

Manage Hyperfocus

The trouble with hyperfocus is that it is very difficult to stop once it has begun. Therefore, the best point of intervention is usually ahead of time, when it is on your mind.

- Set an alarm before you get hyperfocused to serve as a reminder, since once the hyperfocus starts it's too late.
- Enlist others to serve as your reminder, if they are willing to do it. For example, "I get really focused on my work, so do me a favor and swing by my cubicle to pick me up on the way to the meeting."
- Sometimes you just need to give the devil his due, so allow yourself times to do it. Intentionally picking when and how to do this is very different from unintentionally finding yourself off on a tangent.
- If you notice that you hyperfocused on something for too long, then take a moment to re-assess and see what the best course of action is, rather than getting down on yourself or impulsively jumping into something else that may not be the best use of your time under the new circumstances.