



Managing Distractions - DATE 12/23/24 – 1/28/24

“I still have shopping to do”

“I am leaving tomorrow to spend Xmas out of state”

“We have family arriving today and spending the week with us”

“Boy did I eat/drink a lot last night at the party, and I am suffering for it today”

This list could go on and on as we are all busy engaging in our holiday schedules and preparing for Wednesday. How does this relate to us at work? Distractions, lack of focus on tasks, being in a mental fog and not being able to concentrate, are just a few of the season-specific barriers that will challenge us this week. What can we do to help us through not only this week, but next week as well? Consider the following:

- A strong pre job discussion. Take an approach that will engage everyone and garner their attention. Tell a story, create individual conversations in front of the group, once their attention is now focused, roll into the rolls and responsibilities for the day. Encourage the group to spend some extra time in their smaller groups in the field.
- Change up the morning meeting routine. Give the group a different feel at the start of the day, a simple approach like that can spark attention immediately and help maintain that attention as the morning brief progresses. Maybe take some time to stretch if you normally do not, as an idea.
- If possible, postpone higher risk activities and have crews perform tasks that do not require that extra amount of planning and focus.
- Nate Feiner offers to encourage the crews to be each others' keepers. As I sit here and pen our discussion for the week, I bounced this topic to Nate to get his approach, and with his understanding that most of us are very familiar with each other, we can sustain and strengthen these relationships by all of us being mentors and all of us being able to be receptive to our colleagues intervening when they see us straying off path.
- Do not be afraid to take some extra time off to spend that extra time with family, friends, and taking care of specific holiday responsibilities. Sometimes money isn't everything, and taking an extra day now can translate to being healthy and focused and not losing days, weeks, months on the backside due to injury or unintended outcomes.



