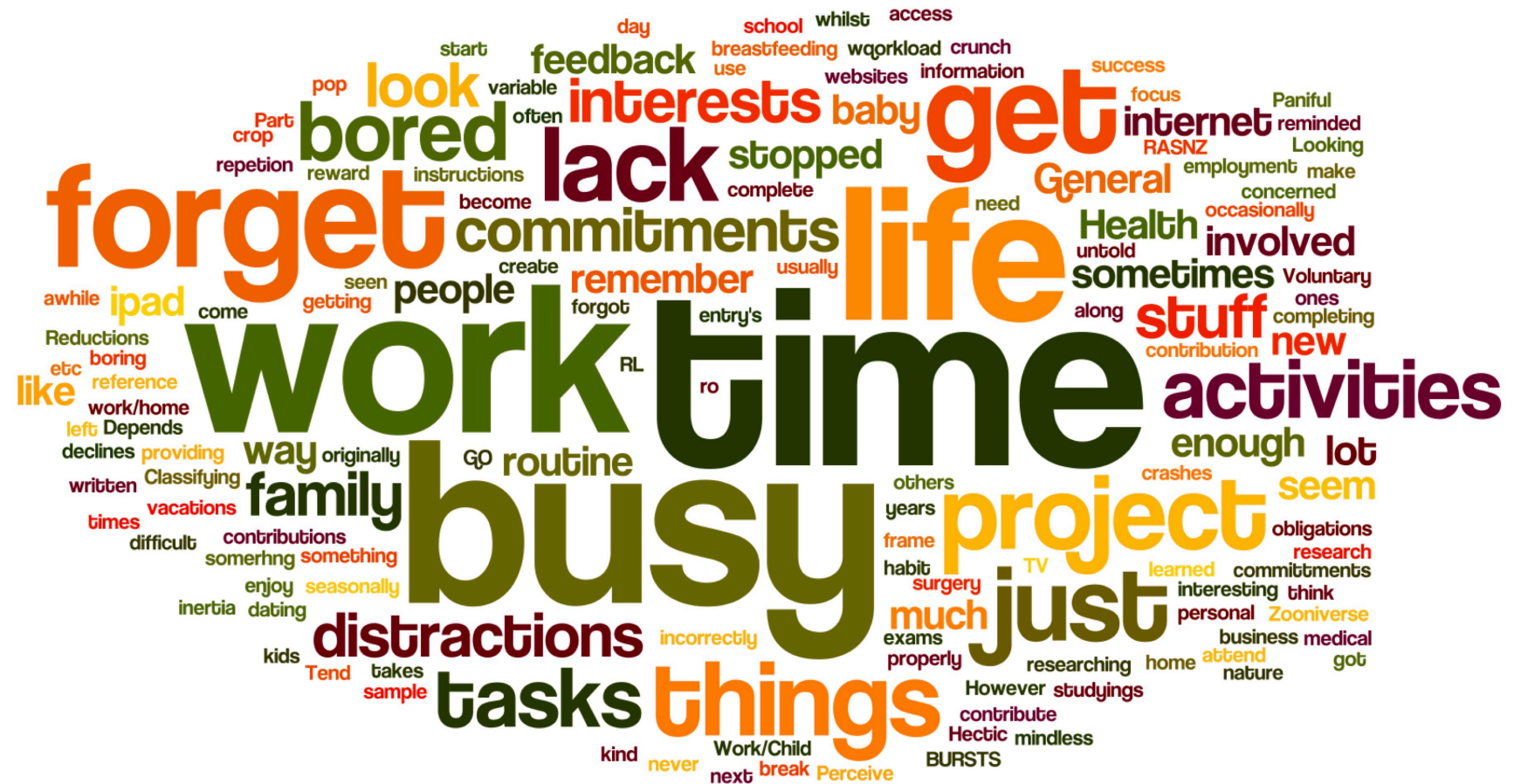


How we work is as important
as the work we do.



What are you cultivating?



Color affects us



Color has meaning



Stimuli creates a response



Are you really trying to create these responses?

Fight

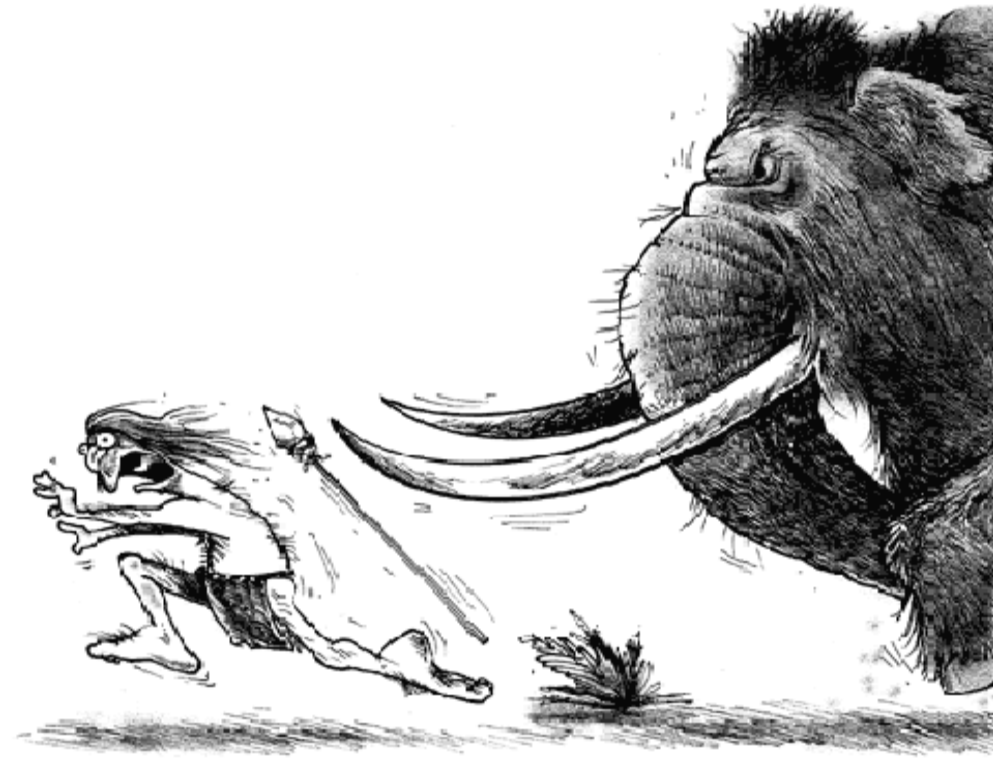
- Irritability
- Loss of Temper
- Defensiveness

Flight

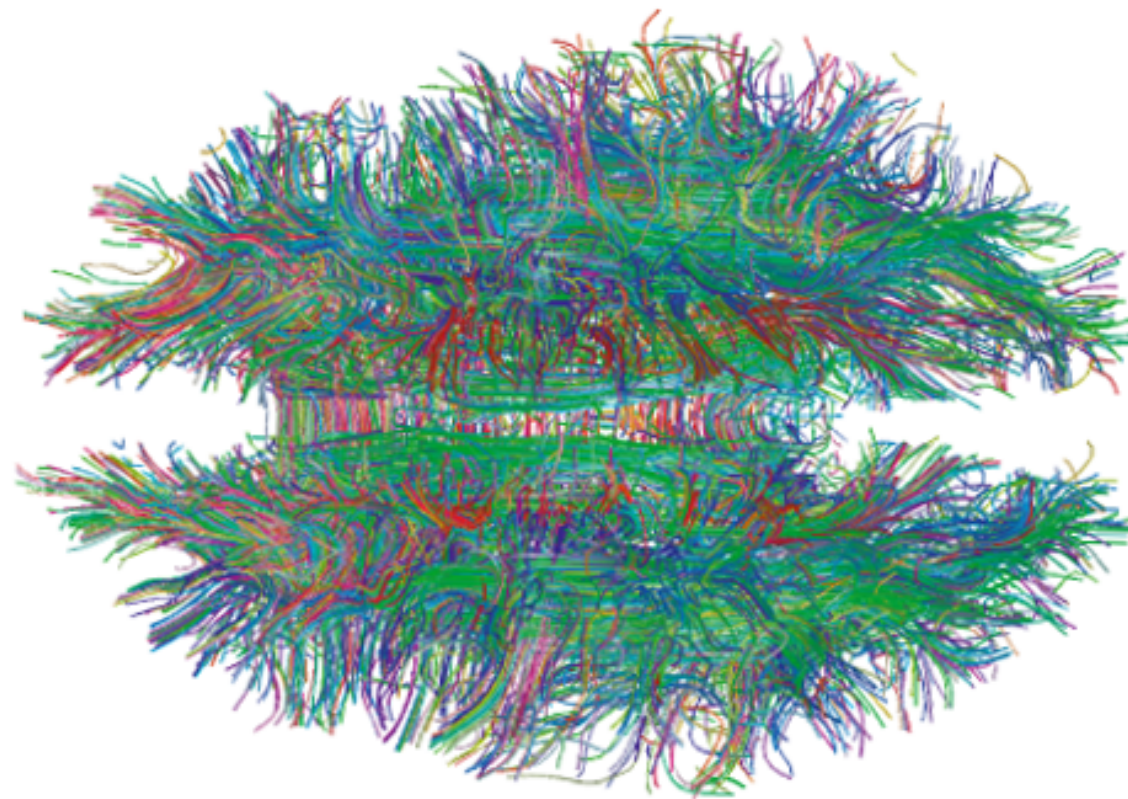
- Avoidance
- Anxiety
- Fear

Freeze

- Numbing
- Detachment
- Giving Up Easily



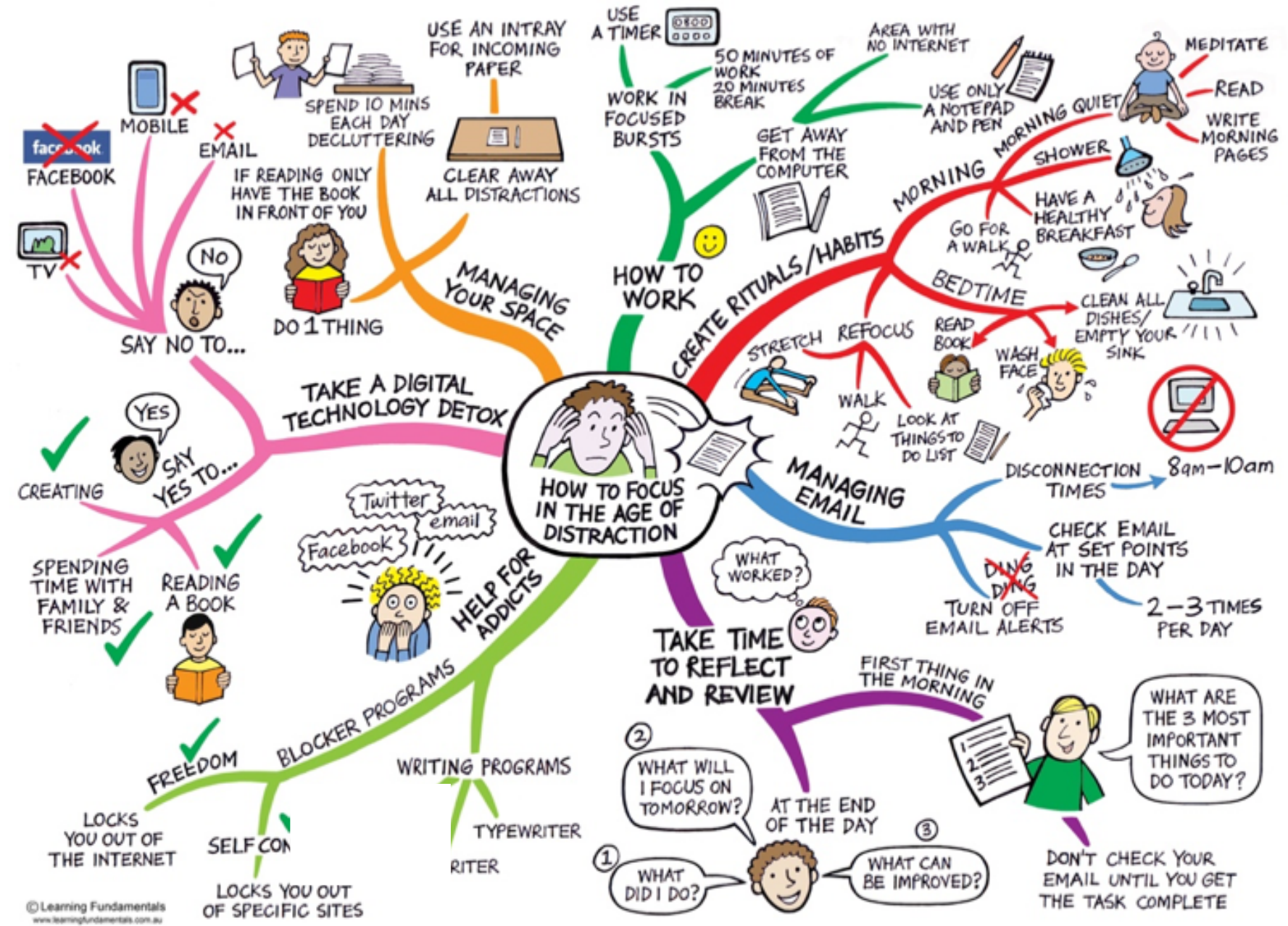
You are rewiring people's brains





Concentration and
connectivity

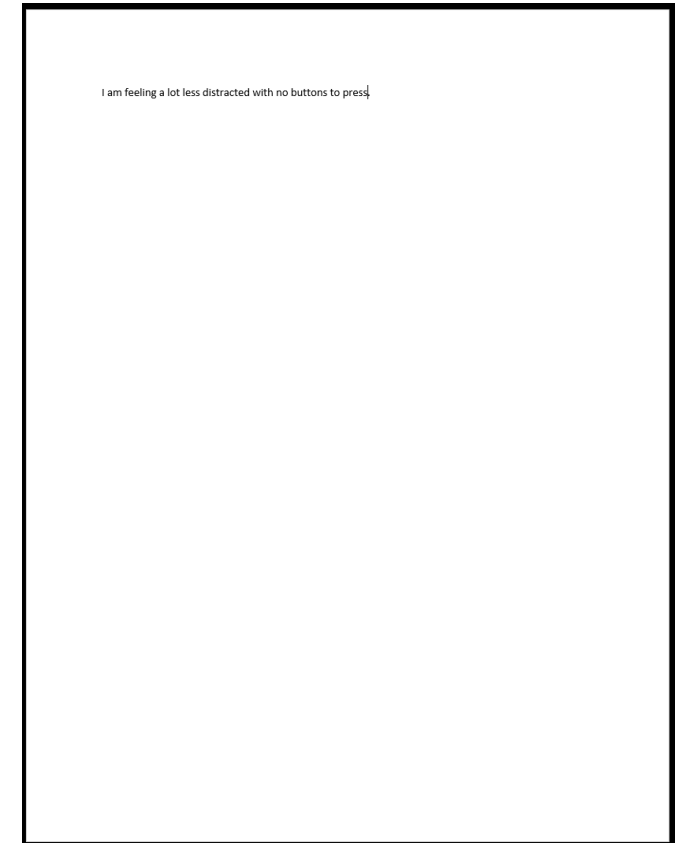
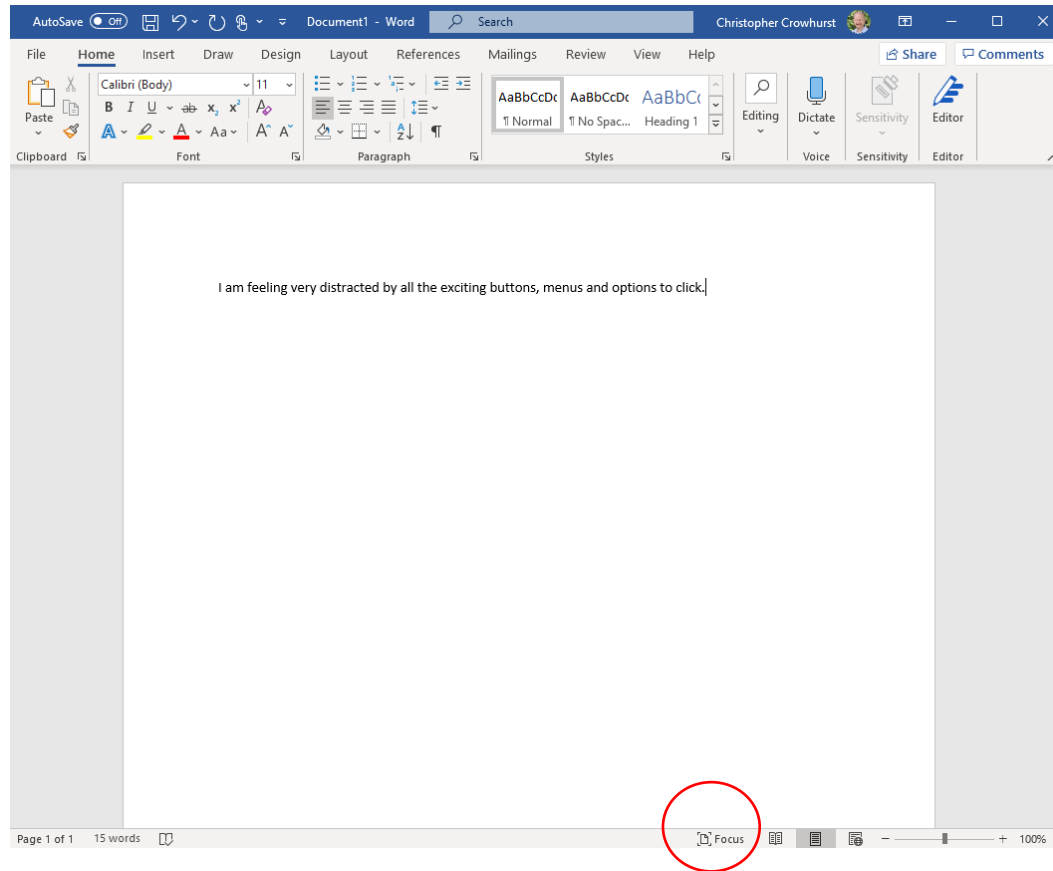
Distraction Management



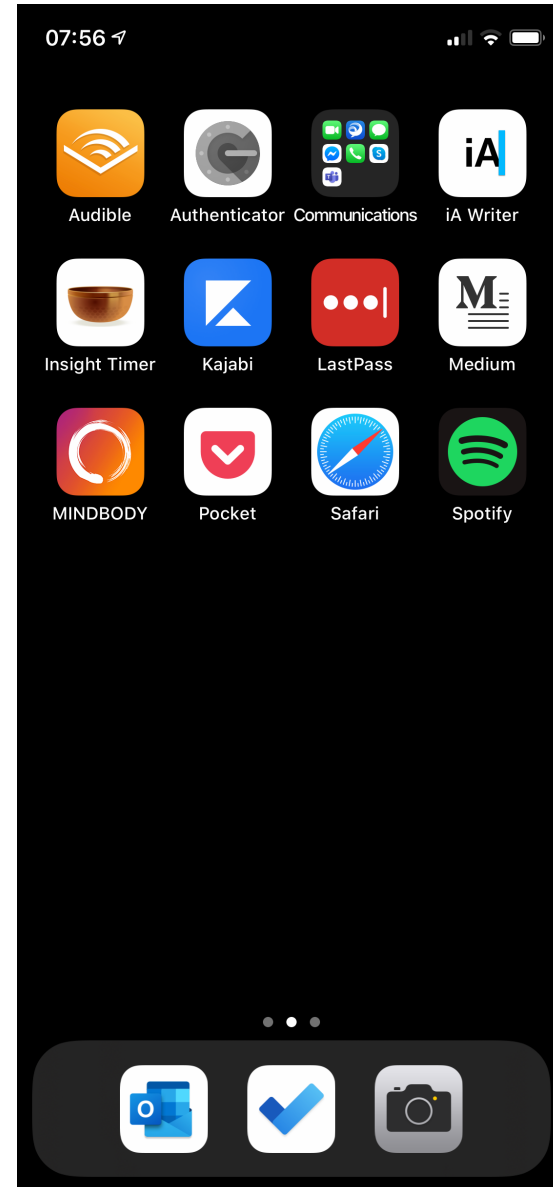
Are you developing distractions?



Minimalism at work - Creating a distraction free environment



Personal example



Distraction Management Strategy

Environmental sources:

Visual - sight

Audible - hear

Tactile - touch

Olfactory - smell

Vestibular - movement

Proprioceptive – body awareness



A few distraction references

Windows toast guidance:

<https://docs.microsoft.com/en-us/windows/uwp/design/shell/tiles-and-notifications/toast-ux-guidance>

Color psychology in UX design:

<https://www.toptal.com/designers/ux/design-psychology-neuroscience-of-ux>

Locations based rules for phone alerts:

<https://support.apple.com/en-us/HT201925>



Productivity and presence





Flow – Presence – Focus – Power - Productivity





Your one take away?

Remember to breath

Thank you – Christopher Crowhurst