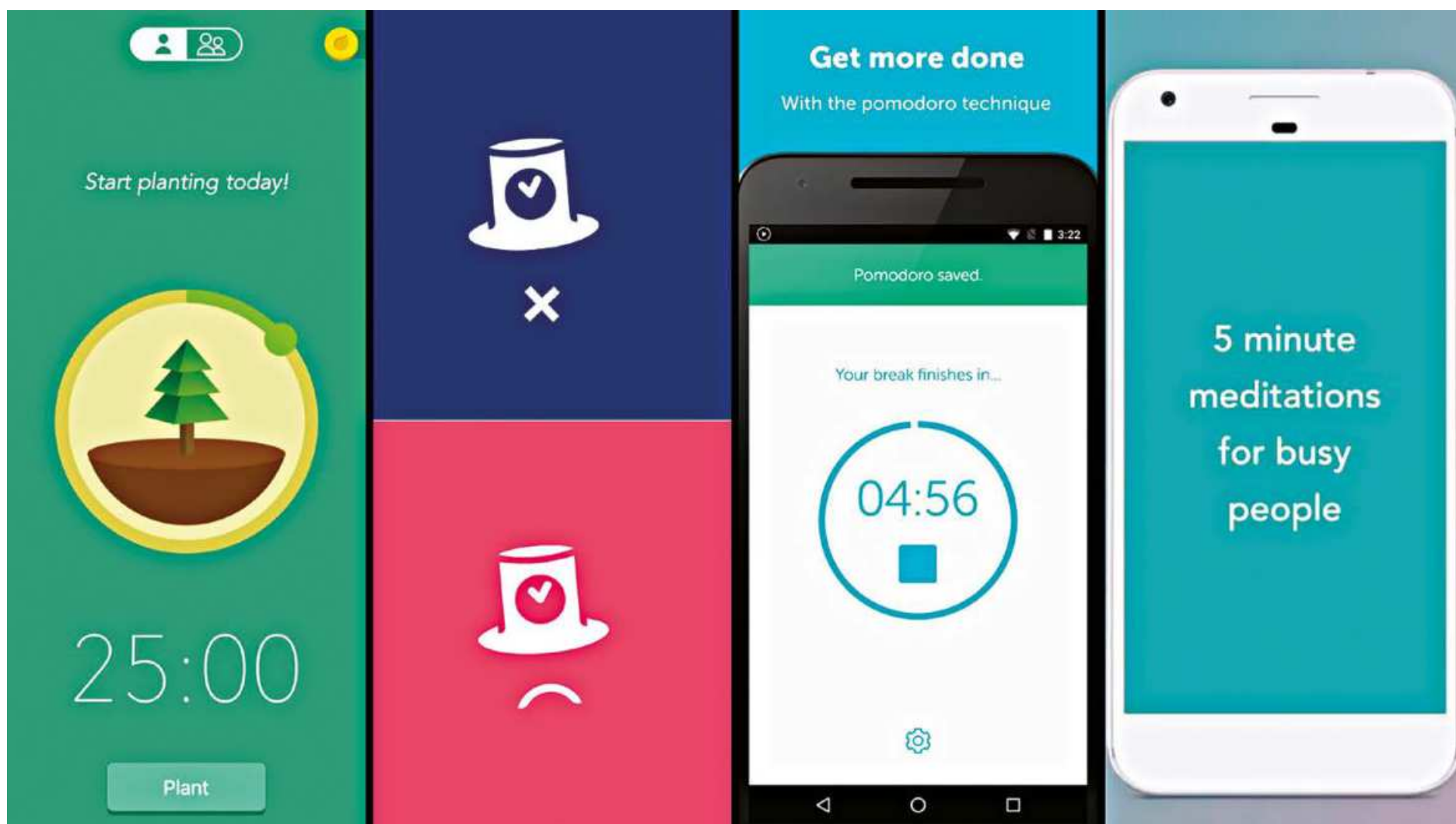


4 distraction-busting apps to stay focused while working from home

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You're working hard, and then you get up and lie down on the couch because no one is looking. How about a quick check on who said what on your phone? Ooh, wait, there's a new game that tells you which Money Heist character you are. A nap now? Okay.

Here are 4 apps that can help you cut off from all computing distractions and get back to doing what matters.

Forest

This app follows a self-motivated method that helps you beat Internet addiction. To control your temptation of using the Internet, you need to plant a seed in this Forest app. Your concentration on your work or your patience to not to use social media sites will ultimately boost the growth of the tree. If you waste your time to check Instagram or to answer a text message being careless, your tree will wither away. The longer you stay focused on keeping the app open, the more the tree grows. You can also unlock different types of trees as you continue to use Forest app. For an extra push, there is a collaborative feature where you can plant trees with your friends. And your negligence will destroy your friends' trees too. It's available in both the App Store and Google Play Store.

Focus booster

It's a free desktop app that uses the

popular time management technique Pomodoro. It divides work sessions into 25-minute time blocks or 'pomodoros'. Each Pomodoro is separated by a 5-minute break to recharge yourself before jumping back into your work. However, you can customize your session and break length according to your need. One interesting thing about this app is that it has no pause button. This feature is introduced to inspire self-discipline and self-control. There are some additional features such as it has an option to enable or disable a ticking clock sound during Pomodoro sessions and breaks.

Hocus Focus

If you are someone who switches apps and window tabs very frequently and gets lost in all the chaos, then you must use this app. It clears clutter from your screen and minimizes windows that are not active after a set amount of time. It

keeps only one app in view at one time. In this way, you will hardly get distracted. You can also create and set up different profiles to change its window hiding behaviour based on the work you are doing.

Simple habit

You may love your job, but too much work can often make you frustrated. And while working from home with hundreds of distractions, it makes you more baffled. Sometimes you need something to boost up your productivity. Simple habit app offers stress relief for those who don't have much time for a break or relaxation. It offers five-minute audio meditations to reduce stress and calm the mind. You can choose your meditation sessions based on your interest or situation. You can find a full library of these sessions. Most of its contents are free. However, a subscription is required to have full access.