

1

Increase in Speed, Switching and Filtering

More Information
MEANS
Less Attention spans

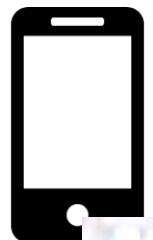
Live Feeds



Speed kills depth



Rapid exhaustion of attention resources



Cellphones available in our pocket makes checking it easy - Avoiding desirable difficulties



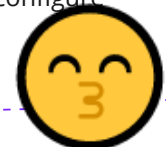
Slowness nurtures attention



Switching

Switch cost effect
takes more time to reconfigure

Screw-up effect
Errors go up



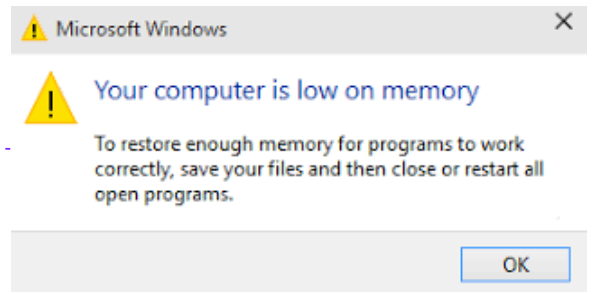
Less creative

Diminished memory



Filtering

Bouncer working very hard to ward off distractions



2

Crippling of our flow states

You will start to interrupt yourself even though there are no external triggers



B.F. Skinner

Manipulate the behavior by incentivising

Mihaly Csikszentmihalyi

Choose a single goal

Make sure the goal is meaningful to you

Push yourself to the edge of your capabilities

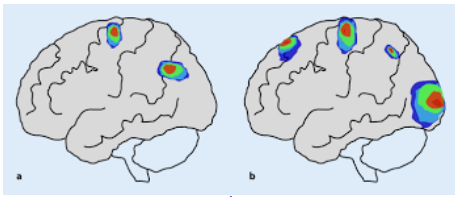
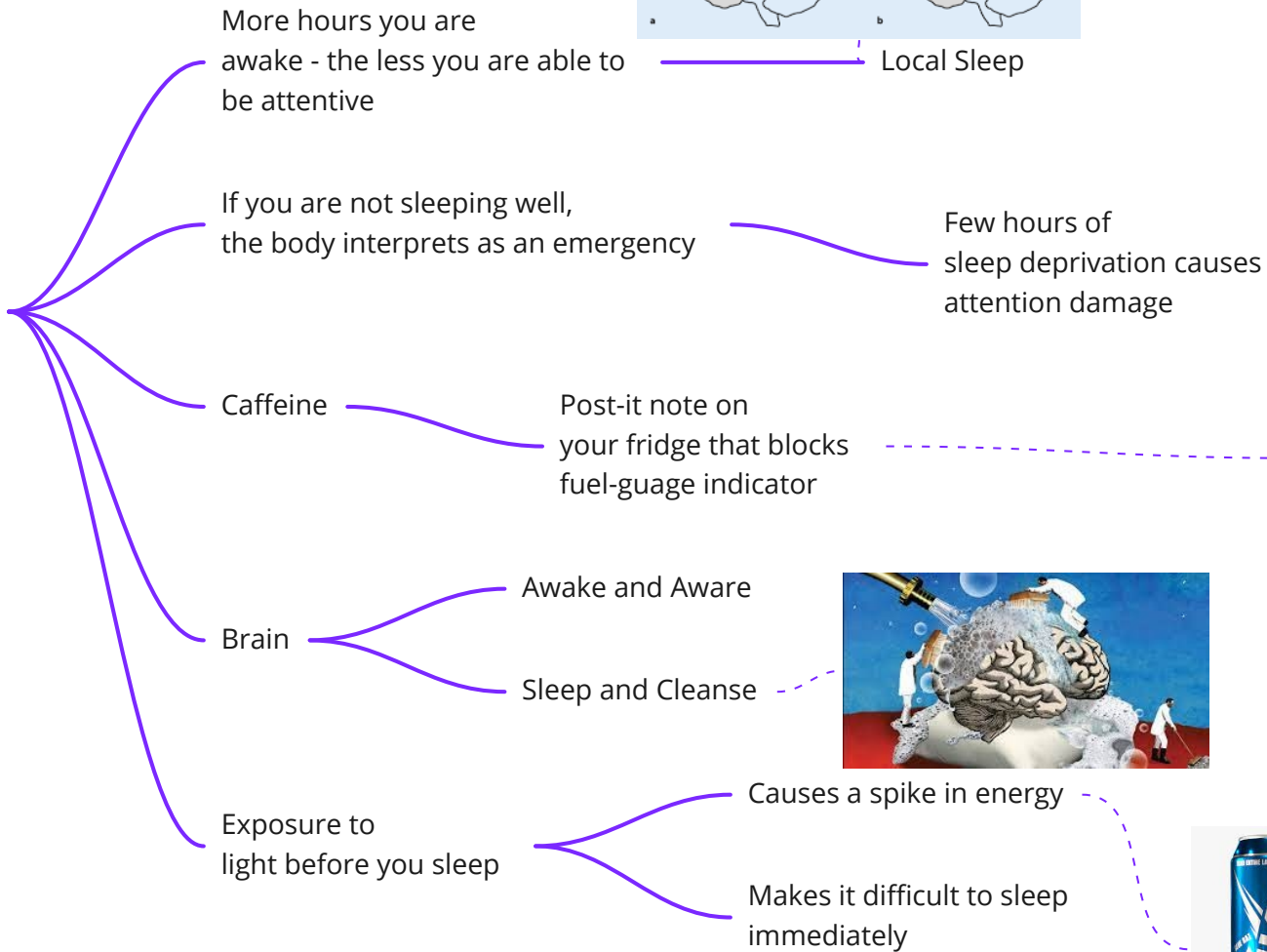
Simply dropping distractions WON'T do. You have to fill it with flow inducing activities

Interruptions are harmful to achieving Flow state



3

The Rise of Physical and Mental Exhaustion



Entertain the guests
OR
Clean up the house

CAN'T DO BOTH

4

The Collapse of Sustained Reading



Reading Books vs. Reading Online

Shopping for items

Screen inferiority

Message is the medium

Increased Empathy



Nicholas Carr

Take care of what technologies you use, because your consciousness will, over time, come to be shaped by those technologies

6

The Rise of Technology That Can Track and Manipulate You



Triston Harris



Stanford prof dubbed as millionaire maker



infinite scroll inventor

B.J.Fogg

Aza Raskin

How are the tech firms harming our attention?

Sites and apps are designed to train our minds to crave frequent rewards



Sites push you to switch tasks more frequently than you normally would



Sites learn about you

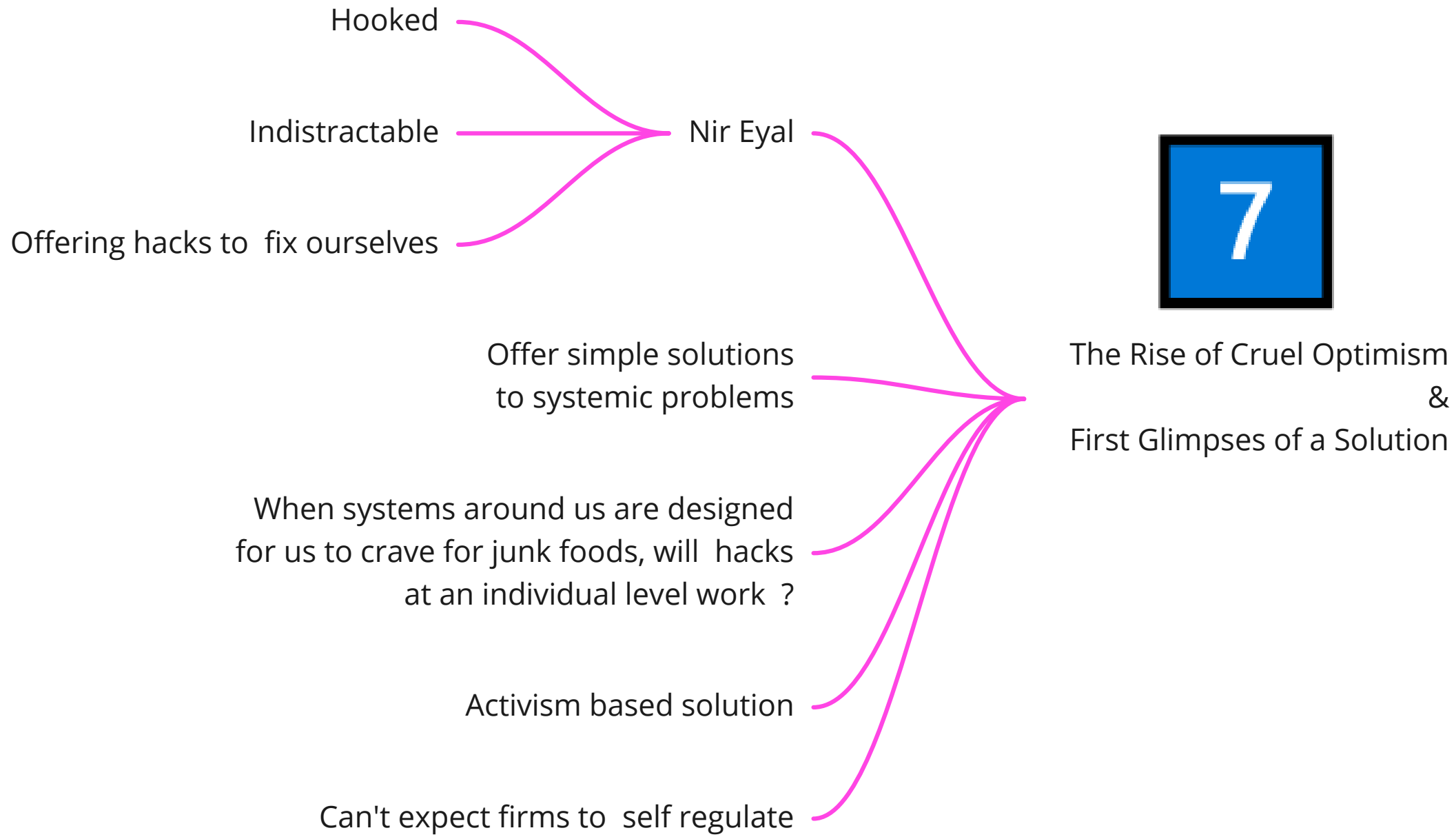
Sites make you angry a lot of time

Sites make you feel that you are surrounded by other people's anger



Set society on fire







Environmental Stress

Feelings of Safety
More attentive

Insecurities causing
problems in attention

Perpetual Guardian
5 day week to 4 day week

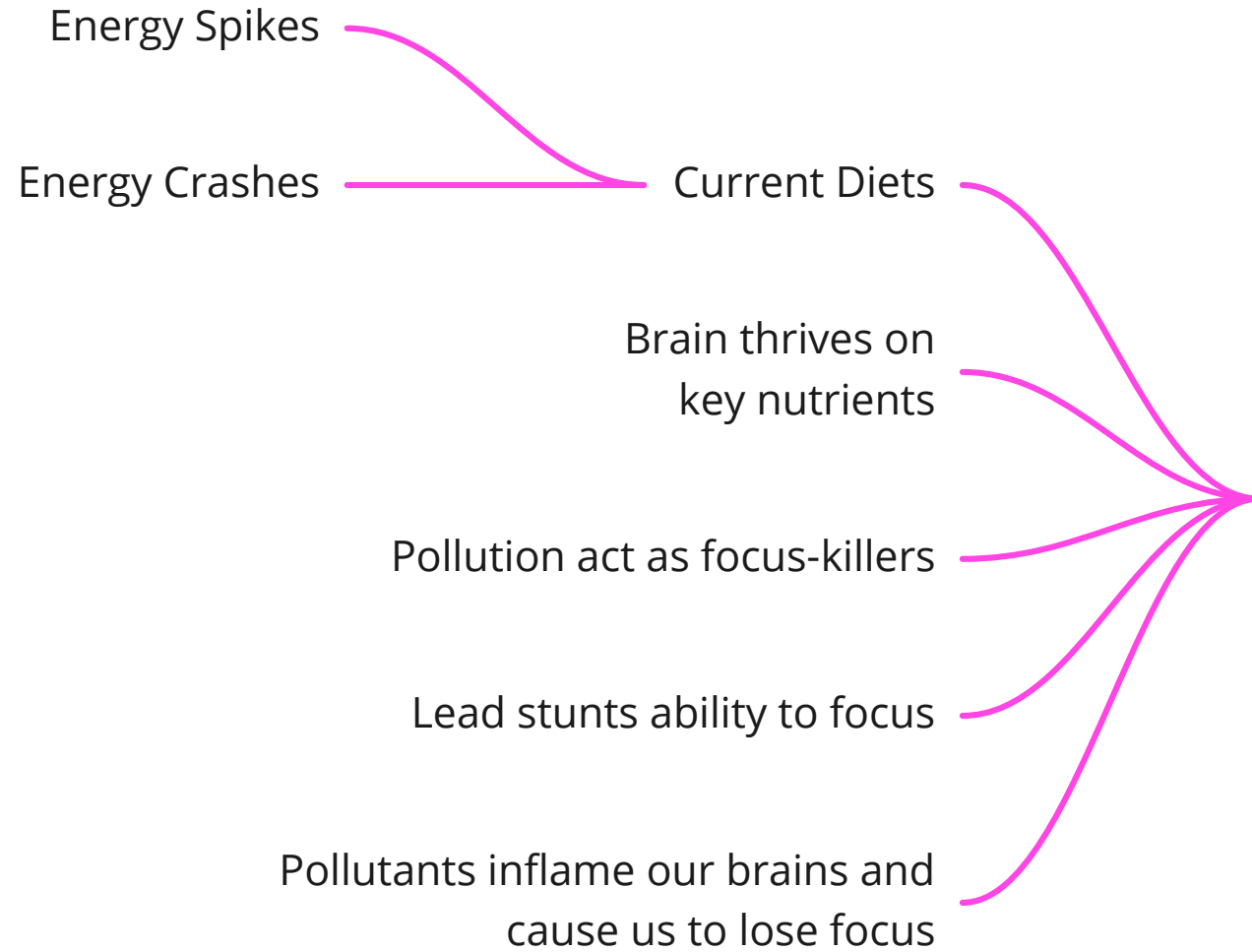
MSFT in Japan
has 4 day workweek

Toyota cuts workhours by
2 hours

Examples that
are reversing it



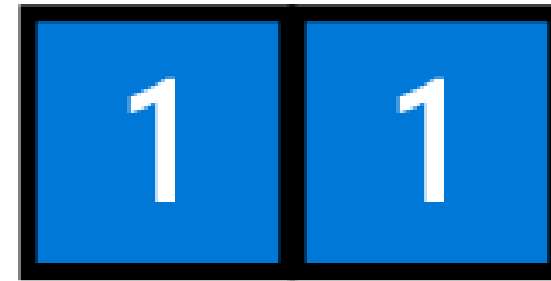
Surge in stress and How it is
Triggering Violence



9 & **10**
Deteriorating Diets
Rising Pollution

A horizontal pink line extends from the right side of the text 'Rising Pollution' across the width of the image.

- ADHD rates of rising
- Is it a biological problem ?
- Can it be fixed via focusing on the environment
- Treating animals in the zoo with anti-depressants
- Research is inconclusive



The Rise of ADHD and How we are responding to it



Lack of Exercise



Lack of playfulness

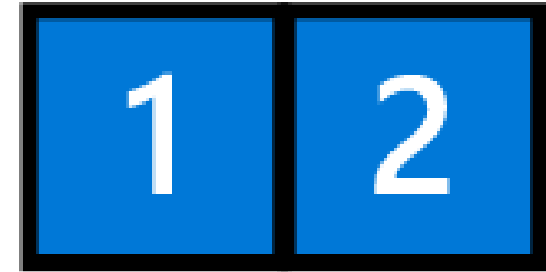


Anxiety

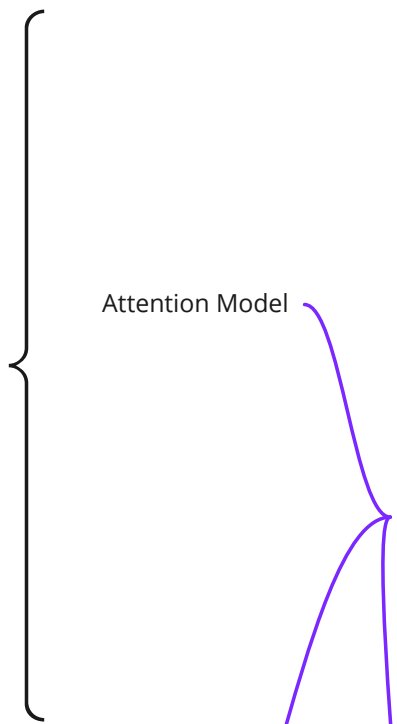
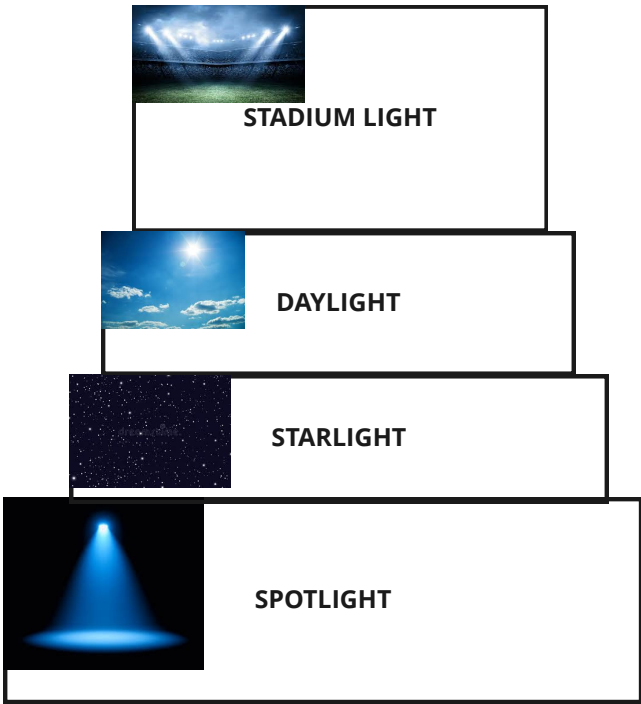
Intrinsic Motivation



Mastery over something



The Confinement of Our Children
Both Physically and Psychologically



Attention Rebellion

- Pre-commitment to stop switching tasks
- Seeking out flow states
- 6 months totally off from social media
- Walk without any devices
- Sleep 8 hours a day
- Play with children

Changes

- More screens
- More stress
- More insecurity

Covid has given a glimpse of future path

