

RESULT

YOUR FQ IS:
Low Average

LOW AVERAGE

YOU'RE IN DIGITAL DISTRESS

You're so switched on and tech-savvy that you literally cannot switch off.

You don't go anywhere without your smartphone. The thought of the battery going flat (or worse still, misplacing it!!) evokes feelings of panic. You suffer from 'nomophobia' (i.e. fear of not having your phone in close proximity). You spend your days tethered to your tech, yet justify your habit citing work or family commitments. If you're completely honest, you know you're way too dependent on your devices. Digital demands permeate your days and are leaving you stressed and exhausted.

The good news is that there's simple strategies you can use to stop digital distractions from denting your productivity and harming your health. Here are a few of my favourites:



Disable all non-essential notifications. Do you really need to know when a colleague updates their LinkedIn profile?



Bundle/batch your notifications so they come to you at allocated times, rather than dribbling in throughout the day.



Put your phone out of sight when doing your deep focused work. Just seeing your phone can reduce your cognitive performance by 10%.

Looking for simple, science-backed strategies to boost your focus and digital wellbeing?

My D-RIVE Zone Library may be just what you need. Short, practical 2-5 minute videos delivered direct to your inbox every fortnight.



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Want me to speak at your event?

I share the latest research about how we can optimise human performance in a digital age. I decode the neurobiology of peak-performance in a screen-saturated world. Let's chat (old school over the phone) to see if we're a good fit.



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