

Strategies, Motivation, Health

Network Café - Welcome Center, University of Bremen

17 March 2021 – Dr. Nadine Binder nadine@nadine.binder.com



Monthly Mini-Workshops

X Monthly sessions to support you in staying motivated and healthy & allow you to connect

- X ABC Structure
 - Arrive get focused and fully present
 - Build learn new strategies and deepen your skills
 - Connect with others and enjoy social activities



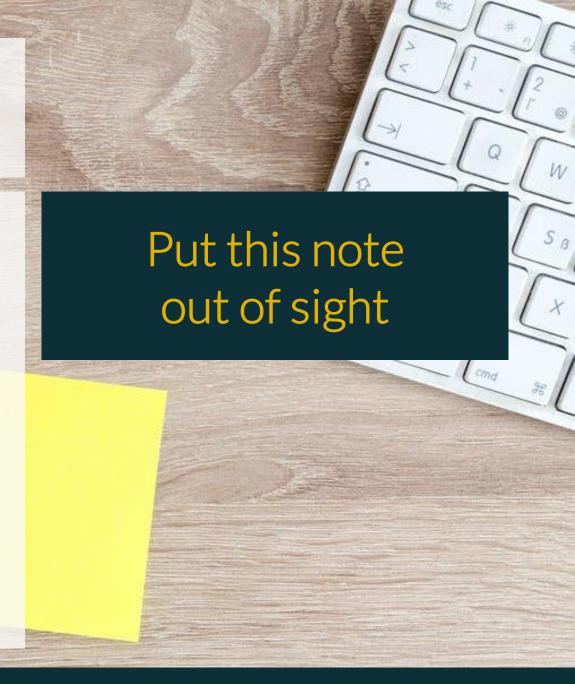


Tool: A Mindful Session

Write down your answers:

What is on your mind right now that is distracting you from being fully present in this workshop?

Do not overthink your answers

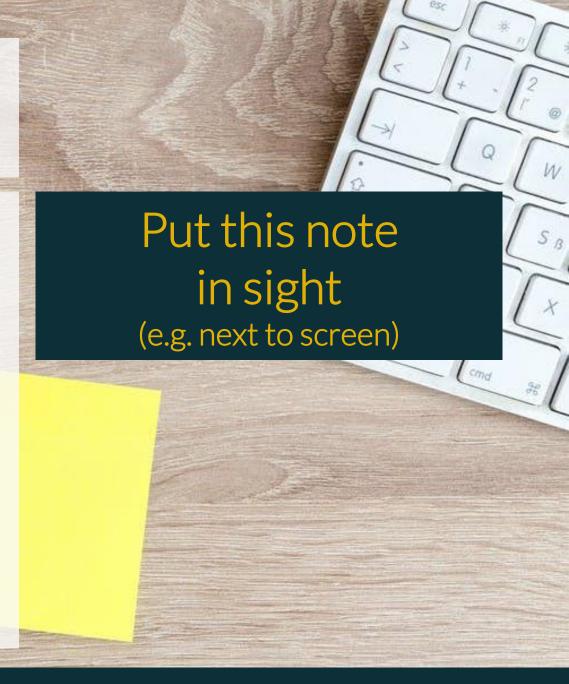


Tool: A Mindful Session

Write down your answers:

What would you like to focus on in this workshop?

What would you like to take away from the workshop?





Focus & Productivity

X Research has looked at average productivity in an 8-hour workday

X Take a guess at the findings:

"The average worker is productive for 3 hours per day"

→ write your estimate into the chat



A Bit of History

- X Late 18th century Europe:
 10-16 hour workdays in factories
- X 1817 Welsh activist Robert Owen: "8 hours labour, 8 hours recreation, 8 hours rest"
- X 1914 Ford Motor Company
 - cutting down daily hours to 8h
 - doubling wages
 - = increased productivity



What if we dare ...

... to rethink work hours & productivity

We probably get more done in three hours of focused work than in eight hours of trying to be focused.



3 Steps to Focused Work

1. Remove distractions

2. Break tasks down

3. Take enough breaks



1. Remove Distractions

Share in breakout sessions:

- X What distracts you?
- X How do you minimize distractions?



1. Remove Distractions

Some advice:

- X Designated "worry time"
- X Website blockers (e.g. NuClear, Mindful Browsing, Go f***ing work)
- X Set certain times to read & respond to emails etc.
- X Use "do not disturb" mode



2. Break Tasks Down

Turning big, overwhelming tasks into actionable steps can improve:

X Focus

X Motivation

X Self-efficacy

What is the next step?



3. Take Enough Breaks

Science News

from research organizations

Brief diversions vastly improve focus, researchers find

Date: February 8, 2011

Source: University of Illinois at Urbana-Champaign

Summary: A new study overturns a decades-old theory about the nature of attention and demon-

strates that even brief diversions from a task can dramatically improve one's ability to

focus on that task for prolonged periods.

Conclusion: "even brief diversions from a task can dramatically improve one's ability to focus on that task for prolonged periods"

3. Schedule Breaks

X Pomodoro (F. Cirillo)

25' work

5' break

25'

5'

25

5

X 52/17 (DeskTime study)

52' work

17' break

X Pulse & Pause (Tony Schwartz)

90' work

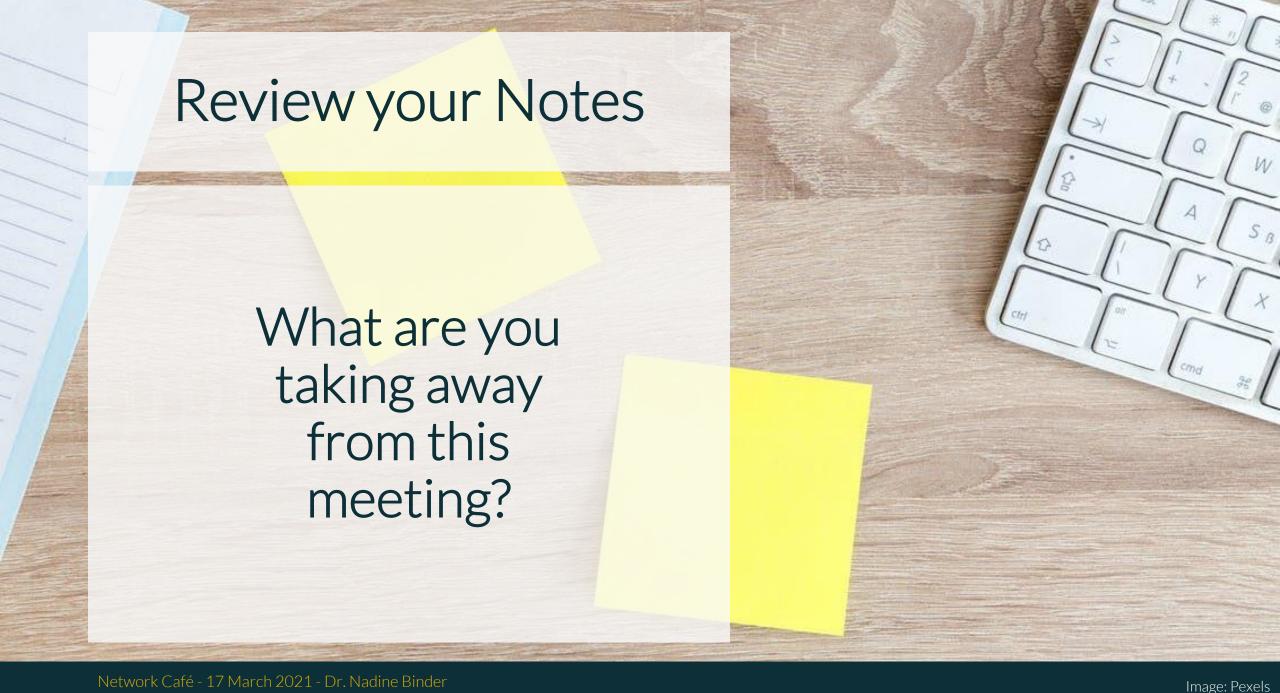
break

3. Take Good Breaks

What makes a "good" break? What do you do?

- X 100% rest
- X No work (also no emails, etc.)
- X Away from the screen (and the phone)
- X Get moving walk to the kitchen, bathroom, or even do some light exercise
- X Fresh air







Activity: More Than One Story

Share stories in your breakout group



More Than One Story



https://www.more thanonestory.org/ en

Resources

X "Brief diversions castly improve focus …" (2011): https://www.sciencedaily.com/releases/2011/02/110208131529.htm

X More than one story – game: https://www.morethanonestory.org/en

Get in touch and join us next time

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- X Welcome Center @Uni Bremen: https://www.uni-bremen.de/en/research-alliance/welcome-center
- X Find out more about the workshops: https://www.uni-bremen.de/dezernat2/betriebliches-gesundheitsmanagement-bgm/angebote-des-gesundheitsmanagements-und-weiterer-einrichtungen/mental-health-impulsworkshops