MODULE OVERVIEW

Too busy to think: Three ways to slow down and find your pace

Adaptive module | ~20 min

An employee is interrupted 275 times a day, and this overload cuts productivity by 40%. There is also a subtler trap, the articulated arm: when it lets you lift twenty times the weight, you raise your arm twenty times as often. So AI amplifies our ambition, and that ambition wears us out. This module reverses the equation: technology serving each person's pace, and three practical ways—daring to take real breaks, cutting interruptions, and sorting priorities with courage.

LEARNING OBJECTIVES

01 Understand what speeds up our days: the belief that every minute must count, the mind-body mismatch, and technology.

02 Avoid the articulated arm trap: don't let the power of AI inflate the demands you place on yourself.

03 Put technology to work for your own pace, to free up time to listen, think, and let ideas incubate.

04 Use the three ways to slow down: daring to take real breaks, cutting interruptions, and choosing your priorities.

WHO IT'S FOR

Anyone who wants to work at their own pace in an environment that keeps speeding up, without losing efficiency.

- **Prerequisite:** none

HOW THE MODULE WORKS

Self-paced, with practice tailored to each learner.

1. **Self-assessment**: on 9 dimensions, to gauge current habits and guide the practice.
2. **Expert video**: 10 minutes, with 3 pauses for reflection.
3. **Practice scenarios**: the first 2 chosen from the self-assessment, then 16 optional ones. Every answer gets feedback: what it leads to, and one way to improve.
4. **Dated commitment**: one action to try, written by the learner or picked from the suggestions.
5. **Memo to download**: key takeaways, questions, commitment, personal notes and checklists.

ASSESSMENT AND COMPLETION

Pass mark: 80%

The score takes into account your answers to the practice scenarios, your commitment and, where relevant, any additional learning activities. Passing requires a commitment and a score of at least 80%.

METHODS & MODELS

- Creative incubation – a recognized concept in the psychology of creativity, illustrated by the stories of Archimedes and Newton
- The articulated arm trap (AI's power amplifying our own ambition) – Afthonios method

SOURCES & REFERENCES

- Microsoft Work Trend Index, "Breaking Down the Infinite Workday" (2025) – an employee is interrupted 275 times a day on average, or once every two minutes
- Research on breaks at work reported by Harvard Business Review – regular breaks improve productivity and creativity and reduce the risk of burnout
- American Psychological Association – task-switching costs: a productivity loss of up to 40%
- Patricia Albulescu et al., "'Give me a break!' A systematic review and meta-analysis on the efficacy of micro-breaks for increasing well-being and performance," PLOS ONE (2022): micro-breaks increase vitality and reduce fatigue; the performance gain is clearest on routine tasks

- Module created by Afthonios.com.
- Content reviewed on 13 October 2026