

Thrive 365

Dragonfly: Impact Education



Did you know?

Your diet consists of more than simply what you eat. It also refers to what you watch, listen to, engage with and who you spend time with. Essentially, your 'diet' is anything you let past your boundaries that can have an impact on you physically, emotionally or mentally.

In a world that is designed to distract us, teenagers can focus on average for 65 seconds, whilst office workers can give focused attention for just three minutes. [1]

So, what can we do to protect our energy and attention?

[1] Dr R. Chatterjee Podcast: Feel Better, Live More #228

1

Track moods

Sometimes, in the busy-ness of day-to-day life, it can be easy to miss the impact things have on our mood.

Whether it's emails pinging and interrupting your train of thought, a quick scroll through social media, or the Whatsapp group chat, be mindful of how you feel during and after engaging in a distracting activity. Score your mood out of five afterwards.

Over time, is it consistently bringing you down? Being aware of this is the first step in making a change.

2

Engage senses

One of the problems with distraction culture is that it keeps you 'in your head'. This is a recipe for anxiety.

If you notice your mood dipping or signs of anxiety it can help to spend just two minutes sitting, with your eyes open, and focus in turn on some of your senses. Sight - what can you see? What does the texture look like? The colours and shades? Sounds - what's the furthest sound you can hear? What's the closest? And touch - feel your feet on the floor and the seat you're sitting in. Feel your stomach rise and fall as you breathe in and out.

3

Hit mute

There are practical things you can do to avoid distractions too - and this is important because the sense of 'flow' that comes from being absorbed in activity is important to wellbeing.

So, mute group chats, use your phone settings to stop notifications popping up on your phone from email or social media and set a time limit for usage on the apps you find most distracting. You can also set downtime on most phones, which means apps will be temporarily silenced during a certain period.

Our training: www.dragonflyimpact.com/link-tree

Email: info@dragonflyimpact.co.uk

   @dragonflyimpact