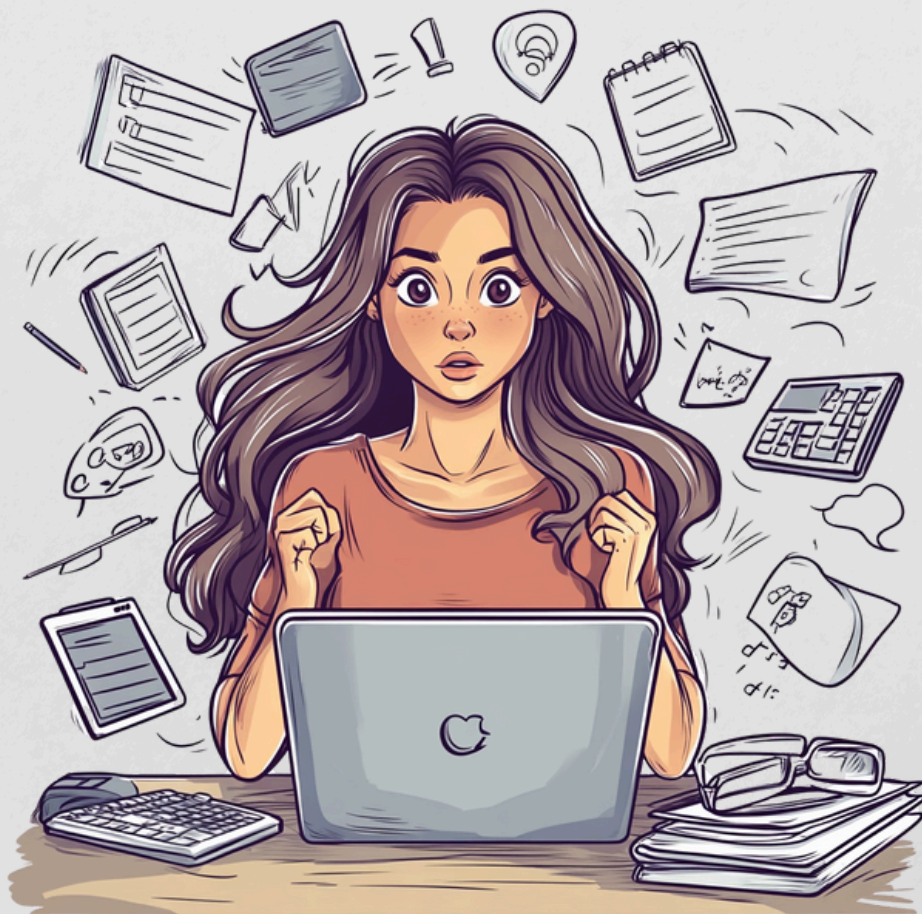


# How to **Escape** the **Constant** Stream of **Distraction**

8 proven ways to  
manage the noise

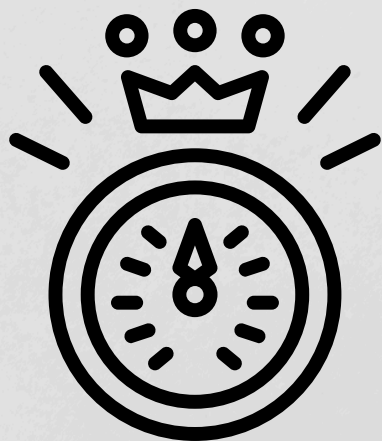




# Protect your prime hours

## What to do:

- Figure out when your brain is sharpest
- Block that time like a VIP meeting
- Save busywork for your low-energy windows



# 2

## Use the “not now” reflex

### What to do:

- Say: “This deserves more focus. Can we schedule it?”
- Or: “I’m in deep work. Can it wait until 2?”
- Deferring is strategic. Not rude.



# 3

## Design your phone for focus

### What to do:

- Turn it grayscale
- Keep only one attention-grabbing app visible
- Bury the rest in folders

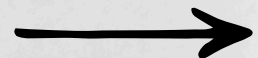




## **4** Build focus infrastructure

### **What to do:**

- Create separate spaces for thinking vs. reacting.
- Use different desktops or browser profiles.
- Keep Slack and inboxes off your creative workspace.



# **5** Protect your signal to noise ratio

## **What to do:**

- Mute half your newsletters
- Unfollow accounts that drain instead of inspire
- Read less (of the things that don't expand your thinking).
- Think more.



# 6

## Audit your interruptions

### What to do:

- Track what breaks your flow for 2 days
- Find the biggest offenders
- Eliminate your top 3 distractions. No mercy.

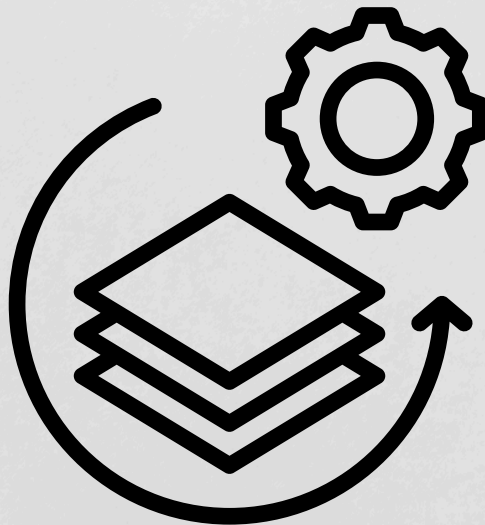




## Batch routine work

### What to do:

- Reply to emails and messages in blocks
- Turn off the red dot
- Instant replies aren't your job description



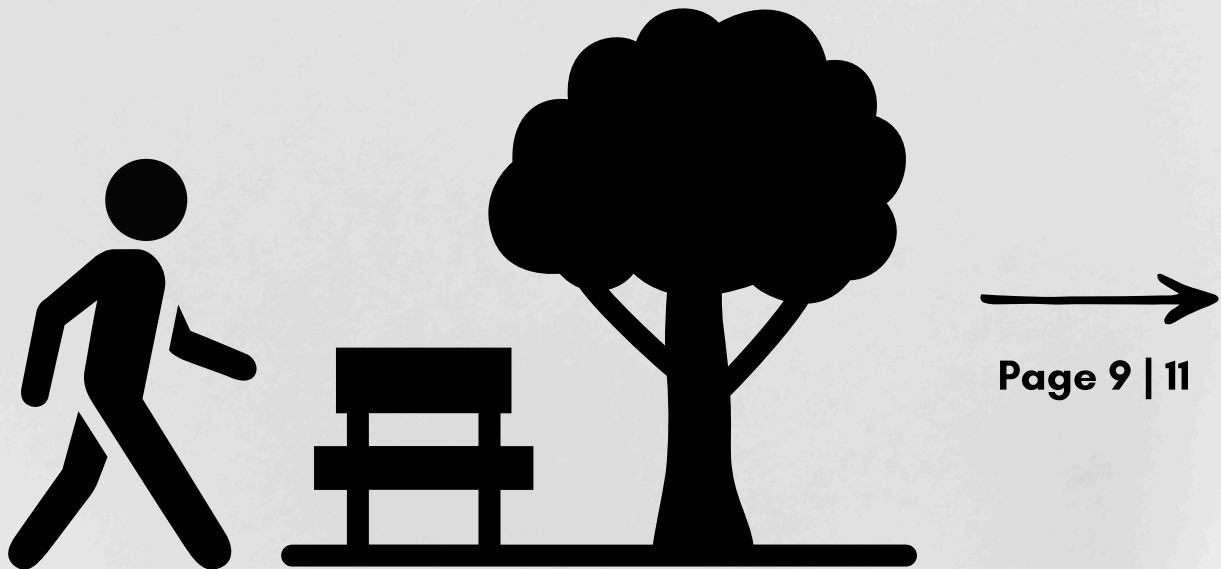


# 8

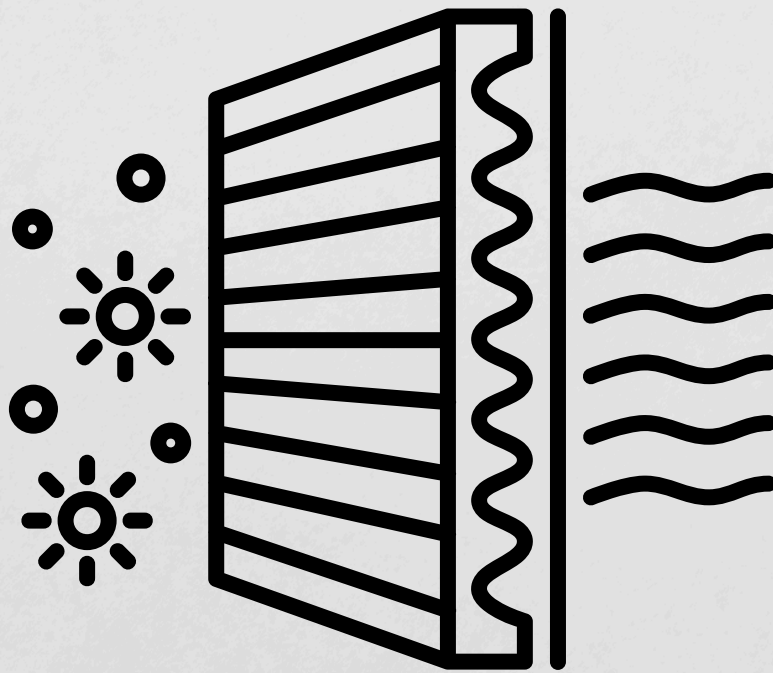
## To reset, move

### What to do:

- Step outside for 10 minutes without your phone
- Walk the block or stretch between tasks
- Movement breaks the mental swirl



**In a world of  
infinite input,  
Your filters  
are your future.**



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