

MOMENTS THAT CAN INTENSIFY

TIME BLINDNESS



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

**Underestimating
preparation**

2

Hyperfocus hides the clock

3

Transitions take longer

4

No external time cues

5

**“Five minutes” becomes
thirty**

6

Deadlines feel far away

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER