

Stolen Focus and Embracing Our Limited Time

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Disclaimer:

- I have had no financial relationship over the past 24 months with any commercial sponsor with a vested interest in this presentation

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Pharmacy Technician Objectives

1

Quantify the number of times the average person touches their phone every 24 hours

2

Understand that systemic problems require systemic changes

3

Recall the importance of creating versus consuming dopamine

3

Pharmacist Objectives

1

Quantify how long it takes to refocus after getting off task

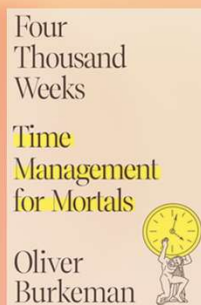
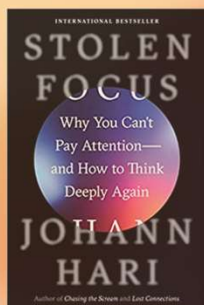
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Understand that humans are single-minded and cannot truly multi-task

3

Quantify the average human lifespan

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Stolen Focus

Johann Hari

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Background

Inability to pay attention

- How often does a college student switch tasks?
- How often does an adult working in an office switch tasks?
- How long does it take to get back to the same level of focus when you're interrupted?

12 deep forces

- Personal vs systemic changes

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Cause One: The Increase in Speed, Switching, and Filtering

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Why It's Harder to Pay Attention

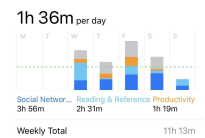


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Screen Time

- Average American screen time is 3.25 hours
- We touch our phones 2,617 times every 24 hours

SCREEN TIME Today at 9:02 AM



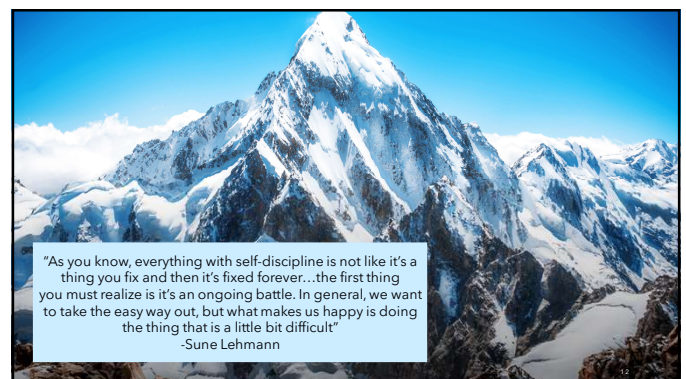
SCREEN TIME



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"As you know, everything with self-discipline is not like it's a thing you fix and then it's fixed forever...the first thing you must realize is it's an ongoing battle. In general, we want to take the easy way out, but what makes us happy is doing the thing that is a little bit difficult"

-Sune Lehmann

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Strategies to Limit Social Media

- Identify barriers
- Find alternative sources for information
- Delete the apps
- Set time limits
- Turn off notifications
- Unsubscribe from emails you never read



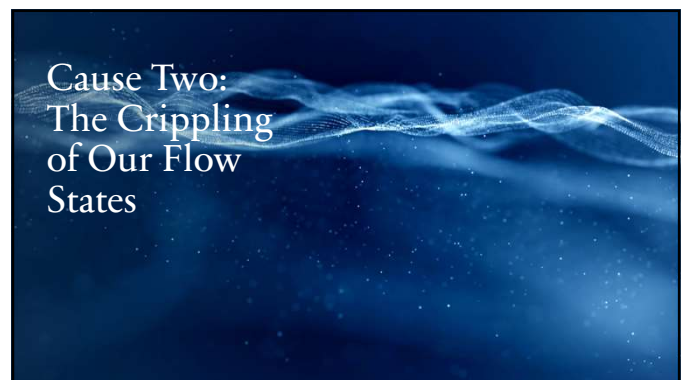
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On Multitasking...

- Single-minded
- Constant switching
 - Switch cost effect
 - Screw-up effect
 - Creativity drain

8/1/2018 SAMPLE FOOTER TEXT 15

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Cause Two: The Crippling of Our Flow States

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Flow

- Mihaly Csikszentmihalyi's flow state theory
- "A state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it"
- Purpose of flow

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Flow

- How to achieve flow:
 - Relaxing?
 - Clearly defined goal
 - Meaningful
 - Edge of your abilities, but not beyond them

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Flow

- Positive psychology
 - Focus on the things that make life worth living, and find ways to boost them
- Flow states:
 - Fragile, limit distractions
 - Staring at a screen provides the lowest amount of flow
- Mihaly's final thoughts

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Cause Three: The Rise of Physical and Mental Exhaustion

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Physical and Mental Exhaustion

- Importance of sleep
 - Deteriorating performance
 - Minimum of 7 hours of sleep each night
- Local sleep
- Sleep deprivation shifts you into the sympathetic nervous system and limits creativity
 - Sleep helps creativity because it gives time for the brain to identify connections and patterns from what we've experienced throughout the day

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Optimal Sleep Environment

Limit use of melatonin, caffeine, Ambien

Limit exposure to light before you go to sleep

Keep your phone out of your bedroom

Room should be cool, almost cold

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Cause Four: The Collapse of Sustained Reading



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Collapse of Sustained Reading

57% of Americans don't read a single book in a year

Simplest and commonest forms of flow comes in reading a book

Skimming vs linear reading

Screen inferiority

Cognitive patience

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Cause Five: The Disruption of Mind-Wandering

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The Disruption of Mind-Wandering



Walk

Music
Podcasts
Scrolling through phone



Constant stimulation

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The Disruption of Mind Wandering

- Benefits of mind-wandering:
 - Slowly making sense of the world
 - Make new connections
 - Mental time-travel
- Mind wandering is a different part of attention
- Not paying attention, and not letting our minds wander
 - Turn off phone notifications for non-important tasks

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Cause Six: The Rise of Technology That Can Track and Manipulate You

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Technology Can Track and Manipulate You

The fallacy of a digital detox

The Social Dilemma

- Tristan - Gmail developer, team was responsible for email notifications
- Focused on increasing engagement, not on ethics
- You think it'll take just a second, but it doesn't

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Technology Can Track and Manipulate You

- Ever feel like your phone is listening to your conversations?
- Facebook algorithm
 - Shows you things that will keep you looking at your screen
- How technology effects your attention:
 - Trains our minds to crave frequent rewards
 - Pushes you to switch tasks frequently
 - The sites know what makes you tick (possible benefit?)
 - They make you angry

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Cause Seven: The Rise of Cruel Optimism

AKA, why individual changes are an important start, but not enough

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The Rise of Cruel Optimism

- Look inward to determine why you're using your phone/distractions compulsively
- Cruel optimism
- "You can try having self-control, but there are a thousand engineers on the other side of the screen working against you"
 - Push notifications, doom scrolling, typing awareness indicator

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The Rise of Cruel Optimism

- Possible solutions:
 - Ban surveillance capitalism
 - Subscription based model

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Key Takeaways from Stolen Focus:

- Technology is limiting our ability to pay attention (multitasking, limiting our flow)
- Recommend a minimum of 7 hours of sleep
- Reading is a form of flow and can help increase cognitive patience
- Turn off phone notifications and allow your mind to wander
- Social media's algorithm is designed to make you upset
- Cruel optimism may work for some, but it won't work for everyone

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Four Thousand Weeks

Oliver Burkeman

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In the Long Run, We're All Dead

- Average human lifespan in Western countries=4,000 weeks (76.9 years)
 - If you take 1 really nice vacation every year, how many do you have left?
- Time management is a narrow-minded affair focused on how to crank through as many tasks as possible
- The pressure to fit ever-increasing quantities of activity into a stubbornly nonincreasing quantity of daily time

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In the Long Run, We're All Dead

- Daily battle against online distraction, alarming sense that our attention spans have shriveled
 - Represents a failure to make the best use of a small supply of time
- Feeling busy? People compensate by using techniques that makes us more productive in order to get more done
 - Paradoxically, you'll feel even busier and more anxious

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Inbox Zero

- An approach to email management that aims to keep the inbox empty – or as close to empty as possible – at all times
- When you get efficient at answering email, all that happens is you get much more email
- Can be applied to many different scenarios

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Burkeman's Ideology:

- "Productivity is a trap – becoming more efficient just makes you more rushed, and trying to clear the decks makes them fill up again faster"
- The day will never arrive where you finally have everything under control
- This is excellent news

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Importance of Intentionality

- We make choices all the time
- Live an intentional life
 - Be aware of our finiteness
 - Every choice you make is a choice not to do something else
- Think about how you're using your time, but don't spend excessive amounts of time analyzing it

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Pharmacy Technician Learning Assessment Questions

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#1: Tech Assessment Questions

According to "Stolen Focus", how many times do we touch our phones every 24 hours?

- A. 30 times
- B. 80 times
- C. 2,617 times
- D. 5,000,000 times

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#1: Tech Assessment Questions

According to "Stolen Focus", how many times do we touch our phones every 24 hours?

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- B. 80 times
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#2: Tech Assessment Questions

True or False: Systemic problems often require systemic changes

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#2: Tech Assessment Questions

True or False: Systemic problems often require systemic changes

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#3: Tech Assessment Questions

True or False: Some psychologists believe it's more fulfilling to create your dopamine versus consuming it

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#3: Tech Assessment Questions

True or False: Some psychologists believe it's more fulfilling to create your dopamine versus consuming it

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Pharmacist Learning
Assessment Questions

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#1: Pharmacist Assessment Questions

On average, how long does it take to get back to the same level of focus you had prior to being interrupted?

- A. 10 seconds
- B. 1 minute
- C. 10 minutes
- D. 23 minutes

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#1: Pharmacist Assessment Questions

On average, how long does it take to get back to the same level of focus you had prior to being interrupted?

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- D. **23 minutes**

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#2: Pharmacist Assessment Questions

True or False: Humans can easily process eight thoughts at once

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#2: Pharmacist Assessment Questions

True or **False**: Humans can easily process eight thoughts at once

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#3: Pharmacist Assessment Questions

Roughly, what is the average human lifespan in Western countries?

- A. 400 weeks (7.7 years)
- B. 4,000 weeks (76.9 years)
- C. 40,000 weeks (769 years)

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#3: Pharmacist Assessment Questions

Roughly, what is the average human lifespan in Western countries?

- A. 400 weeks (7.7 years)
- B. **4,000 weeks (76.9 years)**
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Questions/Discussion?

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