

THE DISTRACTED MIND

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Ancient Brains in a High-Tech World



Our brains aren't built for media multitasking...

FREE YOURSELF FROM INFORMATION OVERLOAD

There's a reason why it's so hard to stay away from your devices. The Distracted Mind explains why we are so drawn to multitasking and why it is no good for us. Here are some key points from the book:



WE ARE INFORMATION SEEKERS

Now that there are smartphones, we keep stopping what we are doing to pay attention to the information they share. We can't help but seek out this information, but it never stops and has become overwhelming.



NO, YOU CAN'T MULTITASK

Attempting to multitask is risky and disruptive. When you think you are multitasking, what you are doing is 'task shifting'... and you are missing more than you realise.



TECHNOLOGY IS ADDICTIVE

When you reach for your phone, it's likely your brain is receiving a dopamine hit, a rush of positive feelings. This is what keeps you coming back for more.



AWARENESS LEADS TO CHANGE

Altering your 'metacognition' means becoming aware of the reasons why allowing distractions to happen can be bad for you.

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Distractions are pieces of goal-irrelevant information that we either encounter in our external surroundings or generate internally within our own minds.”

THREE WAYS TO TAKE BACK CONTROL:

1

KNOW YOUR MIND

By employing metacognition and understanding how your actions impact you, you'll take the first step to change your actions.

Without that understanding, you have little reason to change your device-based habits. Think about what you're doing and why you want to stop.

2

LIMIT ACCESS

Tell people you are working and keep your devices at a distance when you need to knuckle down and concentrate. Close the tabs on your computer and switch off notifications when you have something important to do like work or study.

3

FIGHT BOREDOM

Boredom is one of the main reasons you reach for your phone. Find ways to fight boredom by taking breaks or making your tasks more entertaining. By reducing boredom, you reduce the desire to break concentration and pick up your device.

YOU ARE NOT A SLAVE TO YOUR DEVICES!

STOP ALLOWING THEM TO INFLUENCE YOUR PRODUCTIVITY AND LET THEM WORK FOR YOU TO OPTIMISE YOUR LIFE.

