**YOUR DISTRACTED DAY**

There are a number of common **workplace disruptions** that many of us endure. Those include: email (personal and work), text messages, social media and other websites not related to work, personal calls, co-worker or client interruptions, last-minute requests, unscheduled meetings, audible distractions (i.e., music, television, e-mail alerts, phones ringing, other people's phone conversations, noisy copy machines or printers, people or vehicles going by outside your window, elevator doors or restroom doors opening and closing, etc.), gossiping co-workers, and micromanaging supervisors.

According to a leader in interruption science (the study of the effect of disruptions on job performance):

The average worker now gets one interruption every 3,5 minutes, 60 to 70 interruptions a day.

11 minutes is the maximum amount of uninterrupted time during the working day.

The average amount of time that people spent working on a single device – PC, phone, paper document – before switching is 2 minutes and 11 seconds.

E-mail and interruptions pile up to almost 50% of the average workday.

People interrupt themselves almost as much as they are interrupted by external sources.

About 82% of all interrupted work is resumed on the same day.

But, it takes an average of 25 minutes to work your way back to the original task.

All these disruptions cause higher levels of stress, frustration, mental effort, feeling of time pressure and mental workload.