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?

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<th>Fight</th>
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<th>Freeze</th>
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<td>• Giving Up Easily</td>
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</table>
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:

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