

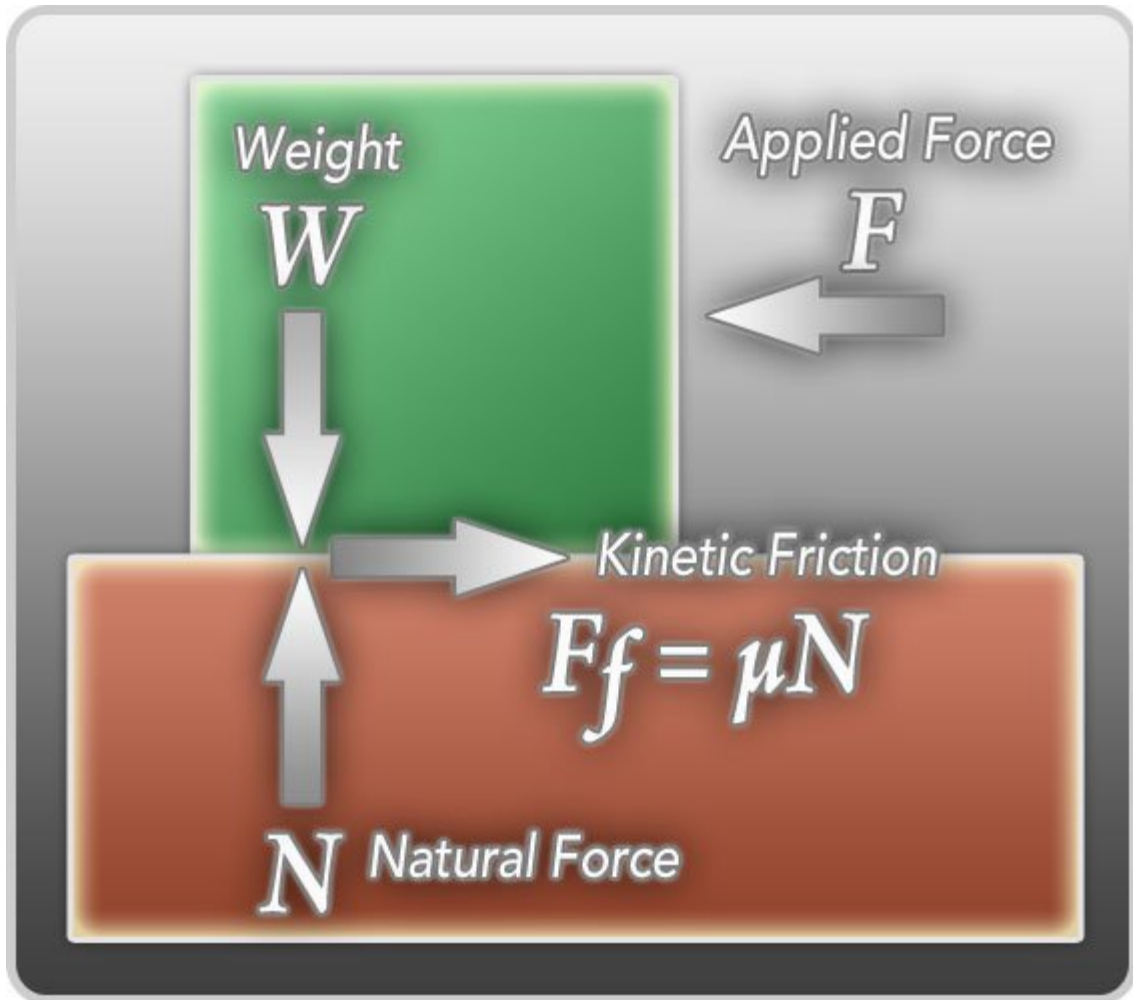
On Friction and Performance

Tools for Elementary Stress Management

Markus Loponen · 2010/03/05 · Draft 1.00

At times people wonder how I manage to pull in the strange hours I do as I code up the software solutions in production nowadays and over the years; routinely in the range of 18+ hours at one stretch, the standing personal record from February at some 66 odd hours without rest and with minimal breaks as we were amidst building the landmark v1.20 release of our new modular open-source CMS system. The following is a gloss on some of the simple elementary principles behind the bulk of your stress build-up in the course of the day.

The feeling of being worn-out after a long day of work generally arises from the friction encountered in the course of the day. We can easily spend time doing things we enjoy doing, even losing track of time while we're at it; when you feel fresh after a working day, it's a common thing to say that today was a smooth day at work. It's a matter of elementary physics applied to the mind; your jacket will be worn out faster if you grind yourself against the walls, keep bumping into objects and stumble all over the place.



This diagram illustrates the basic laws of physics governing friction. W is the weight of the object. N is the resistance of the environment. F is the force you apply. F_f is the friction that is produced.

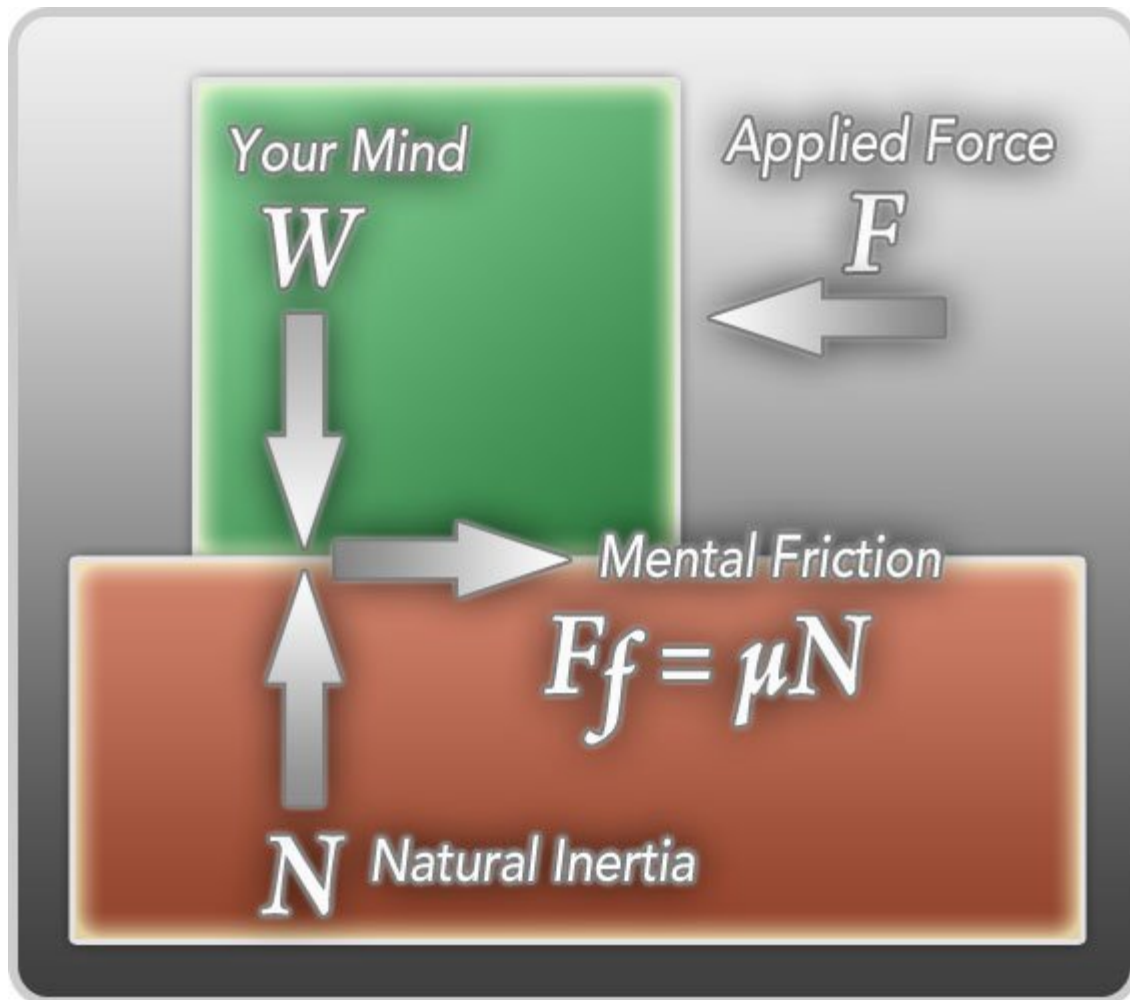
In outer space, where an object faces next to no friction, it can keep gliding on its trajectory almost indefinitely; on the other hand, an asteroid breaking into the atmosphere burns up almost invariably before even reaching the ground from sheer environmental friction and the subsequent thermodynamic build-up brought about. Ever wondered why you're feeling fried? Wouldn't you rather be feeling totally cool? It's only possible if you have sufficient space in the environment of your mind.

The greater the friction, the greater the wear and tear, whether it's two random objects in motion or human beings grinding through their days. Moreover, the greater the level of friction, the greater the influence of the natural force of inertia that drags you down in the course of your day. That's why you feel down and finished towards the end of the

day; you have literally been grinding your head against the pavement, and in most cases, quite unnecessarily so.

Looking for a solution, seek to identify the elements of friction in the course of your day and devise means for eliminating them. If you are unable to transform, synchronize and symmetrize your external environment — which is the ideal solution as the benefits are collectively shared — look at ways of changing your attitude and perception of situations. Design and project your own environment and eliminate the friction internally by immunizing and isolating your mind from the surrounding stress factors.

There is no reason why friction would have to affect you by definition; it can only affect you in proportion to the mental platform you grant for a direct and unreserved grind with the input from your environment. Take a step back and reconstruct your perception of the ongoing experience. Don't let it get to you!



This diagram illustrates the laws of friction applied to the mind.

W is the weight of your mind. N is the resistance of the minds in your environment.

F is the force with which you try to interact. Ff is the subsequent mental wear and tear.

Eliminate the friction factors by whichever means you find the most suitable, and you'll feel fresher and happier at the end of the day — no matter what you may have to confront during your active hours. You'll also find you've accomplished more with less effort, and atop that are experiencing an increased level of happiness in the process. Isolating your mind from the causes of friction by means of transcending the areas of your psyche that take the most impact in the course of your day is a simple solution for better stress management, leading to improved performance and an increased level of overall satisfaction in your life.

Be a fish in the water of your own design, glide down the stream of reality and discover a new way to experience your surroundings and your own internal domain. Even small

children do it unconsciously as a routine affair as they dream away in the course of their days; why not give it a shot to see what a revised mental orientation can do for you? It's not a matter of magical formulae; it's just the plain old laws of physics in action.