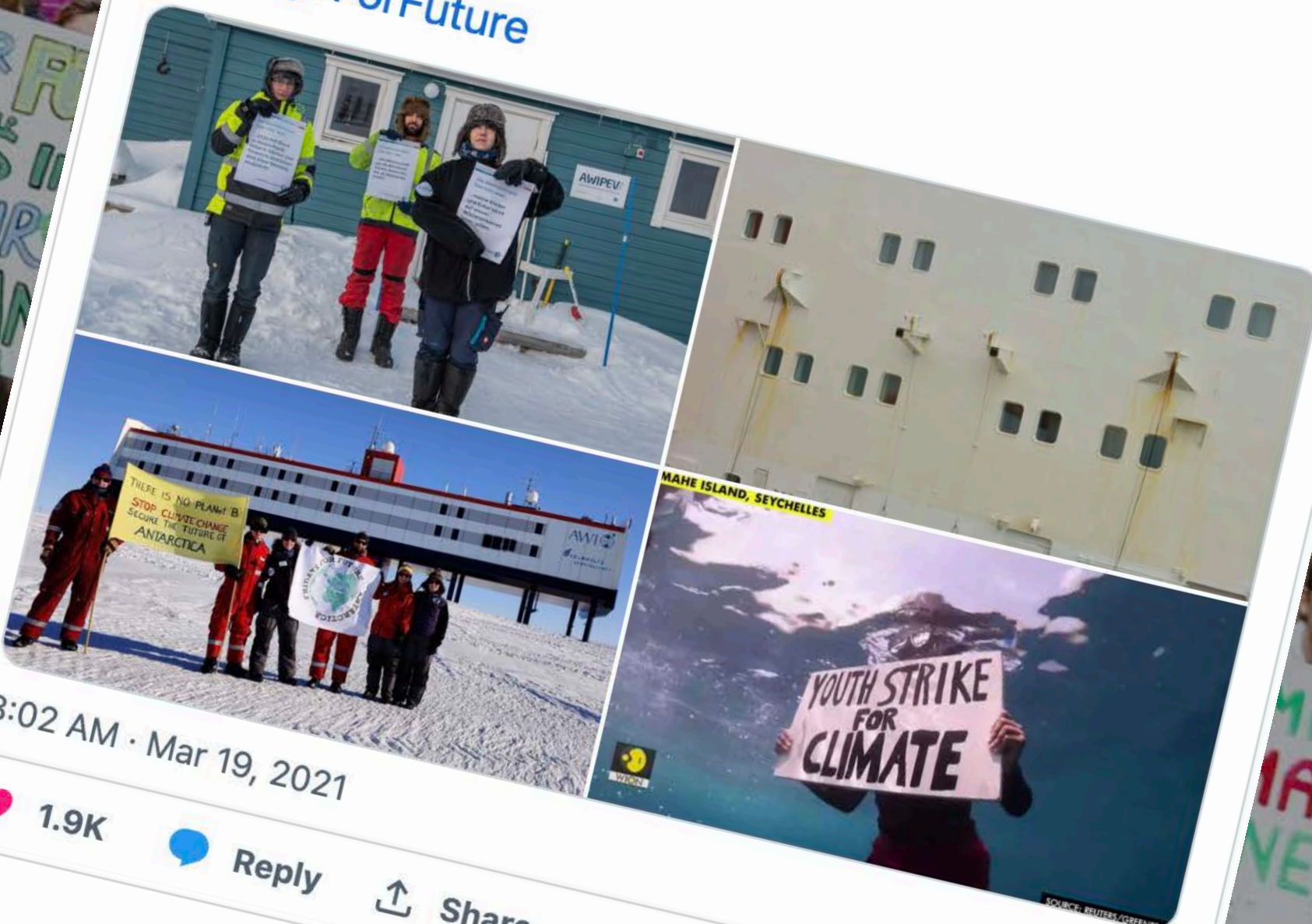
@Fridays4future · Follow

When we said we're striking all over the globe, we meant it.
Here's Antarctica demanding for [#NoMoreEmptyPromises](#)
and here's a youth activist from Mauritius doing it
underwater!

WE ARE UNSTOPPABLE

WE ARE UNSTOPPABLE!
#Friday

#FridaysForFuture



8:02 AM · Mar 19, 2021



1.9K



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**Scientists for Future
International**



Scientists for Future International





**Scientists for Future
International**



Scientists for Future International

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FACE



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and others...

**to make people more
aware of their behaviour**

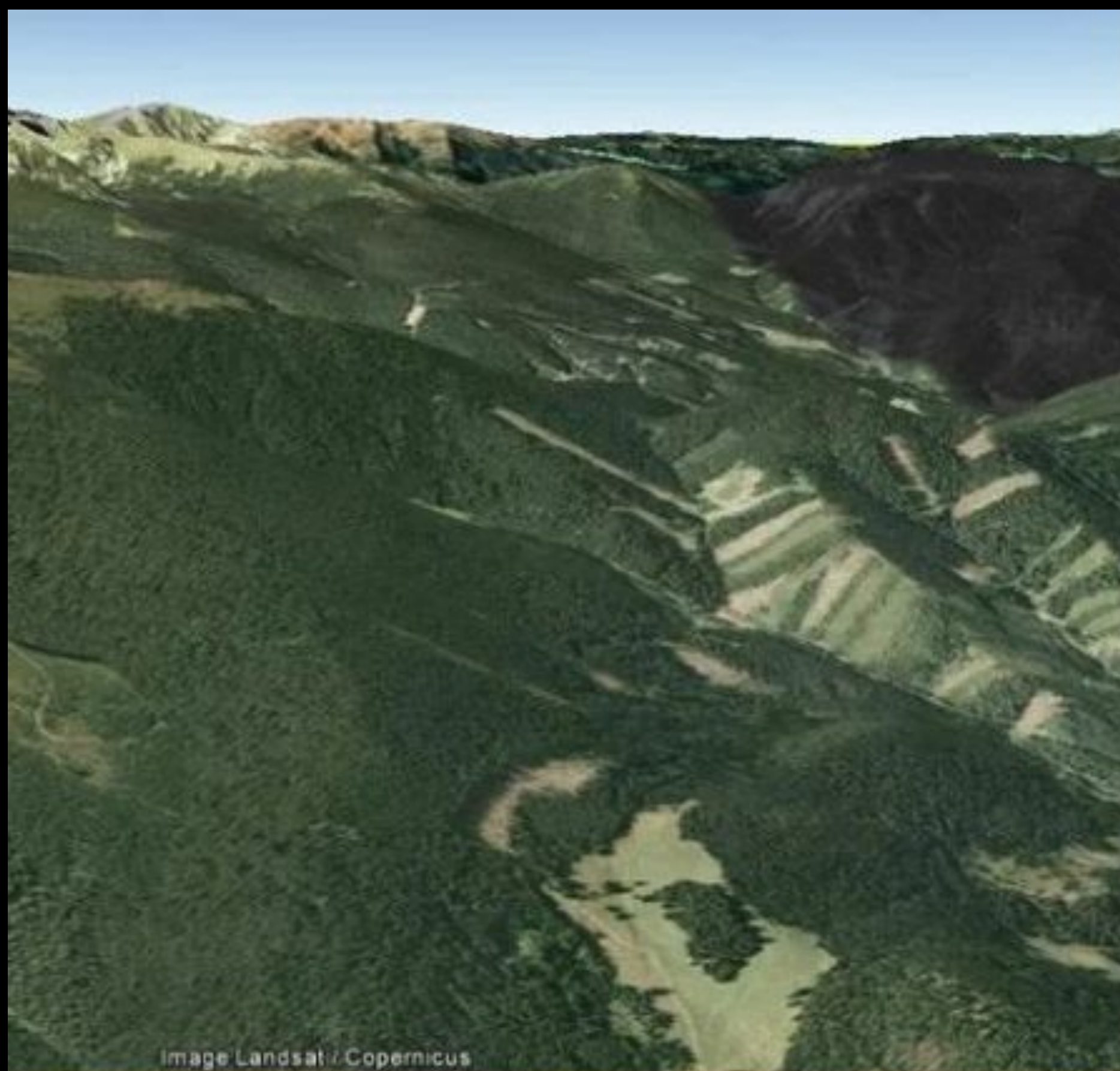


make people more
aware of their behaviour



Make people more
aware of their behaviour





2010



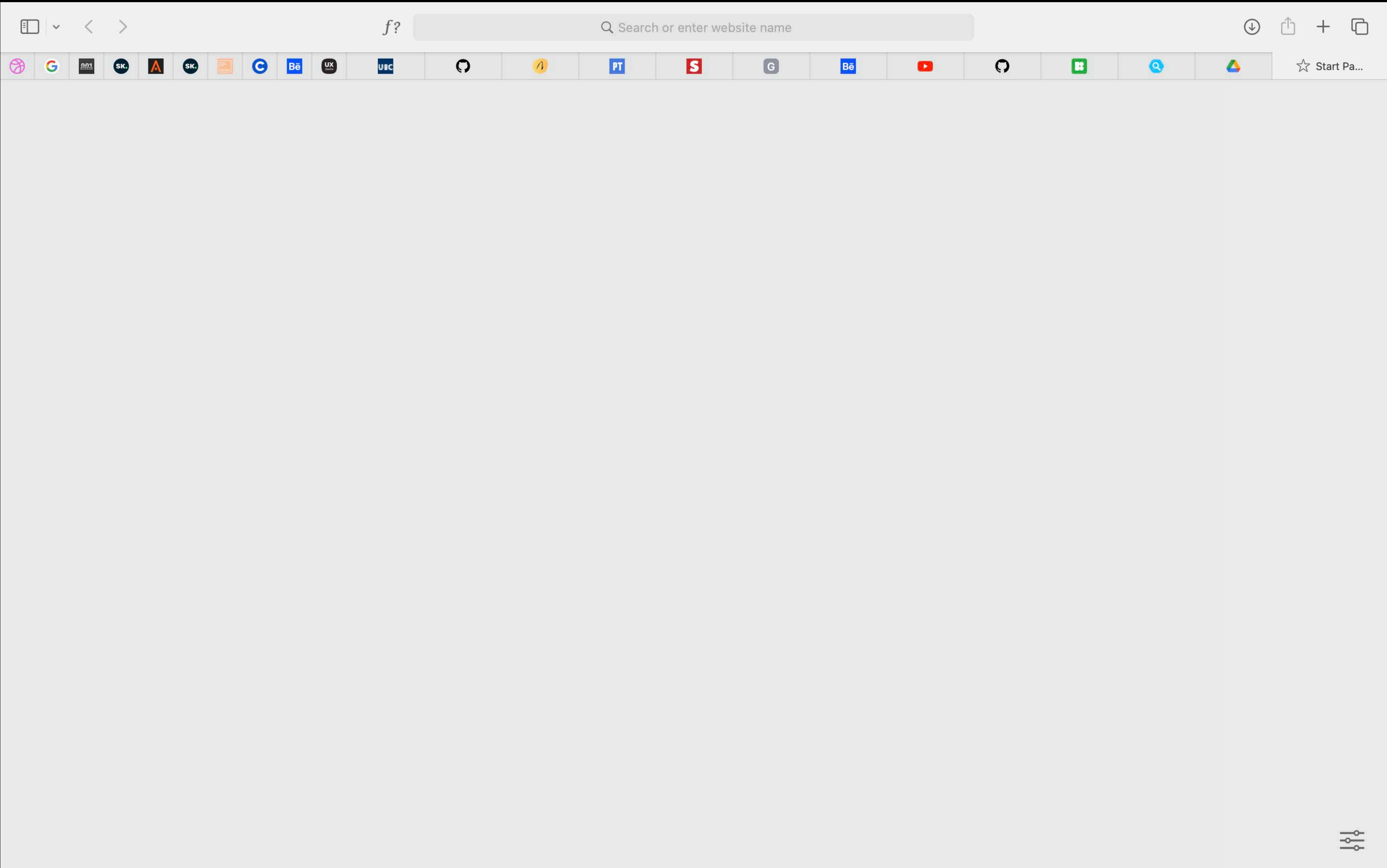
2017

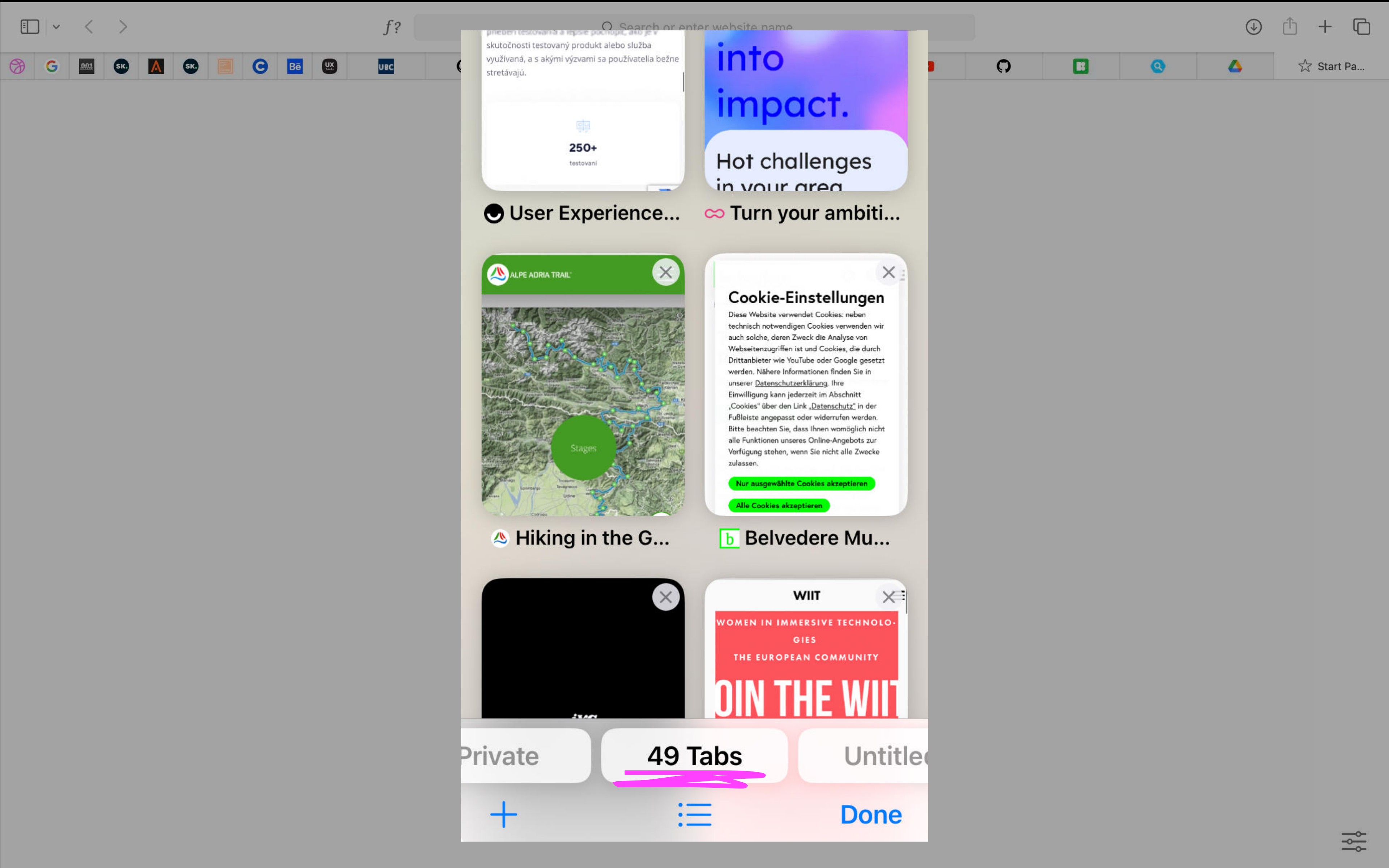
Low Tatras National Park



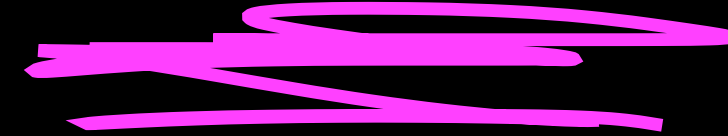
Klimatický štrajk v Banskej Bystrici

imagine your home-screen
or your web browser





I used to do so much,
it was unnatural for me
to do less



everyone's better than me

slower life

- ✓ declutter our online space
- ✓ declutter our offline space
- ✓ stay outdoors

thank you and remember to
“clean your desk”

connect via LinkedIn: Klara Zaskalanova 