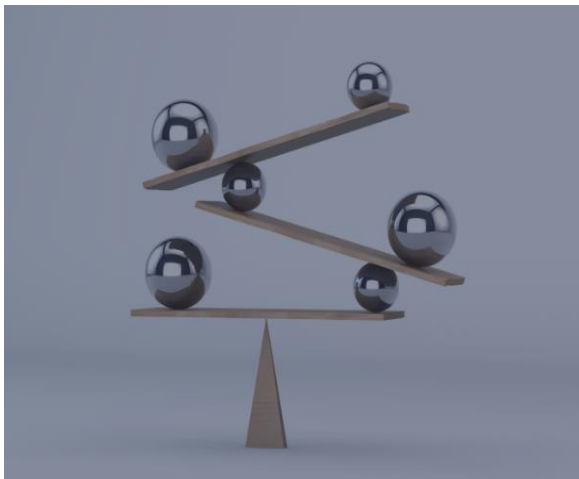


The Maya Principle in Tech Adoption: Striking the Right Balance between Advancement and Practicality

From the moment our mobile alarms wake us up to the final email check before bedtime, it's easy to forget a time when we weren't so tethered to our devices. This constant connectivity, while offering many benefits, has ushered in an era of tech fatigue, making it increasingly difficult for us to disconnect and focus.

Governments and businesses are acknowledging the need for a "right to disconnect," passing legislation and implementing policies to address this issue. The overstimulation caused by our ever-connected lives is taking a toll on our ability to concentrate and find respite. This tech fatigue is not only physical but psychological as well. Research shows that the constant influx of information is straining our energy, leading to mental and physical exhaustion. Our attention spans are also suffering, narrowing as a result of the relentless stream of data, affecting how we learn, interact, and work.



Pic 1. Balancing

This has serious implications for productivity. While technology offers efficiency, it can lead to distractions that harm our ability to stay focused on tasks. Persistent interruptions and distractions can even lower our IQ scores. One potential solution is creating designated tech-free spaces in the workplace. Some employers have banned or restricted phone usage to enhance focus and productivity. However, this approach isn't always feasible, especially in a world where remote work is increasingly common.

A more voluntary approach may be more effective, offering break-out areas and quiet zones for personal interaction. Physical

separation between work and home, facilitated by flexible workspaces, can also help people disconnect from work after hours.

Flexible workspaces offer a solution to these tech-related challenges by providing environments that promote focus, work-life separation, and overall well-being. As our tech dependence continues to grow, it's essential for employers to establish boundaries to ensure optimal performance for both individuals and their businesses.