**Healthy Compartmentalization and the Pomodoro Technique**

Often when we hear the word ‘compartmentalization’ it is used in a cautionary capacity. That is to say that we’re generally led to believe that compartmentalizing is bad and that we shouldn’t repress any of our feelings.

But just as ‘guns’ aren’t evil so much as the people using them, compartmentalization is actually just a tool that can have psychological benefit when used correctly.

For example? The pomodoro technique and stress management. What am I talking about? Read on and let me explain…

The Benefits of Compartmentalization

No matter how hard you work to improve your lifestyle, you will find that there are always going to be some sources of stress remaining. This is simply a fact of life and there will always be deadlines, concerns and incomplete work.

The key to being able to relax and enjoy a healthy and normal lifestyle then, is knowing how to sometimes to switch off from those worries so that you can actually relax and recover. In other words, you need to learn to leave your work behind you when you log off and head home – otherwise you’ll constantly be stressed, you won’t be able to focus on time with your family and you won’t be able to sleep.

What is the Pomodoro Technique?

Likewise, you can also use this compartmentalization during your working day to be more productive. Case in point: the Pomodoro technique.

Essentially this technique is a tool used to improve productivity, by breaking your working hours up into smaller segments. Here you take a timer and set it for a period of time – normally around 25 minutes – and you work solidly in that time. When it goes off, you then give yourself ten minutes to recover, before going back to work.

This then should allow you to focus with absolute clarity on what you’re doing because you know that you will be getting a short break in 10 minutes. Likewise, it means you should be able to relax completely in those ten minutes without guilt. This then recharges you ready to be more productive following those ten minutes.

But the success of this process all depends on your ability to compartmentalize. The secret to success is to work solidly when you’re working and to switch off completely when you’re relaxing. There’s no point in ‘half working’ or procrastinating – you may as well just be getting some proper relaxation time.

Walk or sit, don’t wobble.