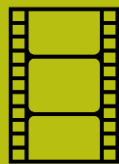


Digital Digest

Series 1 Resources



Session recordings

1. [Digital productivity/high performance in an 'always-on' world](#) presented by Tyler Shores, University of Cambridge ThinkLab Manager & Chris Flack, [UnPlug](#) Co-Founder
2. [Digital resilience when remote working](#) presented by Tyler Shores, University of Cambridge ThinkLab Manager & Thomas Roulet, University Senior Lecturer in Organisation Theory
3. [Managing digital distractions when remote working](#) presented by Tyler Shores, University of Cambridge ThinkLab Manager



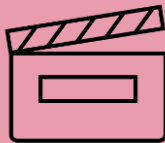
Apps

1. [Moment: Cut Screen Time](#) – discover where your time goes online
2. [Forest](#) – a gamified app to encourage the habit of focus and taking time away from your devices



Books

1. [Deep Work](#) by Cal Newport
2. [Notes on a Nervous Planet](#) by Matt Haig
3. [Mindset](#) by Carol Dweck



Videos

1. [How to turn off work thoughts](#) – TED Salon event with Guy Winch
2. [Sophie Leroy](#) and [Gloria Mark](#) explain 'task switching' – the key reason we are feeling tired when working from home
3. [Switching off an "Always on" Culture](#) – a case study of high performance company that has time off from email



Articles

1. [You Can't Multitask, So Stop Trying](#) – Paul Atchley, Harvard Business Review
2. [The reason Zoom calls drain your energy](#) – Manyu Jiang, BBC
3. [Why Your Brain Needs More Downtime](#) – Ferris Jabr, Scientific America
4. [The Domino Effect of Burn-outs](#) – Thomas Roulet, Forbes
5. [Ugh. I'm So Busy](#) – Joe Pinsker, The Atlantic
6. [What's Microproductivity? The Small Habit That Will Lead You To Big Wins](#) – Kat Boogaard, Trello
7. [Task Batching: Your New Productivity Hack](#) – Turbo, Mint Life
8. [Smartphones are distracting even when you're not using them](#) – David Trilling, The Journalist's Resource
9. [Twitter Ireland's new boss Sinead McSweeney bans iPhones and laptops at meetings](#) – Dearbhail McDonald, Independent.ie



Misc

1. [Gather Town: Virtual space meets video meeting | Smilegate.AI](#)
2. [Pomodoro method & The Pomodoro Tracker](#) – a useful tool for time management based
3. A resource from Google on [Digital Wellbeing](#)
4. [Screen Time](#) for Apple devices (iPhone, iPad or iPod touch)
5. [BJ Fogg's Behaviour Model](#) (think the Domino's button!)

