

What is the Pomodoro Technique?

Pomodoro technique is a time management method. It enables people to do their work within time and not going against it. This tool intends to optimize daily works and studies. It creates focus and freshness among people. This encourages them to complete their work with an active mind and less tiredness.

Francesco Cirillo designed the technique in the late 1980s. It was difficult for Cirillo to concentrate on his studies and fulfill tasks. He got exhausted and was asked to devote himself to a 10-minute concentrated study period. He found a kitchen timer in the form of a tomato (Pomodoro in Italian), and hence, the technique was born. According to him, recording time use helps improve the effectiveness of a task.

How do the Pomodoro Technique works?

Everyone's goal is to do things on time. There is no more pleasure than ticking things on the list of "TO-DOS" at the end of a day's work, but it is difficult to complete work in an unprecedented period. The Pomodoro technique will come in handy if this sounds familiar to you.

This process divides into the following basic steps:

- Choose the task or work you want to focus on
- Set your timer for 25-30 minutes and start working
- Take 2-3 minutes break when the buzzer rings
- Take a longer break after four sessions
- Record every session by marking a tick

Here, the 25- minute interval stands for Pomodoro, hence the technique name.

Following are the reasons that make this technique the most effective one:

1. Help get away with procrastination

Even if you have the intention to work, procrastination is always there, poking in your affairs. While it's getting the best of us, it can have serious implications if left unaddressed. For example, you can miss due dates and fall behind your job, which will harm your reputation and add stress. One way to address this issue is through the Pomodoro technology to make you clear. You feel less stressed and overburdened because you know what to concentrate on and when.

2. Set distraction time

Our working days get interrupted after a few moments. This happens because of our unpreparedness for breaks. This is why we end up getting distracted. Pomodoro technique allows small breaks all day long. This makes it possible to get distracted to take a break from your work.

What makes Pomodoro technique effective?

Using the Pomodoro technique, you can quickly crank tasks by forcing you to stick to the strict timing if you have a wide and diversified to-do list. If you look down at the time wind, you can easily complete your present task and spread a task over two or three pomodori. The continuous pacing of your work makes your tasks more accountable and less time-consuming.

3. Limits open-ended work

Various tasks like researching, investigating, or writing usually takes hours to get completed. Using Podomoros, the use of time limits breaks a task into handy pieces. These tasks become easy to complete this way.

4. Reduces physical and mental tiredness

The technique also allows you to take breaks. This is obvious to most of us. To counteract a sedentary lifestyle by stretching or walking, we need these breaks. Besides, it provides time to recharge your brain and enables your mind to walk through intermediate work blocks. You can also meditate, reflect, or do something you want to watch, a fun video or workout. You are more concentrated, attentive, and enthusiastic when you come back to work.

5. Turn work into a fun game

If you are a gaming fan, you can have a lot of fun with the Pomodoro technique. The timer acts as a countdown, and you will feel like you're working against the clock to "end a level." This method will contribute to boosting your productivity, replacing fun moments with dull times.

How to get started with the Podomoro technique?

You need to block your day in 25-minute workshops with a quick break if you want to try this method. You can also keep an eye on what you have done. But, there is still one thing missing, i.e., your timer. You can stick with a simple old egg timer if you prefer. You may have the time on mobile as well.

You don't need to hold four Pomodoro sessions as prescribed by the technique, but it helps. One or two Pomodoro sessions a day set a tone that makes you feel more concentrated and efficient. It takes time to adapt to short explosions or sprints. This technique will enable someone distracted or exhausted to concentrate on what's important. Given the onslaught of distractions, this is a superpower that we all face at work.

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