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Popular health information blog to follow the Bloghealth Sanitary Buzzcandid Chealth H ConnectDoconotes The health industry is rapidly growing, and many professionals ... the fog of the pandemic has made it difficult to get things done. After a certain point, our usual time management methods do not feel more efficient. The classic list of things to do can feel less as a motivational tool and more as a suspended obligation - and excessively familiar, in that. During the course of this remote work experiment, I noticed a bad energy in myself. Slowly but surely the afternoon can go down at low motivation and slowness moments, if I'm not looking for some "underwater" activities, how to make 50 jumping jacks or (most commonly) Glingling down a cup of coffee. In recent weeks, I tried various productivity methods such as tomato technique and time blocking, but I decided to test another technique. For the last two weeks, I used **A ę å,- "donÅ ę å,-" ę list tÅ ę å,-,** which sounds like a reverse list to a list of things to do, but it's a bit More demanding. In essence, the list is a cured collection of activities that can derail your energy and motivation. They are often seductive but end up creating a distracting spiral, going down your more productive hours. When creating a list of **A ę å,- "to-don", Å ę å,- "Look at what works for you and tailor-made.** Practicing awareness of self-awareness is a place to start, says Elizabeth Grace Saunders, a coach of Time management and a rapid company companion regulation. She recommends starting the exercise with a daily end review, at least when you start the first time: **A ę å,- "å å å å å å å å å å Å ę You can reflect your day during a daily wrap-up.** Right now, you can look at what you did and what has not been completed. And you can also evaluate the Activities you made that Weren is part of your plan. You can ask you: was it worth it? I liked it? I felt frustrated or derailed? Keeping track of your feelings about the choices you did, you can start finding out what is or is not healthy for you. "This is what I brought away from my two-week experiment: the list served as a reminder of all the little things that occupy my mycium with a friend who has not just supported you with compliments, but offers their feedback Of their **A ę å,- "Å "Ough Love"** when you need it, my list t-don**A ę å,- "Å ę t keep me focused on the most significant parts of my day serving as visual responsibility.** To start my list, I started thinking about which of my daily activities I don't need well. Some of these were rather obvious; Some that have been inlazed almost from my daily program. Some of these activities, which I later would have reversed for my T-Don list, including not moving for eight hours, spending too much news that require news and leaving accumulating casual conflict on my desk. Initially he picked up these articles in a Google doc, but actually decided to keep my people **A ę å,- "å "void me"** activity at a refreshing format: a piece of lined paper. This separate and tactile medium helped me not only to separate the projects, but also reduced on my tendency to switch between windows and computer applications. All the seven of the directives on my end list were simple things like **A ę å,- "donÅ ę å,-" ę we try to Pause to rest your eyes, Å ę å,- "and Å ę å,-"** Don't sit in a place for more than an hour. At the beginning I was frustrated when you join these new rules temporarily interrupted my Flow. However, over time, I noticed that they really paid. I discovered that I felt less of the usual physical and mental fatigue signs (ie the most supported supervision, less likely to turn to Longer). My sense of fatigue seemed less pronounced in the afternoon and instead, more aligned with my real work day. My Da-Don't remind Guzzle less caffeine helped to encourage me not only consume more water, but also helped to trigger a mental note to log out from my screen and take a moment to breathe. I noticed when certain tasks have been brought out of my mine Their value (or more, lack of value) was more evident. For example, throughout the day, usually regularly update my news feeds on social media. This practice keeps me up to date on the latest titles, which can be useful for my work, but the process often means wasting time to view many similar stories, all published by different points of sale. The process was inadvertently draining my energy and taking too long. So instead of jumping on each exclamation title, I limited me to review news for just 10 minutes, forcing myself to skim with similar keywords and make a mental note to skip repetitive information. The list helped me the housing of my energy and concentrating while working with a list of **A ę å,- "Da-donÅ ę å,- "Å ę tÅ ę å,-"** I noticed that I was more naturally aware of what times of the day and which areas I was paying more than my bandwidth in. With the awareness of which the activities were not adding to my day, I was able to identify the pockets in which my energy was at his best and my focus at his most acid ... for me he is typically during the morning and sometimes, a last minute jolt before the end of my working day. Dry in Saunders, this awareness can be particularly useful for those who They feel the log of too long working from home or from those who would only like a new approach to planning. **A ę å,- "I think a list t-donÅ ę å,-" ę t** is useful if you are working remotely, **A ę å,- "says. Å ę å,-"** A lot of times our minds wander because SIMP Likethy boring them and we were looking for stimulation. Knowing what are your unhealthy models could be when you are bored, and limiting them to limit them in a preventive way, can help you make better choices at the moment. Also, I noticed that the most trivial and non-working tasks do not work on my list of things to do often led me to waste time and energy. Some activities, how to make appointments or supply of a domestic object through an online order, served my best program if they have been automated or completed in a lot. Otherwise I found myself down a rabbit hole doing a spontaneous domestic cleaning, or sinking in an excessively pleasant break after completing a non-working command. With my list of **A ę å,- "no-noÅ ę å,-" å "å "å "å"** ", I was able to more effectively monitor the unhealthy habits, which originally thought were completely productive . This included too much time in my mailbox. The exam led me to take more intentioned, **A ę å,- "Å "10-second skimsÅ ę å,-" of messages and respond only to the relative ones.** I also noticed mine List **A ę å,- "Å "to-don"**, helped me reduce the switch, further emphasizing the toll around among the responsibilities can have on resolution and focus. Capturing sight of my list, I was able to save me from an afternoon of only completion tasks in half. The list leads me to more wins and less afternoon slumpsby refers frequently to this list of avoidable behaviors, not only finished by where I put my energy, but also increased my feeling of realization at the end of the day. You can say something to be able to look beyond your list of **A ę å,- "to-donÅ ę å,-" ę" ę** and don't cross them, but congratulate yourself on self-control needed to follow them. I felt less defeated, since I didn't have an entire collection of tasks to face within the late afternoon. Moreover, my bulletn made me aware of why a wall was hit. For example, one day, I felt particularly dried up and looked over my list and I saw that I didn't succeed in tackling the number three in mine **A ę å,- "Å "Don is out board on carbohydrates at lunch.** It says Saunders at List A-don is useful because it can pull us from a furrow unproductive activities, many of which we can repeat unconsciously. **A ę å,- "Sometimes we do these activities because it is easy, tempting, or simply a habit, but they are [usually] not satisfactory."** For many remote workers like myself, a more limited and less socially engaging the work space has increased the time you spend online, even when I tell me, **A ę å,- "Å "Diana, you're out of the Now. Å »In** this way, a list of A-Don, helps to set guardrails between my work and leisure, adding to the advantages of the technique. The technical tracks agrees this blur of borders is a reason to transform into a list **A ę å,- "Å "t-donÅ ę å,-" ę tÅ ę å,-** for the intervention. He says, **A ę å,- "I heard many [people and customers] say they are dramatically reduced on social media and news in recent months and everyone feels much better.** With the influx of information so promptly available on many things [From] our daily life, we need to learn where and how to set up the limits. Soverll, I found the list T-Don **å ę T** to be a useful experiment in that he helped me that childhood-choose the bad behavior in my day . However, he left me a little leveraging the biggest priorities that keep me concentrated and aware of my goals. I could see a list A-Don Serving as a friendly reminder list for when my responsibilities accumulate, and when both The work streets and life felt particularly chaotic. Since it doesn't change dramatically from week to week, you didn't really win your list of things to do, but can help you identify and simplif ICare your daily priorities. Skip to Headerskip to Main Contomingkip in Footader Water Investing: 5 Funds You should pocket the importance of water sustainability becomes more and more evident, so even the potential prizes to invest in water.25 Top Stock Choose Loveshillionaire's billionaire investors They were busy during the second quarter of the 2021. Here are 25 companies, various shapes and sizes, which were some of their more kings ... The best stocks of best best stocks of goods to play the next boomthese seven raw material stocks are ready To exploit a confluence of unique events. 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