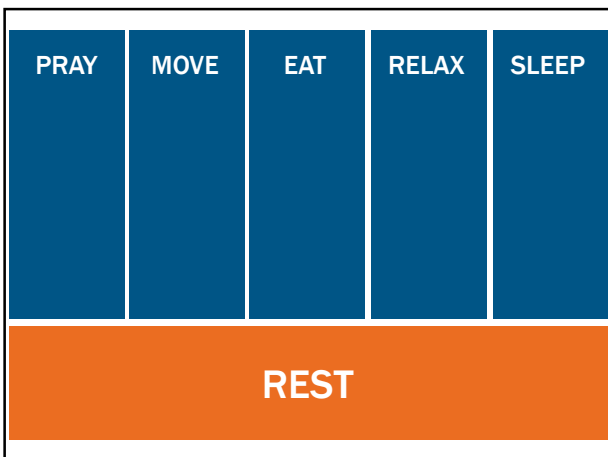




‘Rather than fighting for ways to get back to our usual routine or even just waiting for this crisis to end, a better approach is to embrace this time. We might find new routines and activities that we appreciate more.’

Francesca Gino



2




KEEP IN TOUCH WITH YOURSELF

3



ORDER WHAT YOU CAN ORDER


$$F = T \times E \times A$$

Focus Time Energy Attention

$$- (D + I)$$

Distraction Interruption

Status – concern over relative importance to others

Certainty – concern over our ability to predict the future

Autonomy – our own sense of lack of control over events

Relatedness – concerns over how safe we feel with others

Fairness – how fair we perceive the exchanges between people to be.

David Rook, How Your Brain is Distracted by Your Environment

