



daily GOOD

The flood of information that swamps me daily seems to produce more pain than gain. --Paul Hemp

Death by Information Overload

Thanks to the Internet, a wealth of information is at our fingertips. We can access so much knowledge at speeds previously impossible. However, there is a downside to this information overload. Trying to keep up with the flurry of a constantly updated web world can leave us drained, and distract us from the important tasks of our jobs. Current research suggests that the surging volume of information, and its interruption of work, can adversely affect not only personal well-being but also decision making, innovation, and productivity. In one study, for example, people took an average of nearly 25 minutes to return to a work task after an e-mail interruption. However, researchers are finding ways to help curb the onslaught of information. From software to email techniques, controlling what information we get can save us the time and energy wasted trying to process it.

Be The Change:

Read this short piece on "10 Ways to Reduce Information Overload".