Variable
Motivation and productivity

Start work from home
Social media “live” activities
Regular physical activities
Online daily writing group
Find and stick to a work routine

Week 1
(March 9-13)

Week 2
(March 16-20)

Week 3
(March 23-27)

Week 4
(March 28 - April 3)

Week 5
(April 6-10)

Week 6
(April 13-17)

Time
weeks

Deadline!

Incoming deadline, end of April

Stressor/Life event
Recurring meetings
New added project
Scheduled events, pre-stressor
Scheduled events, post-stressor
Strategies to overcome the loss of productivity