

A small dose distraction may actually boost productivity

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The Globe and Mail:

Ever notice that when a big deadline looms, life's little distractions always seem to get in the way? Maybe your colleague has a shrill voice that can be heard over the otherwise comforting din of other people's fingers tapping away on keyboards. You try working from home but find yourself checking your phone, which keeps beeping with the latest Facebook update, and you can't help but click on the notification.

Most of us strive to create the perfect, distraction-free environment in order to perform at our peak productivity level. While such an environment no longer seems to exist, maybe that's okay, since research seems to show that a little distraction can be beneficial.

Read the whole story: [The Globe and Mail](#)