



Top 10 Signs You're Overloaded

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You're normal. You're not crazy. But too much information may be making you feel that way. Do you recognize any of these signs that you're suffering from information overload?

1. You feel life has become just too complicated.
2. You know your cell phone, PDA, or laptop can do a whole lot more than you're using it for, but you don't have time to read the manual or help programs.
3. You have a stack of journals, magazines, and books that never seems to shrink.
4. You attended a great seminar and took notes, but as soon as you got back, the crazy pace picked up again, and you haven't done anything with the notes yet.
5. Someone mentions a book you haven't read or a movie you haven't seen. You nod as if you have.
6. You find it nearly impossible to concentrate on a project, because of phone calls, email, voice mail, and interruptions.
7. You go to vote, and you don't really know anything about many of the candidates on the ballot.
8. Your mind keeps churning after you go to bed and keeps you awake at night.
9. You recently had an important file or check in your office, but for the life of you, you can't find it.
10. You're starting to wonder if your memory is slipping, and you're writing things down more than ever because you can't keep it all in your head.