

How to Overcome Information Overload



Information overload is a very serious crisis that certainly warrants the attention and investigation as any pandemic worldwide.

Let's begin by understanding what exactly is information overload?

Dictionary

information overload

[information overload] 

NOUN

exposure to or provision of too much information or data.

"the main challenge for consumers is information overload"

Keeping it simple it is TOO MUCH information and the brain of most people cannot hold information or concentration for long. Online the concentration of most people is about 10 seconds max.

[Alvin Toffler](#), an academic from Russia, is credited with coining the term 'Information Overload' yet this could be challenged by Bertram Gross, the Professor of Political Science at Hunter College, in his 1964 work – The

Managing of Organizations. The term was popularized by Alvin Toffler, the American writer and futurist, in his book “Future Shock” in 1970.

Also shameful the online giants did very little to address or coin any word for such a devastating experience or term.

Humans in this modern, digital, social, mobile, technological world still think they are intelligent, ambitious, in control and more. Yet, what if scientific, social or behavioural science proves most humans have the [concentration span of a gold-fish?](#)

I am stating this NOT to offend any reader as I am human myself, but one needs facts not fiction as reality to sit, think and consider what are all these technologies really doing to our brains and mankind? Is it really [humans vs robots](#) into the present and future of this world? I think so, what do you think?

Also, how can we all as humans or mankind get better prepared to tackle or manage information overload? Here are the best ways:

1. Try to get educated about the subject – as it potentially will affect most of [7 Billion](#) plus people on Earth now and in time to come online and offline.
2. Try to get as much relaxation, meditation, prayer and spirituality or exercise as you can.
3. Employees and workplace management officials need to understand [burn-out](#) is real.
4. The fact is how much information, gadgets and technologies can most humans handle or master daily, monthly or yearly of brain?
5. Do giant technological companies know something most humans do NOT know about humans vs machine? Read From the above burn-out Forbes link 52% of respondents are experiencing burn-out in 2021 so this could potentially indicate 52% of the world population are experiencing burnout.
6. Try to also reduce the amount of gadgets in your life i.e. mobile phones, PC, laptop, apps, gaming, gambling, social media etc.
7. Try to sit, think and just do YOU to the world.
8. Try to surround yourself with only positive, supportive people who want you to succeed.

9. Try to LET-GO and learn the art of letting go.
10. Learn to say NO. Say NO when you are tired, need rest and cannot do more.
11. Try to also delegate and [outsource or hire](#) what you need to sell, market, accomplish or create.
12. Try to sit, read, walk, think, meditate and embrace nature, watching how nature chills and still wins daily.

What are others saying, writing or researching on the future of burn-out, information overload and technologies worldwide? Find out below:

1. [Healthcare worker burnout](#)
2. [Burnout Running on Empty](#)
3. [Burnout in Malaysia](#)
4. [Are you facing Digital, Web, Social Media Burnout which information overload is the root.](#)
5. [Pandemic Burnout is Rampant in Academia](#)
6. [Test your individual stress levels with a online test](#)
7. [Machine brain vs bots and human brains](#)
8. [Will humans soon be required to turn their PC, laptop or phone on with mind?](#)
9. [What is the present and future of machine learning?](#)
10. [Upcoming trends of machine learning in 2021](#)
11. [Machine learning and Artificial Intelligence of today and future](#)
12. [Machine learning and artificial intelligence with facial recognition is stress](#)
13. [Google Cloud Vertex launch so all your emails, photos, data will be analysed](#)
14. [Busting the Myths of AI & Machine Learning](#)
15. [How Artificial Intelligence \(AI\) Is Used In Targeted Marketing.](#)

Conclusion:

The end, as I feel burn-out and information overload has been highlighted enough, and also supported by the above links that increasingly technologies are not just becoming challenging, but intrusive, demanding and outright a direct threat to the livelihood, sanity and peace of all mankind.

However, what most online giants and tech companies do NOT realise is humans can always throw their gadgets and online activity away and wonder back to nature, parks, hobbies, family love, life and romance daily.

As we can see roads, streets, shops, clubs, bars, meet-ups, church, temples and markets are still largely an offline world.

Where do you think this world of technologies are heading? How much more of YOU and your family are you willing to tweet, share, post at the expense of being sold daily?

In the end, unless humans as mankind awake and only be controlled by their individual senses, or spirituality, not AI, machine learning, gadgets or robots, this world of people has very little to enjoy or look forward too.

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Thank You in advance,

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