

EP 006: Alex & Robot talk about stress

Episode Description

An episode about stress. We talk about ways that we get stress and mention solutions that work for us. But don't expect any in-depth helpful solutions about it - we mostly just talk about the idea of stress here.

r/Productivity Links

Email

r.productivitypodcast@gmail.com

r/Productivity Discord

<https://discord.gg/h5q9f2yZhA>

r/Productivity Reddit

<https://www.reddit.com/r/productivity/>

Links - Alex

Reddit

<https://www.reddit.com/user/redsigned>

Soundcloud

<https://www.soundcloud.com/redsigned>

Links - Rob

Main YouTube channel

<https://www.youtube.com/user/TheInferniator>

Quickrials YouTube channel

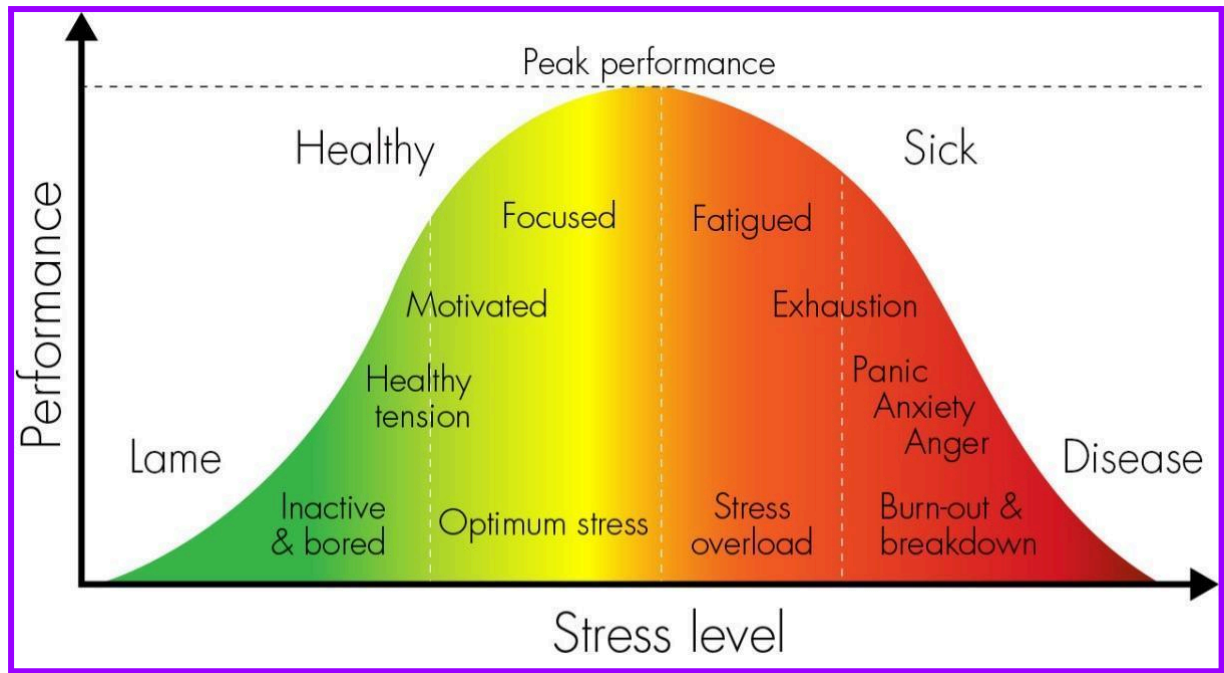
<https://www.youtube.com/channel/UCXFOAaUMD46ZL1JJnRXnNw>

Twitter

<https://twitter.com/DrRobotman>

Shownotes

Picture of the graph on the Doc (Yerkes-Dodson law)



7 Ways to Maximize Misery 😞, by CGP Grey

<https://youtu.be/LO1mTELoj6o>

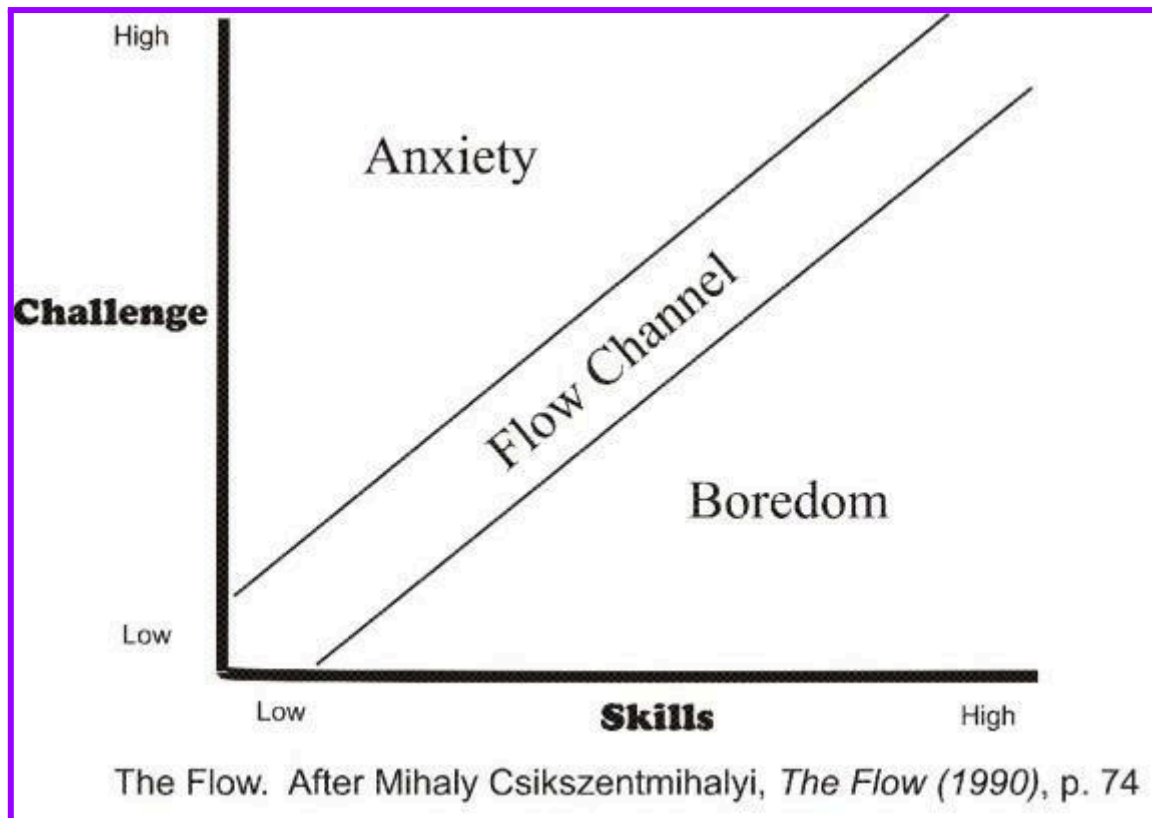
The video I made over my Christmas Holiday - "I had a Crazy December"

<https://youtu.be/9CTJAGAgJNY>

The Definition of Stress, according to Mentalhealth.org.uk

<https://www.mentalhealth.org.uk/a-to-z/s/stress>

"The Zone" Graph



In case you don't know what the Authenticator app is - a note from Rob

The "Authenticator" app is a two-factor authentication app. When you log into a site you have connected with the app, it asks for a code to confirm that it is you, and not an imposter, trying to log in. If I lost this, I would probably lose access to the 20+ prominent sites and apps I have connected with it.

"Detach" from the Interstellar OST

YouTube

<https://youtu.be/w33ic5ak4SA>

Spotify

<https://open.spotify.com/track/1TjPCg0Ty4ZmoFoWseUfcY?si=a924cbd39a5a474e>

Twentythree - Album by Carbon Based Lifeforms

YouTube

https://youtube.com/playlist?list=OLAK5uy_k7rmphuHuA16OifDKcXhdJQVZL7WH0Z1E

Spotify

<https://open.spotify.com/album/2lrSWvXbFsTgtIPXUJo3w?si=9Lz3NJqQSNQDH-D0cOP5w>

Bandcamp

<https://carbonbasedlifeforms.bandcamp.com/album/twentythree>

Podcast Recommendations (Listen to these wherever you get your podcasts)

Hello Internet (Featuring CGP Grey and Brady Haran)

<http://www.hellointernet.fm/>

Cortex (Relay FM podcast, featuring CGP Grey and Mike Hurley)

<https://www.relay.fm/cortex>

Getting Things Done (GTD) website (for David Allen's book)

<https://gettingthingsdone.com/>