



WORKING FROM HOME IN DISTRESSING TIMES: How to Support Focus, Energy, and Capacity

This is a 45-minute talk, followed by 15 minutes for Q&A

ABOUT THIS TALK:

Working from home during a crisis is not normal remote work. Stress changes how the brain functions, reducing focus, increasing cognitive load, and affecting energy throughout the day.

This session offers a practical, science-based approach to help you structure your day, manage attention, and sustain functioning under prolonged stress.

KEY TAKEAWAYS:

- How stress impacts attention, decision-making, and energy.
- How to structure your day around natural cognitive rhythms.
- How to reduce overload by managing interruptions and task-switching.
- Practical strategies to maintain focus and adapt to fluctuating capacity.
- How to redefine productivity to sustain functioning in prolonged stress.

