Tradewind
AUSTRALIA
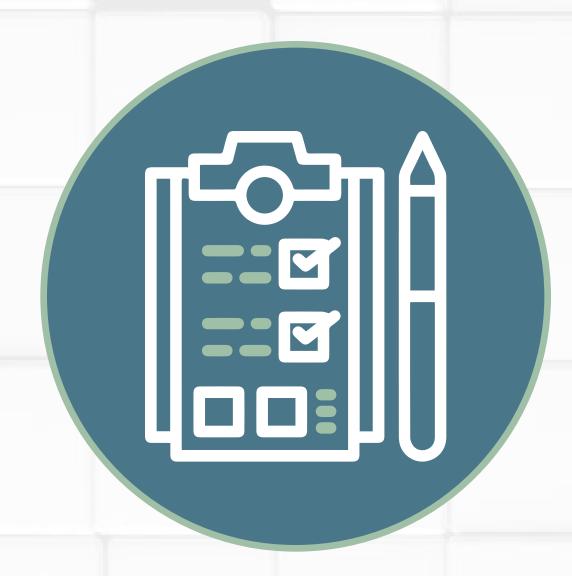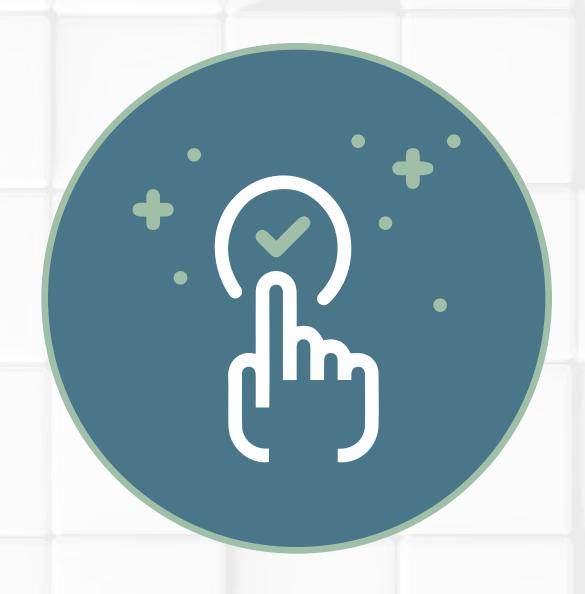
How to Stay Productive in a Crisis
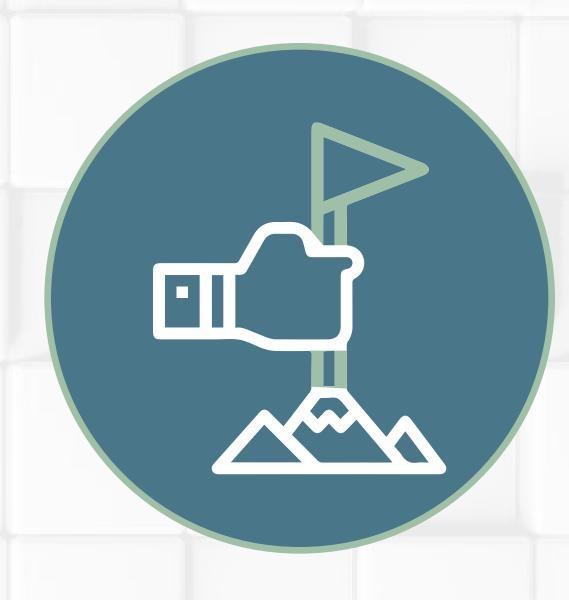
Practice Single-Tasking

Tempting though it may be, multi-tasking is the quickest way to reduce your productivity. Instead, focus on one thing at a time. By breaking down large projects into actionable tasks, you'll reduce stress and improve focus.

Strategy #2

Pay Attention to Triggers

What seems to bother you? By identifying the causes of negative thoughts, you'll be better placed to act on them. And in the long run, accepting, rather than ignoring bad emotions, is far better for your mental health.

Set Realistic Expectations

Be kind to yourself. Recognise that you're human and that your productivity may take a bit of a nosedive in crisis mode. While you shouldn't let this paralyse you, nor should you beat yourself up for falling short of personal goals.