

Dealing with Distractions

Suppose you're in your office and someone in the suite upstairs is banging on the wall a couple of times every three or four minutes. Obviously, some type of equipment installation or office renovation is going on. You've got a choice here: You can let it ruin your whole day, or you can actively turn the distraction to work in your favor.

Say what??? It's true. You can creatively employ potential disruptions as triggers to help you concentrate more deeply. Here's how:

First, say to yourself, "With each bang on the wall, I will become even more focused on the task at hand."

Thereafter, with each bang on the wall, you allow your concentration to get more focused and more intense. This won't happen automatically. Initially, each disturbance will continue to be a disturbance.

If you stick with the process, however, miraculously, subsequent incidents begin to diminish in amplitude and, seemingly, frequency. If you get really good at this process, eventually you won't even "hear" the external noise. This is analogous to people who buy property under the flight path of a major airport. After a few weeks, the noise of the flights overhead becomes part of the environment.

Neither disruptive, nor stress-inducing, nor particularly worth noting.

Next time you hear a lawn mower out the window, try it.

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STAFF: Chris Hill, Executive Editor; Marian Wolbars, Senior Editor; Jeanne Stock, Art Director; Elaine Kneller, Readers' Service; Tina Pongracz, Marketing Manager; Cindy Dries, Fulfillment Manager; Sandy Beldon, Publisher; Robert Toulet, President; Aniloth Rodale, Chairman
CONTRIBUTING ADVISORS: Space and time management—Jeff Davidson, MBA, CMC, professional speaker and executive director of The Breeding Space Institute of Chapel Hill. Self-esteem—Adam Khan, business consultant on positive living and co-owner of Lighthouse Sound. Work & Personal Life—Marjorie Hanson Shaver, M.A., M.F.C.C., director of the Institute for Family and Work Relationships. Interpersonal relationships—Dr. Paul

Coleman, Ph.D., psychologist and marriage therapist. Sumette Hines Epke, Ph.D., founder of the Ozark Center for Language Studies.
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