# WORKING WITH DISTRACTIONS

It's a constant battle to keep on top of distractions. New ones will emerge, and sometimes things are more distracting for you than at other times. Stay aware of what's distracting you by using this worksheet often.

## WRITE DOWN FIVE THINGS THAT DISTRACT YOU?

1

2

3

4

5

## HERE ARE SOME EXAMPLES OF COMMON DISTRACTIONS

1. Social media platforms, smartphones and other digital devices are a significant source of distraction.
2. Living in shared spaces with others can sometimes lead to distractions.
3. Personal issues, relationship challenges or anxiety can be a major distraction.
4. Part-time jobs and extracurricular activities.
5. Noisy or crowded environments.

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## HOW CAN YOU COMBAT THEM?

1

2

3

4

5

## HERE ARE SOME EXAMPLES OF WAYS TO COMBAT THEM:

1. Use headphones to block out noise. You might like to find a 'study mix' style playlist that will help you focus.
2. Schedule your study time for when you have less distractions - e.g. get up earlier in the morning if you focus better then.
3. Let the people around you know when you need to focus.
4. Turn your phone on airport mode when studying.
5. Clean up your desk at the end of each night so it's a distraction-free zone!