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
2. The reason Zoom calls drain your energy – Manyu Jiang, BBC
4. The Domino Effect of Burn-outs – Thomas Roulet, Forbes
6. What’s Microproductivity? The Small Habit That Will Lead You To Big Wins – Kat Boogaard, Trello
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!)