

Journaling Through: From Distraction to Focus

Distraction is becoming the “new normal”. According to a recent article in the New York Times, Gloria Mark, a leader in the new field of “interruption science,” says that the average worker switches tasks every three minutes and, once distracted, takes nearly half an hour to resume the original task. Thus, in meetings where everyone is checking e-mail and text messaging, opportunities for collective creative energy and critical thinking are lost, according to Nathan Zeldes, with the nonprofit Information Overload Research Group. At home, as well as at work, split-focus gives a clear message: “You are not worth my time.”

Tools must be given to individuals to enable them to re-engage with the art of focusing. These tools give individuals the ability to achieve the depth of thought and creativity to navigate this complex time. Neuroscientists are now able to track brain function in a more efficient manner, enabling us to use specific techniques to get the results we want. Recent studies on journaling have revealed the following information and help us understand how journaling can enable us to develop these essential skills.

- Download and calm the “monkey mind” and racing thoughts
- Organize our own thoughts
- Increase our white blood cell count, decrease blood pressure, improving our health and concentration.
- Improve memory function
- Moves us into our own thought patterns, which eliminates distraction and helps us to focus.

The simple act of journaling is done by finding a quiet un-interrupted space (your favorite coffee spot or tea shop will suffice) in which to download your thoughts for at least 15 to 30 minutes a day. Journaling helps us to become centered and aware of our own thought processes, clearing the way for new information and focus.

As individual thinking is streamlined, the avalanche of tasks can be brought into focus and managed. Each task can flow into harmony with the present moment, as we reach into the caverns of our mind, connecting our thoughts with the surrounding environment, one task at a time.