

*MaxTips!*

# Productive to the Max

**P**roductivity

**P**erformance

**P**rofitability

## ***Social Interaction***

### **MaxTips October 2006**

Are you stuck in an office or cubicle all day, with little human interaction? Are your social relationships playing second fiddle to technology? In my consulting practice, I can go days working on a client site without hearing anything except the click, click, click of keyboards. I often wonder if people actually work there. The computer is swallowing up so much of our time; excess information is assailing our senses and we are foregoing human interaction at the expense of social isolation.

Edward M. Hallowell, a psychiatrist and senior lecturer at Harvard Medical School has coined a new term "human moments". These moments are defined as "an authentic psychological encounter that can happen only when two people share the same physical space. It has two prerequisites: people's physical presence and their emotional and intellectual attention." In our current workplace environment, those moments are becoming few and far between.

Without social interaction and strong connections to others, your health, life-expectancy and emotional well-being will suffer. Take some time to determine if you indeed are spending too much time with technology. Turn off your cell phone; answer your e-mails only at designated times of the day, increase your opportunities for social interaction by taking your full lunch hour (what a concept!); take a break from input overload by walking across to a colleague's office to chat in person. There is nothing like face-to-face communication to forge close and endearing opportunities for socializing.

---

**Copyright © 2010 Productive to the Max Ltd. All right reserved**  
Visit [www.ProductivetotheMax.com](http://www.ProductivetotheMax.com) for Reprint Permission Information

Tel. 613.594.4533 | Fax 613.594.8339 | [info@productivetothemax.com](mailto:info@productivetothemax.com) | [www.productivetothemax.com](http://www.productivetothemax.com)  
513 Westminister Avenue | Ottawa, Ontario | K2A 2T9 | Canada