

**Finding Yourself Distracted** by the T.V., instagram, games, and noisy family members or roommates during this time of remote learning? Hopefully these tips will help you to limit distractions and maintain motivation for the rest of this quarter.

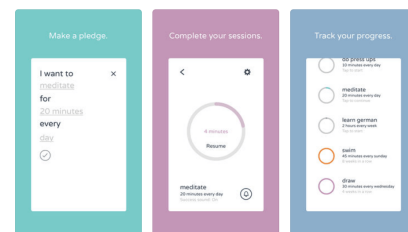
**Manage the amount of time** you spend looking at your phone. If you don't have the willpower to avoid Instagram, Snapchat, YouTube, and Twitter during all this time inside, download some helpful apps that will lock you out when you need to be in class, focus on studying or working on assignments

Here are some helpful apps that will restrict your time spent scrolling and strengthen your time spent studying:

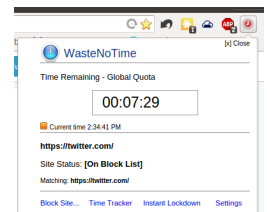
1. **Flora (iOS)** allows you to plant a seed, set a time, and allow a tree to grow on your screen for the time that you have spent focusing. This app even lets you connect with friends to plant trees together and hold one another accountable in terms of time spent studying. An alternative to Android users would be **Forest**.



2. **Sessions**, an app exclusively for iOS, acts as a goal setting timer that allows you to make a pledge and see your progress as you log on to attempt to create a steady daily routine.



3. **WasteNoTime** is a Safari and Chrome browser extension, allowing you to block distracting websites, and track your time online no matter if you are a Windows or Apple user! You will be able to set blocks of times for websites that you are most distracted to, or simply set your work hours and non-work hours!



**4. Built-in Functions of your phone!** Did you know that your phone (both iOS and Android) have functions that allow you to set App timers to limit your daily usage? Not only that, but you can also turn on Focus Mode to help avoid distractions and keep your life in focus.

## Minimize

### **distractions** by

investing in a good pair of **noise cancelling headphones**. During this hectic time it can be difficult to maintain focus with the background noise of loved ones bustling in the background, T.V. shows blasting, and music on. With a good set of headphones you can minimize noise intake and focus your attention on the task at hand.



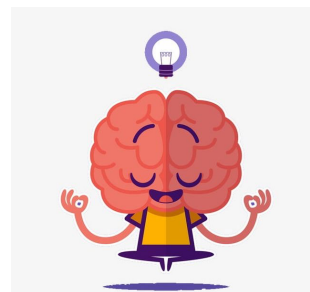
### **Find a quiet and comfortable study space.**

Although we are all quarantined to the confines of our homes and apartments it is important for us as students to find our own space. Create a designated area where you commit to attending classes, reading school books, and completing assignments. Let your friends and family know about this space, so when you are there they know to let you focus. Creating a sign and letting those that you live with know your routine can work wonders as well!



### **Take time to recenter yourself and destress during the day.**

Practicing mindfulness and having short meditation periods scheduled throughout the week can help your body to relax, release, and get ready for the next task. Focusing on yourself and your mental and physical health will help you be able to better focus on your studies.



### **What is Mindfulness and how does it help?**

<https://www.youtube.com/watch?v=hW9B8S Sjmas>

### **20 minute Mindfulness practice: focus on relieving stress and anxiety**

<https://www.youtube.com/watch?v=Mlr3RsU Wrdo>

