



Improving Focus & Attention
Webinar Chat
October 19, 2022

[introductions removed to reduce length of chat log]

00:39:04Cindy Thomas: To access the workbook for today and ALL recordings you can use the same link: <https://conferences.nachc.org/nachc/articles/5214/view>. You may need to scroll down the page to the correct section.

00:46:53Amanda Mastrangelo: I used to show this video in lifeguard trainings!

00:47:05Laird Culver: not when the video glitches.

00:47:09Cindy Thomas: totally missed the curtain changing

00:47:17Samuel Gezehei: missed both lol

00:47:22Tiffany Black-Bridges: WOW

00:47:25Leyda Torres: Totally missed the gorilla LOL

00:47:40Alyssa Palmer: Completely missed both! 😊

00:47:48Andrea Flores: My first time watching

00:47:49trudy barnes: Was too busy counting I missed everything

00:47:57Suzanne McEachron: never saw the gorilla...AND got the number of passes wrong!

00:47:57Tauheed Hasan: Saw the gorilla, and the person leave. Didn't notice the color change

00:47:59Aryn Spurgeon: Missed all...count was good though. :)

00:48:05Rosemary Reyes: I was so proud that I guessed the correct passes! Totally missed everything else.

00:48:22Janell Kangas: I missed everything but I was celebrating I got the count right at 16. UGH.

00:48:28Andrea Salcedo: didn't see it :o

00:48:28Maria Perez: I was too focus on counting the passes lol

00:48:29Carol Jurczyk: got the count and gorilla - missed curtain and gorilla :)

00:48:30Robin Womack: So excited that I got the correct count, totally missed the other items!! WOW!

00:48:36Andrea Romero: Concentrated on the passing, missed other things

00:48:41Lora Ressler: well count was wrong missed the person leaving and the color change but I saw the gorilla

00:48:58Eunice Espinal: I didn't even see the Monkey..

00:49:29Elizabeth Brasier: people in white only threw the ball each other

00:49:44Denise Kelly: I saw the gorilla and thought the video got brighter when the curtain changed. I did not notice the player in black leaving the game.

00:49:59Karen Bass: Focused on counting the number of times the ball was passed by those wearing white T-Shirts.

00:50:00Crisarla Houston: I did not see the gorilla. I do not like counting exercises, and that has not changed today. It was hard for me to focus on counting the passes of the white team.

00:50:00Tammera Zak: that I did not concern myself with other things when focused on what was asked

00:50:04NANCY RYAN: Attention on the players passing the ball and not the whole picture.

00:50:05Lora Ressler: I focused on the passing but the gorilla threw me off and I missed everything else happening (person leaving, curtain color changing, missed the count by one.).

00:50:09K Mason: I noticed the gorilla without looking for it while paying attention to the white shirt players and counting.

00:50:09ALamelou Radjindrin: We have to know what to look for , because we oftem miss what we do not want to see

00:50:16Tauheed Hasan: No surprises noticed. I noticed everything but the color change

00:50:25Jeneil Jolley: I only focused on the directions. I got the count right. I missed the other things,

00:50:26Staci O'Kelley: I was just focus on people on white
00:50:26michelle larson: DID THE PERSON IN THE WHITE SOCKS COUNT AS A PERSON WEARING WHITE?????
00:50:26Fundisani Mangena: That when O focus on one think I miss the big picture
00:50:30marilou acebuche: I only focus on the task at hand
00:50:34Elizabeth Brasier: saw gorilla also thought the screen got brighter lol didn't realize it ws the curtain changing colors
00:50:36Carrie Wilson: spent all my time focusing didn't pay attention to everything going on missed the gorilla and the curtain but got the right amount of passes.
00:50:37Andrea Jergensen: Overfocused on counting, didn't see the color change or gorilla
00:50:38Eunice Espinal: I focused on counting the ball being passed around, nothing else
00:50:39Chris Campbell: knowing it was a setup, I was thinking, "I need more than one set of eyes on this process"
00:50:41Andrea Salcedo: cant multifocus
00:50:41Tina McConnell: Truth that we don't REALLY multi-task, because if we're focused on one thing that was assigned to focus on, we miss others.
00:50:42Laura Cessna: No suprires noted.
00:50:42Sandra Swisher: I did not notice the gorilla or the curtain change. I got the number of passes correct.
00:50:46Robin Womack: To focused on the issue at hand, totally missed the big picture!
00:50:52Nesita Britt: I focus on one thing at a time
00:50:53Tammie Robinson: I only saw the passers and gorilla
00:51:03Lori Parrott: I focused on what we were asked to pay attention to and missed everything else
00:51:05Laura Hernandez-Baird: I just focused on counting..
00:51:15CAITLIN SHEARER: I missed everything but got the count correct. I'm not surprised. I tend to hyper focus although my focus is often changing due to various tasks needing attention.
00:51:17Jessica Brase: If I'm missing as much as I did in this video (all of it), How much am I actually missing elsewhere? woof.
00:51:34Alyssa Palmer: While following instructions to focus on players in white, I found the players in black distracting; and yet still did not notice the gorilla or the curtain. I was too focused on following the ball and counting the passes.
00:51:35Fundisani Mangena: striving to get the exact count made me loose the braoader experience
00:51:36Charise Atiba: multitasking is a myth
00:51:38NANCY RYAN: 🙄 I think I need better glasses
00:51:39Venus Roschi: I usually am very good with details. I am surprised to have missed the gorilla and curtain changing color. I followed the directions and only focused on that. I miscounted because of the changes that were happening but didn't even notice what the change was. I thought it was a glitch in the video and said, I think they passed 15x. I missed all of it.
00:51:44Yudelka Salcedo: I just focused on counting
00:51:45Ian Strauss: Survey bias in action...
00:51:55Yamilet Hernandez: counted missed the curtain.
00:51:56Ellen Cross: I learned that when I am instructed to do one task I miss other details
00:52:04Sherece Dyer Hill:I def noticed that I only focused on the thing I was told to focus on
00:52:05Jennifer Cicconetti: Panicked when I saw gorilla that I losing count :(
00:52:06Heather Gillock: I was expecting the gorilla and was able to keep up on the passes and spot the gorilla, but I missed the more subtle things. It's a great illustration of how you can so easily see what you're expecting to see while missing the unexpected.
00:52:06trudy barnes: Attention span is very limited
00:52:07Brenda Petruccelli: I got the count right, but focusing only on the players in the white shirts. My ADHD even made that a struggle. I missed everything else going on
00:52:12Torrie Goodson: Hyper-focusing on a seemingly important detail can lead to missing what might actually be worth noting
00:52:30Cindy Thomas: @Torrie, spot on!
00:52:55Carrie Wenzel: focusing on one thing you miss other things OR you eliminate distractions, also depends on if you have a deadline for your focus
00:54:11Patricia Gregor: so true
00:55:08Joy Evans: Love the quotes 🔥
00:55:18Leslie Pou: can you share that quote.
00:55:21maritza vasquez: Yes love that quote
00:55:32Nataly Rodriguez:could you put that last quote in the chat?

00:55:33Eunice Espinal: so true

00:55:40maritza vasquez: Yes please, if you can share the quote

00:55:51Evan Taylor: saying no is so powerful because it preserves the _____

00:55:56Evan Taylor: opportunity to say yes?

00:55:57Kristina Leath: Yes please, thank you

00:56:09Cindy Thomas: @Nataly I'll make sure you get the quotes in the notes afterwards.

00:56:16maritza vasquez: Thank you

00:56:20Monifa Roberts: So true.

00:56:45Kelly Fields: hey I have to stand up for the Gold Fish, how do we know he doesn't have GREAT attention span

00:56:58Nataly Rodriguez:thank you

00:57:11Andrea Jergensen: I love the second bullet point

00:57:21Cierra Wilcox: yess @Kelly

00:57:38maritza vasquez: Totally agree

00:59:05april jones: hA! thanks jennifer..and they hired me for office manager

00:59:28Danielle Lum: If you haven't read Daniel Pink's book Drive, his premise is that you focus narrowly when money is involved; if you're trying to get your team to focus broadly (get the big picture), giving monetary rewards is actually counter-productive

00:59:36Jennifer Payne: LOL, it happens!

00:59:55Crisarla Houston: Focus improves memory. I need to remember things better. Life stress has my memory shot to hades.

01:00:03Sandra Swisher: So I don't forget things.

01:00:03Ebony Salako: My patience definitely!

01:00:09Crisarla Houston: Or ... maybe my memory is selective. :)

01:00:11Tammie Robinson: patience

01:00:14NANCY RYAN: I'm a medical coder, I have to pay very close attention when coding a claim so that I don't miss anything.

01:00:27adriana Velez: you will do things more efficiently

01:00:33Carl Green: Do things more efficiently

01:00:37Eunice Espinal: doing things more thoroughly

01:00:37Charise Atiba: Improved interpersonal relationships- there is life outside of the office.

01:00:40Alyssa Palmer: improvement of interpersonal relationships is most important to me. I have found it allows me and my colleagues to stay connected to one another, self reflect, and keep our mission and purpose at the forefront

01:00:40Cheri Boyer: enhancing interpersonal relationships, its important to me that me team knows I value and respect them

01:00:43Yusra Adem: Efficiency and productivity.

01:00:46Kristina Leath: efficiently

01:00:46Audrey Yalley: PREVENTS ERRORS

01:00:51Ian Strauss: Opportunities become more apparent. This is great as it makes the whole system work better. Also, if we see more opportunities, we can get ahead of issues and not have to fix problems in the future.

01:00:52Tammera Zak: I think they are all important. interpersonal relationships is high on my list

01:00:56Tara Walters: Time manangement

01:00:57Tarri Wyre: Will to do things thoroughly demands of work cause this to greatly diminish at times.

01:01:04Shawn Fowler: more patient

01:01:04Crystal Pineda: Get things done more efficiently

01:01:05Kevin Novak: I've apparently issues with being too hyper-focused.

01:01:06Brenda Petruccelli: Efficiently and prevents errors

01:01:06Eunice Espinal: being more productive

01:01:07Semiko Jacobs: time management

01:01:07Tauheed Hasan: Time management is very important

01:01:09Vilma Galindo: I want to be able to pay attention to details without missing the Big Picture

01:01:12Suzanne McEachron: efficiency, accuracy, listening skills and remembering

01:01:13Lora Ressler: I think if I do things more efficiently all the rest will fall in behind....if I'm wasting time and effort it costs me in innumerable area's.

01:01:14Karen Bass: Do things more efficiently and improve interpersonal relationships

01:01:19BriAnna Nixie: time management

01:01:22Kelly Fields: ALL ABOVE :)

01:01:27Staci O'Kelley: Time management
01:01:28ALamelou Radjindrin: thorough and efficient
01:01:28Janie Leal: As a clinic manager taking patient complaints/concerns - important for me to focus on patient and what is being discussed. Active Listening.
01:01:29Lori Parrott: Focus improves memory - I'm getting older and need to exercise that muscle
01:01:31Beverly Hepburn: To be more in control of not allowing myself to be distracted.
01:01:35marilou acebuche: Opportunities
01:01:37Andrea Jergensen: You will do things more efficiently
01:01:44Toni Dawson-Grant: Time Management
01:01:44Megan Redding: More patient and improving memory
01:01:45Vickylynn Cotter: Do things more efficiently with better focus when I am distracted from employees, and use more patience.
01:01:47Chanel Holland: Becoming more patient, I have got to work on that. if something is not done when I think it should be it's problem
01:02:07Beverly Hepburn: Why...to be less stressed, more organized and more productive.
01:02:07Venus Roschi: I will probably get more work done and understand things more thoroughly instead of just skimming and "getting an idea" of things; getting more things done will free up time to do more of my list
01:02:11Staci O'Kelley: Start my day positive mind
01:02:17Kimeka Clark: Doing things more thoroughly would be a good plus. Being able to be efficient.
01:02:24Carrie Wenzel: more efficient and effective, those around will appreciate not being ignored or put off (improving relationships) and being more aware of what is really going on around you
01:02:26Patricia Gregor: I feel the same way Chanel
01:02:41Janell Kangas: Love the Opportunities become more apparent" because we can always be improving
01:02:44Tonya Ames: LIFE
01:02:47Andrea Salcedo: pending tasks
01:02:54Angela Rivera: Being pulled in a million directions
01:02:54Kelly Fields: Lack of sleep!
01:02:58Suzanne McEachron: too much information
01:03:03Cindy Thomas: @Janell...YYEEEESSSS me too
01:03:05Vilma Galindo: Lack of motivation sometimes
01:03:39Cindy Thomas: Resource: Dr. Jha
01:03:43Lora Ressler: what was the name of author and book again
01:04:39Samuel Gezehei: wow 50%! that's huge
01:04:44Eunice Espinal: WHAAAAT 🤯
01:04:58Tonya Ames: 50% I feel like its more right now :(
01:06:55Kelly Fields: Walk faster,
01:07:23Eunice Espinal: 🚶
01:08:32Cindy Thomas: my juggler is broken :)
01:09:01Samuel Gezehei: @ Cindy lol
01:09:21Letrice Smith: Letrice Smith Ca.
01:09:58Patricia Gregor: how full that emotional glass is
01:10:58Quinten Foster: Do we have slides for this session?
01:11:00Tiffany Burdick: So true
01:11:02Cindy Thomas: To access the workbook for today and ALL recordings you can use the same link: <https://conferences.nachc.org/nachc/articles/5214/view>. You may need to scroll down the page to the correct section.
01:11:03Nicole Jett: love this visual
01:12:23Sujey Sanchez: 👍
01:12:51Aldeir Sotelo: Need to work on the sleep part the most
01:13:04Cindy Thomas: I'm in bed 8 hours....but probably only 3 GOOD hours of sleep
01:13:23Stephen Brooks: @cindy - amen girl...I feel that!
01:13:25Lupe Rocha: do focus vitamins help?
01:13:40Suzanne McEachron: I need regular exercise. I know it improves my ability to focus.
01:13:44Regina Pastor: Need to focus on Nutrition. There are days that I skip lunch because I have so much to do.
01:13:48Sarah Sweet: Exercise in the morning
01:13:48Tiffany Dickinson: My DNP/APRN project is actually all about sleep. It is so important!
01:13:51Lupe Rocha: go on morning walks

01:13:54Andrea Jergensen: Taking more time to myself to get a "brain break" or a "Factory reset" as I like to say

01:13:58Janie Leal: I need to balance all 4 - nutrition, exercise, sleep and stress mgmt

01:13:58Rebekah Stone: reduce screen time

01:13:58Crisarla Houston: I need to focus on sleep and exercise

01:13:59PEI YAO WU: regular exercise and sleep

01:14:02Lupe Rocha: drink more water

01:14:03Tauheed Hasan: More exercise. Using my treadmill more often

01:14:04Jessica Graham: Need to work on the stress management

01:14:06ALamelou Radjindrin: lifting wts

01:14:08adriana Velez: nutrition and exercise, me time

01:14:09Vilma Galindo: It is important to be honest with myself to realize in which area I need to improve.

01:14:10Nydia Garcia: Stress management

01:14:11Crisarla Houston: stress management too

01:14:12Carlos Gomez: Not skipping my lunch during the day

01:14:13Crystal Pineda: monitor my time and learn to say no

01:14:13Marlee Blaire: I am having a sleep study this week to improve my sleep

01:14:14Sarah Sweet: eating in the morning

01:14:16Audrey Yalley: more sleep

01:14:17trudy barnes: Stress management that will help me sleep healthy

01:14:19Donna Mack-Tatum: Regular exercise and sleep

01:14:19Yandeh Jallow: Increase in self-care and mindfulness practices.

01:14:20Angelique Torres:leave work at a timely hour.

01:14:20Suzanne McEachron: isn't "lunch" a candy bar at 2:30 p.m.???? ugh!

01:14:21Sarah Liska: I need to spend more time alone with God

01:14:21Kelly Fields: At five, leave everything at work.

01:14:22Hieu Pham: Quality sleep, going to sleep at the same time and waking up at the same time

01:14:22Christie Densmore: Taking time through the day for me

01:14:22Tyson Sam: Better sleep health

01:14:23Juanita Moore: Nutrition and exercise

01:14:24Erica Cruz: more sleep and excersice

01:14:24PEI YAO WU: mediation

01:14:24Linda Barfield: Improve my nutrition

01:14:25Monifa Roberts: Meditate more

01:14:25Casandra Robbins: Meditation

01:14:25Molly Ferguson: Reduce mindless screen time!

01:14:26Diane Boshers: Regular exercise - not skipping lunch break

01:14:27Patricia Gutierrez: I need to add exercise and manage my stress.

01:14:27Alyssa Palmer: More "me time" to recharge

01:14:27Carrie Wenzel: SLEEP! I know being rested is important but proper sleep is not always happening

01:14:28Fundisani Mangena: Exercise

01:14:29Staci O'Kelley: I need to focus on my Nutrition and do more Exercise

01:14:30Andrea Price: More meditation!! I do once daily, but know that my executive functioning is better when I do two sessions. Odd, but it works!

01:14:31Tammera Zak: my weak point is sleep. always wake up thinking about work tasks. Ughhhh!

01:14:31Audrey Yalley: reduce sugar intake

01:14:33Alyssa Palmer: sleep! yes!

01:14:33Kate Sanchez: Need more sleep.

01:14:33Melanie Murray: Taking guilt free time for selfcare

01:14:33Robin Womack: Stress management

01:14:34Codi Vargas: Work life balance, better sleep.

01:14:34Kristina Leath: Taking lunch away from my desk

01:14:36Crisarla Houston: yoga and tai chi help with exercise, sleep, and stress management. all forms of exercise help me, including walking.

01:14:36Sarah Sweet: Be kind to myself

01:14:36Dawn Tucker: stress management!

01:14:36Monica Morin: nutrition and sleep

01:14:37Peter ketsiri: Get more sleep

01:14:37Charles Woode: Exercise and sleep

01:14:37Tara Walters: Take a walk on lunch break to clear my mind

01:14:37Evan Taylor: Setting firm boundaries on when friends and significant others leave my house so I can get to bed on time!!

01:14:37Marc Strudwick: Drink a lot more water and exercise more.

01:14:39Sarah Reinstein: Regular exercise

01:14:39Linda Deeming: breathe deeply and exhale longer than inhaling.....

01:14:40Susan Swartz: Better stress management for better sleep patterns

01:14:40Christie Densmore: I don't really take a lunch so I have started 3 times a day taking 15 min and walking outside

01:14:40Andrea Salcedo: stop skipping breakfast

01:14:40Beverly Sirvent: exercise

01:14:41Kim Pederson: Not taking my lunch at my desk so I have the mental break from my work

01:14:44Vilma Galindo: Meditation is my medication :)

01:14:44Lupe Rocha: breathing exercise, even at work

01:14:45Tammie Robinson: all of the above are needed. for me the first step is nutrition

01:14:45Krystal Robinson: better nutrition

01:14:47Lynne Bishop: Exercise and drink more water

01:14:49Kymber gartin: I need to exercise and change eating habits. I work through lunches because I don't want to let my team down and don't let myself have me time

01:14:49NANCY RYAN: better nutrition and start my evening walks again with my dogs

01:14:50Denise Hinteriano: 1. Everything

01:14:50Aldeir Sotelo: Need to cut down on some daily activities so I can sleep more. Need to remember to have rest days. Sometimes I get too into whatever I'm doing

01:14:52Yusra Adem: Cut the driving time to work.

01:14:52april jones: be more positive

01:14:53Jennifer Payne: Exercising, more sleep!

01:14:53adriana Velez: prioritize family time

01:14:53cynthia smith: More sleep, less electronics

01:14:55Christina Santiago: Sleep and better nutrition

01:14:55Tammie Robinson: and exercise

01:14:56Arlene Pena: morning meditation

01:14:56Samantha Fixmer: not accept work calls/texts after hours and get back to yoga/meditation

01:14:56Isabella Raad: find a therapist

01:14:57Lupe Rocha: eat more greens, less meat

01:14:58Vickylynn Cotter: Work less hours to prevent fatigue that prevents healthy exercise and eating. Work 10-12 hours daily.

01:14:58Andrea Flores: Reducing screen time when at home

01:14:59Marina Lopez: mindfulness time

01:15:00Michael Steinmetz: more exercise and reducing the amount of time on a screen/cell phone checking emails etc.

01:15:00Lori Parrott: For me it would be nutrition and exercise. I can plan my meals and put exercise somewhere in my schedule

01:15:01BriAnna Nixie: increase my hours of sleep

01:15:01Sandy Mundy: I've worked significantly on stress management the last year through nutrition and have lost 60+ pounds. Now working on a REGULAR rather than sporadic exercise program.

01:15:02Ashley O'Brien: I feel that the easiest change I can make towards the above would be: Exercise. I like taking walks, and enjoy being outside. For some reason it is not a regular habit.

01:15:03Crisarla Houston: eating lots of fruits and veggies helps me stay well and energized

01:15:03Carol Jurczyk: SLEEP - start with a regular bed-time routine. I've seen this work wonders with my children, never did it for myself!

01:15:03Tina Andersen: Schedule my day, rather than my day scheduling me!

01:15:03Leslie Salas Karnes, (she/her), Mass League: schedule time to exercise

01:15:06Brenda Petrucci: Drink more water, make sleep a priority and set more definitive boundaries in both personal and professional areas

01:15:06Lora Ressler: Exercise - use my gym membership
Time - actually stop at lunch and have that time of rest NOT work through it and eat in front of the screen.

01:15:07Kerri Warner: ability to say no. Using my boundaries. this will reduce the too much on my plate

01:15:10Eunice Espinal: Need to stop working long hours.

01:15:10Rhonda Tuttle: Better sleep habits and stepping away from desk more often. Taking breaks

01:15:10Sarah Sweet: Boxing to release stress

01:15:11Torrie Goodson: Allow myself to step away from the desk every hour or so to reset and prevent fatigue while at the computer. Preventative measures go a longer way than tackling an issue when it manifests

01:15:11Jessica Brase: I would like to improve my eating habits (taking time to eat dinner at a regular time, not when i'm available to at 9pm), walking more, WITHOUT ELECTRONICS.

01:15:13Carolina Foksinski: work / life balance

01:15:13Staci O'Kelley: more mindfulness and meditation time to start my day

01:15:15Robin Womack: Accepting I can not control all people and all situations,

01:15:17Samantha Woodruff: regular exercise

01:15:19Christine Tennant: Limit Sugar intake and stress management.

01:15:21Lupe Rocha: love your pet ♥♥

01:15:22Raquel Berberena: Sleep - go to be earlier, Nutrition, baby steps to reduce sugars, eat healthier, Exercise - 1-2 wk to start and then add more.

01:15:22Suzette Ansay: Better sleep; don't stay up so late and stop eating before bed

01:15:22Nicole Madril: Eating better, sleeping better, water increase, and trying to exercise for wellness

01:15:23Tiffany Black-Bridges: meditation and self care

01:15:24Elizabeth King: boundaries for exercise

01:15:27Tina McConnell: Saying "yes" to the offer of a Fitbit to measure my heartrate and how long I sit at my desk. It tells me when to get up and move, which is good for me mentally and physically, and makes me more patient and productive.

01:15:29Janell Kangas: Commit to small time frames of exercise, even if it is just 5-15 minute blocks, it will get better. Set an egg timer and stop when it goes off. I did this when I was trying to clean a massively messy basement. I set a timer for 10 minutes I often went longer but I committed myself to those 10 minutes I can do the same with exercise

01:15:30Suzanne McEachron: boundaries are needed to support sleep, nutrition, exercise, and self-care

01:15:30Nicole Madril: hugging my dog is helpful

01:15:32Ronnah Alexander: Self help reading one hour before bed. Working downtime into the schedule and doing it... listening to your body when you need rest exercise program to reduce stress

01:15:33Kymber gartin: I am willing to try setting timers for time for myself and focus on healthy habits even if its taking time to deep breath and walk away from situations

01:15:33John Futrell: nutritional habits

01:15:34Catherine Monismith: Minimize the number of unwarranted to chances that are given in the workplace.

01:15:34NANCY RYAN: work/life/nutrition balance

01:15:37Carrie Wenzel: less coffee, more exercise

01:15:39Donna Lewis: Regular exercise and drink lots more water

01:15:40LaVette Cunningham: I am terribly deficient in good nutrition, exercise and sleep. I can start by taking a brisk walk break to destress and exercise.

01:15:42Dionne Dyer: Eat healthy, cut back on carbs and sugar. Exercise more outdoors. Breath when stressed.

01:15:42Sarah Sweet: Break bad habits

01:15:44Melissa Owings: effective communication with others

01:15:45Rhonda Tuttle: Family boundaries for stressors

01:15:45Andrea Salcedo: stop overthinking

01:15:46Cindy Thomas: love the egg timer idea that just scrolled by!

01:15:47Brenda Rufino Estrada: regulating a sleeping schedule

01:15:49Debra Cyphert: buy a dog

01:15:49Deena Hilton: all of the above needs to change but we have no idea how to accomplish consistency

01:15:50Lupe Rocha: no energy drinks

01:15:53Nancy Contreras: better sleep and exercise

01:15:54Kimeka Clark: Me time

01:15:57Vilma Galindo: Taking 10 min breaks twice a day at work

01:15:58Carrie Wilson: sleep, exercise and nutrition....take more time in life to focus on me

01:15:59Geraldine Cereceda: Meditation and time for myself

01:15:59Sandy Mundy: I need to drink more water. I love the person that said love your pet. It's very calming to have my dogs on my lap just sitting there quietly petting them.

01:16:01Samuel Gezehei: + better time management, more soccer, hiking and biking time, definitely reduce screen time and increase breaks and walks, more sleep time + more healthy food

01:16:06Nicole Madril: taking a moment before I respond to a situation

01:16:07Regina Pastor: I need to try to work on my stress management.

01:16:09Megan Redding: setting boundaries and realistic expectations for self

01:16:09Eileen McFadden: I just need to learn to wind down; maybe exercise or walk more

01:16:13Iman Barquet: a better mattress lol

01:16:15Tina Castillo: need to get back to walking to feel better and think clearly.

01:16:17Kristina Leath: Better sleep

01:16:18Beverly Hepburn: add regular exercise (walking) to my daily routine. Helps to de-stress. Also get to bed earlier.

01:16:20Lisa Duncan: take lunchtime walk

01:16:22Juanita Moore: Exercise more

01:16:25Monifa Roberts: positive affirmations to self

01:16:26Aldeir Sotelo: Been doing brisk walks at work. Can definitely say my focus, productivity, and overall mood is better

01:16:26Leslie Pou: need to exercise.

01:16:28Samuel Gezehei: @Iman I second that lol

01:16:28CAITLIN SHEARER: I think if I improve my nutrition/exercise then everything else will follow. Better sleep and lower stress.

01:16:28Charise Atiba: Sleep is critical- I only seem to sleep well because I'm so exhausted after three or so days of interrupted sleep. More relaxation time in the evenings could help...maybe

01:16:29Chanel Holland: Getting enough sleep, understanding that Rome wasn't built in a day which means I am not going to always get EVERYTHING I plan done

01:16:30Ernesto Guevara: I need to exercise, and I am willing to walk daily for 30minuts

01:16:31Sarah Sweet: Slow down on social media

01:16:35Angelica Arevalo: meditation and sleep

01:16:36Tara Landrigan: Exercise and sleep make time for a 20 min workout at least 3 times a week sleep i don't i think that will never happen lol

01:16:44Joy Evans: Food prep, exercise and funny video or joke for daily laugh 😊

01:17:00Venus Roschi: i need to change the amount of time spent in front of the tv when at home and give time to managing the household and chores; I need to delegate tasks out that can be done by others to have the time to focus on tasks I am responsible for.

01:17:10Tish Rush: Sleep and a quick walk daily

01:17:10adriana Velez: walks on my break

01:17:19Lisbeth Carpio: stress management

01:17:21Vilma Galindo: Stop watching news

01:17:22Danielle Lum: should do lifestyle change like anything else we're trying to improve, set a reasonable goal, do PDSA cycles, track with data

01:17:23Sharon Martin: During the school year I take spin and stand up paddling classes through the local college. Encourages me to go 3 times a week.

01:17:26Angelique Torres: Drink water! It makes me get up from computer and take bathroom breaks !

01:17:29Venus Roschi: give more time to exercise and get good sleep

01:18:06Cindy Thomas: @Sharon, I want to do stand up paddling!

01:18:13Elizabeth Mettler: Change perception of how to accomplish exercise

01:18:20Danielle Lum: multitasking is a myth

01:18:22K Mason: Both?

01:18:46Dionne Dyer: Task switching

01:18:47Tanya LeMire: Multitasking is absolutely a myth!

01:18:59Carrie Wenzel: I switch tasks so that my brain doesn't burn when working on something too long

01:19:11Cindy Thomas: this is SOOO where our boundaries session last week comes in!

01:19:14Monifa Roberts: turn off notifications during active engagement

01:19:19Jane Walmsley: i just took the hand weights that I never use from under my desk to lift them during this webinar - multitasking! :D

01:19:26Tauheed Hasan: What exactly is the difference between multitasking and task switching because they sound like the exact same thing

01:19:40Nesita Britt: I wish I could have a heater!

01:19:43Diane Boshers: I've gotten better about ignoring my email while I'm working on a project at work

01:19:45adriana Velez: block my time
01:19:48Amanda Mastrangelo: I find intentional task switching to be helpful for focus - setting a timer to do a particular task and only focusing on that during that time. And varying the tasks to keep my brain sharp
01:19:51Lupe Rocha: no social media
01:20:09Tish Rush: turning off email notifications
01:20:20Cierra Wilcox: my ADHD needs time blocks at work or I will switch tasks without finishing the last
01:20:21Cindy Thomas: LOVE LOVE LOVE the book Atomic Habits!!!
01:20:33Samuel Gezehei: Turned off all my notifications, except work-messages.
01:20:48Iman Barquet: We have not been able to work from home at all in my dept, but there is no privacy on the floor. Our employees are often needing assistance with certain nuances, but it distracting
01:21:06Jessica Brase: 100% task switching
01:21:07Aldeir Sotelo: I task switch a lot. Mixed results sometimes
01:21:23Andrea Jergensen: Cierra I FEEL THAT! I think that putting in systems where I get regular breaks for finishing a chunk of tasks I get things done much more efficiently.
01:21:24Evan Taylor: Jennifer, you are so phenomenal at speaking and teaching!!
01:21:28Kimeka Clark: Phone
01:21:36Suzanne McEachron: email
01:21:38Lynne Bishop: Surfing the web or hours
01:21:40A C: multitasking and task switching simultaneously
01:21:49Nesita Britt: The noise level, things going on in the background
01:21:50Ernesto Guevara: people constantly interrupting
01:21:51Crisarla Houston: Work has been hectic and stressful. I am working with my therapist to ensure that I do not work after 5 PM right now. I need to engage in self-care and must make time.
01:21:55Suzanne McEachron: set times for email checking
01:22:02K Mason: It's tough with an "open door policy"
01:22:03Hieu Pham: Focus on on task/project at time. Block out my schedule for "FOCUS TIME"
01:22:03Rebekah Stone: phone calls and emails constantly coming in while trying to complete a task
01:22:03Casandra Robbins: open door policy
01:22:04Rocio Tamez: Will we have access to the recording? I missed a good prorion on this lesson.
01:22:04Tarri Wyre: text and email, people stop by to ask questions
01:22:04Tara Walters: Co-workers speaking about socializing and not work conversations
01:22:06Angela Rivera: Constant interruptions
01:22:07Nesita Britt: Being seated in a quiet area
01:22:10Lupe Rocha: distractions around you
01:22:19Tish Rush: phone
01:22:21Janie Leal: block time
01:22:23Kymber gartin: Picking up other department duties
01:22:23Cyndi Miller: blocking time is a good idea
01:22:23ALamelou Radjindrin: setting boundaries
01:22:24Andrea Jergensen: I know for me when my sensory system is overstimulated by lights, sound, or temperature I cannot focus so I make a point to have soft lights, a fan, and my ball chair when I have to get more tasks done
01:22:25Carrie Wilson: checking email/ TEAMS is a big interruption for me. I need to set up specific times to do this and avoid constant looking
01:22:27Tauheed Hasan: Staff, phone calls, emails,
01:22:29NANCY RYAN: When we had 10 Coders all in one big office, it was distracting. Home is quiet and peaceful. I live alone except for my dogs.
01:22:30Tauheed Hasan: Set boundaries
01:22:30Tarri Wyre: People
01:22:31Catherine Gilbert: Pets and family members
01:22:32Beverly Hepburn: My cell phone. Put on do not disturb for morning hours and check at lunch time
01:22:33Andrea Price: Schedule blocks of time on my calendar for focused work
01:22:33Lupe Rocha: over head page
01:22:34Nicole Madril: people interrupting,
01:22:37Suzanne McEachron: balancing relationship building and fraternizing with need to complete real work
01:22:39Monica Morin: emails and meetings

01:22:40Megan Redding: People talking all the time around me while I'm trying to concentrate. This is everywhere I go. Work, home, EVERYWHERE

01:22:42Charise Atiba: My office is cold, and I did not realize the impact of it until I started to notice that was all I focused on. I've invested in a warm shawl.

01:22:43Monica Avalos: distraction, always being the one to say yes to helping but never asking for help myself

01:22:46Kelly Fields: Negative vibes, hide in empty off next to mine

01:22:46Kristina Leath: People

01:22:46Isabella Raad: I often get distracted by people coming up to my cubicle to ask questions. I'm going to set up a spinner sign that shows my availability (similar to RA's in college dorms)

01:22:49Kymber gartin: I need to say no or escalate more to department leads and allow myself to focus on my tasks

01:22:50Samantha Woodruff: constant phone calls and interruptions

01:22:50Melanie Murray: Being pulled in multiple directions. Not sure how to close off people to protect needed "work" time.

01:22:52Jessica Brase: How does one fix the things that are impacting and impairing our ability to focus when it's the environment that we are in daily? Ugh.

01:22:54Tina McConnell: I recently replaced my desk chair. Was needed!

01:22:57K Mason: Technology also has a way of making you more "available" with texts, emails, instant messages, etc... Those notifications are very distracting.

01:22:59Aryn Spurgeon: Needing to schedule priorities better in my calendar.

01:23:12Cierra Wilcox: Andrea, I let myself have a little break between block times, bathroom/water or go for a walk so that my brain knows something good is coming after this work I dont necessarily want to do

01:23:13Lupe Rocha: what works for me is slow jazz music

01:23:14ALamelou Radjindrin: turning off emails and teams for the time that we are in a meeting or focused on something

01:23:15Carol Jurczyk: I've limited my email review times to 3 X per day, worked wonders for concentration/focus. Want to now try to leave my desk for 1/2 hour daily for lunch/walk.

01:23:15Regina Pastor: constant calls and emails.

01:23:16Aldeir Sotelo: Wrist pain! Just noticed it today

01:23:16Chanel Holland: Set aside time in my day for myself, blocking my schedule. The boundary would be not answering every time someone calls, especially when it can be a simple chat or email

01:23:17Rafael Pizaña: Silence in the office - I get so easily distracted when all is quiet

01:23:21Lora Ressler: I would like to learn and try the brain dump. I do community theatre and somehow once the show is done my lines are GONE...now to transfer that to my work life at least a little.

01:23:21Robin Womack: CREATE A LIST TO FOLLOW THROUGH TASKS EACH DAY-BLOCKING TIME ON CALENDAR TO COMPLETE TASKS

01:23:22NANCY RYAN: willing to not over schedule my day.

01:23:25Diane Boshers: Blocking my calendar to work on certain tasks helps

01:23:26Kim Lieberman: People not respecting that working from home does not mean taking care of things at home while trying to work or calling you because you are "home"

01:23:30Andrea Jergensen: also I try to schedule my harder to do tasks in the morning and then break down hard afternoon tasks into small parts

01:23:32Dionne Dyer: My office door stays open and people walk in all the time. "Constant interruption!"

01:23:34Raquel Berberena: Task switching & interruptions Need to block my calendar, note on door and communicate expectations. Do what's most important first.

01:23:36Venus Roschi: My department consist of different roles. My role is constantly filled with many tasks thus very busy. The other roles seem to allow for time to have long conversations. I like to take part in them however I am taken away from tasks I should be doing. I need to wear ear phones but don't want them to think I am ignoring them.

01:23:39Samuel Gezehei: would be great to have mentor that allows for focus

01:23:47Eileen McFadden: definitely task switching

01:23:51adriana Velez: be ok with closing my door as needed to focus

01:23:53Lisbeth Carpio: Stress & interruptions

01:24:00Lillianne Lewis Debnam: Not enough space. Change location, utilizing portable equipment

01:24:08Cierra Wilcox: Brown noise in headphones helps SO MUCH to stay focused on one task and not get distracted by outside people, my desk is not to private

01:24:38Molly Ferguson: What's brown noise?

01:24:47Carrie Wilson: where is the workbook for this session I didn't get the email?

01:24:48Andrea Jergensen: Cierra I completely appreciate that! I hate the pitch of white noise or pink noise

01:25:04Lupe Rocha: more energy am

01:25:12SHELLY KNAPP: My calendar in OUTLOOK charts FOCUS TIME on my calendar and I usually ignore it. I am going to start using that time to focus.

01:25:13Regina Pastor: Most energy in the morning

01:25:14Lupe Rocha: less energy in pm

01:25:20K Mason: Early morning before all of the distractions and meetings. Before energy is drained from the day

01:25:20Tish Rush: I used protected times, I block it off on my outlook and choose one task to focus on during that time.

01:25:22Eileen McFadden: Early morning I have energy, but I'm dead after 6:00

01:25:22Kerri Warner: less energy 1-3PM

01:25:25Rebecca Carrico: CHANGE LOCATION AND CONCENTRATION

01:25:26Nesita Britt: Less energy after lunch

01:25:32Aldeir Sotelo: I usually listen to Lo-fi music to block out people talking in my office area

01:25:32Cierra Wilcox: Brown noise is supposed to be lower pitch than white noise and helps with focus, I just youtube a brown noise video

01:25:37Diane Boshers: I hit a 3:00 wall most days. lol

01:25:39Carrie Wenzel: constant interruptions , questions, noise, open work area - try to reduce interruptions, set more boundaries, delegate more so I can stay focused

01:25:46Samantha Fixmer: 2:30 pm

01:25:50Jeneil Jolley: I am the same way

01:25:57Lupe Rocha: green tea gives me energy

01:26:06Nancy Dee Paschal: Mornings are the worst
11AM good ideas flow
Post 10PM hours are creative!

01:26:07Nancy Contreras: 2:30pm 🤔

01:26:08Andrea Jergensen: my Wednesdays are my toughest days cuz I work 8:30-7:00pm so I make sure to give myself movement breaks, time for snacks, and fresh air

01:26:10Chanel Holland: yep that 3pm time frame does it every time I have to get up for a min to get myself refocused

01:26:10Robin Womack: AM MOST ENERGY- 3:00 START TO SLOW DOWN!

01:26:18K Mason: I try not to schedule meetings, etc. after 3p. Especially if I need to really pay attention and give input or find solutions

01:26:23Patricia Gregor: High energy in the morning

01:26:26NANCY RYAN: I start work at 4am, my best working time is 10am and my lowest energy is around 2pm. so I'm off work and can spend sometime doing other things

01:26:28Suzette Ansay: 3:00 wall, then after I have more focus and energy in the PM. Mornings are low energy

01:26:36Dionne Dyer: Most energy in the AM. After 4pm in an isolated location.

01:26:36Carrie Wenzel: 2pm is like nap city (or feels like it!) so encourage everyone to get up, walk around, snap out of it

01:26:40Jayapradha Nagenahalli: Block your calendar to get your work done based on priority

01:26:54Tonya Ames: Morning! I was taught at a conference once that use the AM to do any high focus/brain power items in AM and save simple stuff like emails for end of day

01:27:02Nesita Britt: the most energy in the morning

01:27:09Lisbeth Carpio: most energy - Morning

01:27:10Audrey Yalley: most energy in late morning.

01:27:16trudy barnes: Afternoon most energy. 7am to noon little to no energy

01:27:19Megan Redding: Most energy after I leave the house in the morning and less energy after lunch. I agree about lighter lunch because I eat salads now. I used to eat rice meals and the rice made me sleepy.

01:27:20Cierra Wilcox: <https://youtu.be/QW0u2sajpQ0> this youtube video has helped me so much

01:27:21Rebecca Ferraro: Taking a walk outside (in the sun) gives me energy.

01:27:25K Mason: I start my day early, before most, but that just drags my day on longer since everyone else's day starts at least an hour and a half or 2 hours later. So.. I still need to be available at the end of the day if they need me.

01:27:31Nesita Britt: think you should take 15 minute breaks at least 3 times a day

01:27:48Nesita Britt: breaks help you regain focus

01:27:49Lupe Rocha: going on walks on break gives me energy

01:27:51ALamelou Radjindrin: I am energetic all the time.

01:27:52Cierra Wilcox: i love going for walks during break, helps me stay focused during the day

01:27:59Aldeir Sotelo: Hmm most energy in the morning and I get a 2nd wind around 3pm but I need to refocus otherwise I'm very bored

01:28:11Lupe Rocha: fresh air clears my mind

01:28:23maritza vasquez: Fresh air. Walks help me

01:28:24Lisbeth Carpio: focus - listening to nice relax songs

01:28:26Nesita Britt: coffee gives me energy

01:28:31ALamelou Radjindrin: I enjoy short naps or walk to the restroom is refreshing. Drinking water

01:28:38Lupe Rocha: eating snacks help me focus

01:28:39Jayapradha Nagenahalli: walk

01:28:45Kelly Fields: Morning are the best for me, afternoons are not so great. I can power nap for 10 minutes and be energized or power walk. Gives me power is helping others. Outside box, go on more vacations

01:29:00Lupe Rocha: no sugar after lunch

01:29:02Karen Bass: walks during lunch

01:29:08ALamelou Radjindrin: Short breaks increase circulation and increase energy

01:29:17Eunice Espinal: Most energy 9am-3pm

01:29:21Janie Leal: 1. most - in the AM, least - later PM 2. end my day at a certain time to re-focus 3. schedule breaks in my calendar so I have the time to take one 4. revitalize for sure! 5. other positive energy, I go to those that have it and feed off them - kinda like a charge up 6. active listener, self-discipline

01:29:22Diego rivera: Even a step away from the desk at break and fresh air is also good

01:29:22Sarah Sweet: I have energy in the morning , but focus in the afternoon.. lol

01:29:24Lupe Rocha: good music, positive vibes

01:29:26K Mason: I envy those that can power nap! Lol

01:29:28maritza vasquez: I noticed certain food brings down my energy. So I try to stay away from those food while at work

01:29:31Jessica Brase: My best, most efficient work starts at 5pm when staff leave the office. I tend to lose myself working when there's no distractions.

01:29:31Melanie Murray: Most energy is close to 5pm 🥰 Music gives positive vibes

01:29:44Staci O'Kelley: Having a high protein Breakfast

01:29:47Eunice Espinal: going for a walk gives me energy

01:29:48Nesita Britt: take a quick walk around the building to get away from your desk

01:29:51Lisbeth Carpio: 3 breaks each 15 minutes will be beneficial

01:29:51Kerri Warner: being in the office cause me to be less focused. I work so much better from home. I have the ability to move around more or go outside and keep working which helps my energy.

01:29:53Tammera Zak: I will be leaving this webinar for a meeting at noon. Thank you again for all your insight! Very much appreciated for this Newby! See you next Wed.

01:30:00Andrea Jergensen: I know I try to keep my overhead lights off as much as possible because they overstimulate me so when I'm alone they are off. I also try to schedule my admin mid afternoon so I can get a redirection in tasks

01:30:04Eunice Espinal: taking a break outside the building

01:30:11Dora Ruiz: Positive affirmations, Hydration and a good night sleep, keeps me positive with great energy all day long.

01:30:13Angela Rivera: 5am -2pm, yes, keep them toward the latter part of the day, revitalize, action, shut my door.

01:30:18Kelly Fields: @ melanie 5 p.m. on Friday

01:30:25Dionne Dyer: Short walks outside the building

01:30:27Tarri Wyre: Most efficient in the AM, least efficient after 5:00PM

01:30:28Samantha Fixmer: using the Pomodoro timer consistently throughout the work day with 30 mins focus and 5 min break for bathroom, stretching, drink refill, email check, etc helps me stay positive and feel productive without overwhelm throughout the day

01:30:30Janie Leal: @Melanie - for sure!! MUSIC!! 🎵

01:30:30Evan Taylor: I noticed Im always being extra productive in order to optimize my time with everyone else, but I hardly optimize my time for myself.

01:30:34Diane Boshers: Getting up from my desk. Moving around. Music

01:30:39Aldeir Sotelo: Walking breaks revitalize me! Monday's and Wednesday's I make fun plans after work to look forward to the end of the work day

01:30:45Tarri Wyre: I believe that walks will help

01:30:47Rebecca Carrico: Positive attitude and good motivation.
01:30:48Staci O'Kelley: be more organized and better plan my day
01:30:50Carrie Wenzel: first thing I like quiet, I get right to work, by 10 I am fully awake but overloaded, by 1030 need to walk and fresh air - by 2pm the office is sleepy so we do something to get us all peppy
01:31:13Janell Kangas: Once I know that all staff are at work, remove my cell phone from my desk. It is too easy to look at it myself or check emails there and that is not a good impression for staff to see...they may assume I am doing something personal
01:31:21Ernesto Guevara: oh man!!!!
01:31:34Catherine bonuke: Less energy in the afternoons. Breaks help energize me
01:31:37Eunice Espinal: yes
01:31:41Chris Campbell: would have been nice, though
01:31:41Selenita Delgado: exercise early in the morning help me focus on my day ahead
01:31:41Angelica Arevalo: so true well said
01:31:45Maria Perez: Yes, please lol
01:32:02DeJernel Adams: I love that!
01:32:03Diane Boshers: I want to be the dog. lol
01:32:05Tanya LeMire: Mind FULL
01:32:10Kelly Fields: Mind Full
01:32:13Cierra Wilcox: wowww
01:32:14Heather Greenawalt: I share this with people ALL THE TIME
01:32:16Selenita Delgado: Mind Full
01:32:19Kristina Leath: Mind Full
01:32:19Elizabeth King: awesome
01:32:19Ernesto Guevara: 87 x 10
01:32:20Rebecca Carrico: Stretching and meditation
01:32:22Jayapradha Nagenahalli: Mind Full
01:32:28Jennifer Payne: Oh wow!
01:32:29Patricia Gregor: mind full and yes I would like to be the dog as well
01:32:31Vivian Quach: ADHD = Mind Full 100%
01:32:32Angela Rivera: Mind Full
01:32:34Evan Taylor: Disgusting lol
01:32:34Aldeir Sotelo: HAHAAHA I believe that, I would say 30 minutes
01:32:37Tonya Ames: 87... that's about my morning alone 🤪
01:32:44Patricia Gutierrez: We need to stop looking at the phone
01:32:49Carrie Wenzel: I just told someone I am focused right and setting boundaries and they ask me if I was listening to them and I said no, I am on a this presentation and I am applying my focus to this not that
01:32:53Patricia Gutierrez: 😞
01:32:57Fundisani Mangena: Is that for iPhone users only or android users as well?
01:33:05Leslie Pou: I hardly look at my phone throughout the day
01:33:14Cindy Thomas: @Ginger, I love it
01:33:19Janell Kangas: Carrie Wenzel....good answer!
01:33:33Cindy Thomas: @Carrie, WELL DONE
01:33:38Monifa Roberts: agree!
01:33:46Haley Mattison: I use my phone constantly during my work day. Outside of work not very much
01:33:48Tammie Robinson: great answer CW
01:34:06Quinten Foster: Check out DBT skills when looking for more in-depth information and practices for mindfulness to support emotional wellbeing!!!
01:34:11Tammie Robinson: Carrie Wenzel
01:35:36Sarah Reinstein: I have to leave for another meeting at this time. This was very helpful! I plan to view the rest of the slides for today's session. Thank you!
01:35:40Carrie Wenzel: part of it is that they know you know stuff so they always come to you but I encourage self reliance, other times it's sharing a positive story or some kind of success however, it doesn't mean I stop what I'm doing every.single.time.
01:36:33Angelica Arevalo: a coworker recently told me to try the app insight timer it is great and free
01:37:19Erica Letson: Any recommendations for mindfulness apps?
01:37:23Carrie Wenzel: it's like when your kids pester you when you are doing something and if you don't answer right away they think you are ignoring them - you have to emphasize that we all have responsibilities it doesn't mean we don't care what they need but we need things too.

01:37:45Cathy Weirick: Insight timer is excellent as just mentioned. Yoga with Adriene on YouTube is the best
01:38:04Katy Carey: Calm app and Headspace app
01:40:04Tauheed Hasan: Virtual Reality is also an amazing tool if you have it
01:40:39Tiffany Black-Bridges: @Katy Carey I love the Calm App
01:41:05Carl Green: I almost went to sleep
01:41:13Rasheda Akter: wow
01:41:15Kelly Fields: These excises make me heavy
01:41:17Cierra Wilcox: calmer
01:41:19Suzanne McEachron: dozing off.....
01:41:21Ernesto Guevara: I love meditation
01:41:21Jayapradha Nagenahalli: Carving time for these activities is a difficult task. Juggling home and office
01:41:21Leslie Pou: relaxed
01:41:23Jessica Brase: That was wonderful!
01:41:23Vilma Galindo: Absolutely!
01:41:25Jessica Castaneda: sleepy
01:41:26Jamie Whiteside: very nice and calm
01:41:26Megan Redding: Shoulders relaxed
01:41:28NANCY RYAN: very relaxed
01:41:29yanira mendoza: yes relaxed
01:41:29Maria Perez: more relaxed
01:41:29Crystal McNaughton: WOW!
01:41:29Danielle Tenorio: More relaxed
01:41:30Jane Walmsley: i feel soothed... :)
01:41:30Sehrish mahasaniya: relaxing!!!
01:41:30Samantha Fixmer: less overwhelmed
01:41:32Diane Boshers: 🤗
01:41:32Andrea Flores: very different !!! OMG
01:41:32Denise Hinteriano: RELAXED!
01:41:32Mohammad Sarfraz: A prayer does the same thing
01:41:34Lynne Bishop: could not sit still
01:41:34Tanya LeMire: My legs felt heavy sort of...very relaxed
01:41:36Karem Martinez: relaxed and calm
01:41:36Cierra Wilcox: now i want to go outside and see trees
01:41:37Aldeir Sotelo: relaxed, thanks!
01:41:37Rebecca Carrico: RELAX
01:41:39Staci O'Kelley: relax
01:41:51Dora Ruiz: thank you, I needed this, feel so relax:-)
01:41:57Andrea Price: I use Insight Timer on my phone - they have a lot of guided meditations, music, and yes, some prayers as part of setting intention.
01:41:58Janie Leal: I LOVE Medidation and listen to those sounds often when I feel stressed or have high energy
01:42:23Kendra Lewis: like @ Mohammad
01:42:26Adrian Thompson: Shoes off, bare feet on the grass is also great for grounding and mindfulness.
01:42:35Jimmy Ellis: I LOVE Meditation as well.
01:43:33Rebecca Carrico: Yoga & meditation - so relaxing & calming
01:43:44Regina Pastor: I need to start doing this every day. It may help work performance.
01:44:31Diane Boshers: A balloon just popped in my office. There went the relaxing. lol
01:45:15Cindy Thomas: it's amazing what 3 minutes can do for us...
01:45:16Janell Kangas: I have used this song, a chant and close my eyes and focus on the crescendo and the voices...it is a 2 minute way to reconnect to myself. <https://youtu.be/-QZRVJn5X5s>
01:45:17Jennifer Payne: Relaxed! And ready for a nap!! :)
01:45:37maritza vasquez: Relaxed
01:45:42Janie Leal: Yes! @Cindy T
01:45:46Lynne Bishop: neither
01:45:47Latisha Williams: ❤️
01:45:54maritza vasquez: I like the body scan noticed the tension in my neck and aoulder
01:45:54Alejandra Hernandez: very relax
01:45:59Stephanie Petrauskas: my problem is my fibro does not let my body relax

01:46:03Staci O'Kelley: I like more Grounding Meditation
01:46:09Jessica Brase: I feel heavy and tense. Grounding was much more effective for me.
01:46:16Ernesto Guevara: I am becoming a wet noodle on my seat
01:46:19Maria Perez: The body scan was even more relaxing. I almost fell asleep lol
01:46:20Alejandra Hernandez: so far I like body scan
01:46:24Tammie Robinson: grounding meditation
01:46:28Regina Pastor: Body scan- I could notice tension in my neck.
01:47:34Lucija Berbakov: I liked the grounding meditation the best
01:47:41Dr. Richard Amiss: box breathing is the jam
01:47:42Yusra Adem: love it.
01:47:43Tanya LeMire: I liked that one a lot!
01:47:51Lori Parrott: This one is similar to my iPhone breathing app
01:47:58Chanel Holland: I like the grounding meditation and the body scan
01:48:29Angelica Arevalo: there is something called tapping
01:48:40Rebecca Carrico: I love it . Its a stress reliever.
01:48:54Chasity Withrow: I loved the body scan!!!
01:49:12Jeneil Jolley: Has a sense of calmness this is a great tool
01:49:13Patricia Gregor: I do the tapping for anxiety
01:49:19Charise Atiba: so soothing
01:49:27Omar Alba: Tapping helps with anxiety and destress
01:49:27Carmen Alvarado Martinez: for some reason it gave me happy chills!
01:49:29Diego rivera: cool
01:49:40Haley Mattison: I do this all the time! plus tapping for anxiety
01:49:46Tara Walters: I have a click it pen that I use
01:49:51Kelly Fields: Same Carmen
01:49:54Tia Lee: very cool
01:50:09Venus Roschi: my therapist introduced me to box breathing and is an exercise I use often and works well for me; the body helped me find an irritation in my right let, the grounding help me picture myself in between the sky and earth, will practice the fingerprinting
01:50:12Omar Alba: Tara - does that make people go mad if you do it in public tho? lol
01:50:13Lori Parrott: enjoyed
01:50:53Janie Leal: great tools! thank you for introducing new ones for me/us to try!
01:50:59Angela Rivera: Love fidget items!
01:51:25BriAnna Nixie: I recently saw fidget jewelry online which I think is a great idea!
01:51:32Tiffany Black-Bridges: I have a anxiety ring that I like to wear
01:51:38Rebecca Carrico: All these tools are so beneficial and helpful.
01:51:38Angela Rivera: Sounds great!
01:51:43Candice Rowland: Headspace is a great app!
01:52:04Andrea Jergensen: I often use my keys on my office lanyard as a fidget, it's subtle and doesn't draw attention to anything. I also have much more fun fidgets that I use in my office with my clients also I have a ball chair and weighted lap mats for days where I need deep pressure or my clients for when they use them
01:52:08BriAnna Nixie: Standing desks <3
01:52:10Lisbeth Carpio: ❤️
01:53:09Diane Boshers: I didn't know this was a "technique" but I used it when removing wallpaper in my house
01:53:17Carrie Wenzel: I like fidget toys, I often do the fingerprint thing, just rubbing my fingers is soothing - way better than licking you lips too many times - often I notice that I sigh a lot and it appears as frustration but actually it's my breathing when trying to get through something so I need to working on breathing
01:54:09Andrea Price: Agree with standing desk and go one step more - I work at home on a desk made of a treadmill with a board across the arms and big screens in front of me. If I have a small-ish task that requires focus, I set the treadmill for 20 minutes on a slow speed. I'm always surprised when the 20 minutes are up!!
01:55:13NANCY RYAN: unplugged for a weekend.
01:55:40Audrey Yalley: vibrating watch
01:55:42Samantha Fixmer: pomodoro technique & meditation
01:55:43NANCY RYAN: Unplug TV, put cell phone in a drawer, and go hiking all day.
01:55:44Peyton Peyton: Mediation-getting up an hour earlier or just being more intentional through out the day.
01:55:51Rebecca Carrico: gadgets & tv
01:55:52adriana Velez: standing desk & meditation
01:55:55Maria Ducay: Angi-Fidget Items and meditation

01:55:58Megan Redding: brain dumping and vibrating watch
01:56:07Sehrish mahasaniya: vibrating watch
01:56:17Peyton Peyton: Boundary setting-putting my phone on do not disturb during rest hours.
01:56:20Lupe Rocha: go camping more often with no electronics
01:56:24Tara Landrigan: Meditation and mindfulness and actually use my standing desk
01:56:25Janie Leal: meditation during a break
01:56:26Cheri Boyer: practicing mindfulness, boundary setting
01:56:27Eunice Espinal: going back to my running group, that makes me unplug from the world and connect with nature.
01:56:28Diego rivera: stretching
01:56:32Andrea Jergensen: brain breaks and paying more attention to when my body tells me I need a break vs. trying to power through it and then crashing at the end
01:56:40Jose Flores: Meditation and Pomodoro Technique
01:56:44Kristina Leath: Pomodoro technique and boundary setting
01:56:45Omar Alba: A reward system for sure and meditation.
01:56:46Regina Pastor: meditation/mindfulness and standing desk. I will set mindfulness on my watch. Ask for a standing desk in new office.
01:56:48Peter ketsiri: Meditation/ unplug after 8:30PM
01:56:52Rebecca Carrico: to do list & time management
01:57:01Angelique Torres:Boundary setting. The most compassionate people set boundaries...
01:57:09Kelly Fields: put phone away, leave my family problems at home
01:57:10Andrea Jergensen: also getting back into doing my adult coloring books at the end of the day instead of spending so much time on my phone
01:57:14Ernesto Guevara: Boundary setting, I must work on. then meditation
01:57:31prasith Abshire: forest serene app music playing for 1- 2 mins to keep me centered and calm.
01:57:42Jimmy Ellis: Meditation/ put phone away
01:57:45Kelly Fields: one task at a time, say to others, ill be right with you after I am done with this task
01:57:52Eunice Espinal: learn how to say NO 😞
01:58:00Lisbeth Carpio: love the grounding meditation. I will incorporate this tool in my lifestyle
01:58:26Dawn Tucker: saying NO is a good one!
01:58:29Rebecca Carrico: Set boundaries and stay focus use the tools
01:58:41Lora Ressler: Work to incorporate the Pomodoro Technique into my desktop on a daily and continual basis!!!
01:59:01Jane Walmsley: Discipline dominates motivation every time - love that
02:00:01Jane Walmsley: thank you!!
02:00:05Cristina Gonzalez: thank you!!!
02:00:07Venus Roschi: could you elaborate on remembering to not rising to goals, to fall to your systems