

Pomodoro Technique

Staying Focused and Mentally Refreshed

Step

Action

1

Pick a task.

2

Set a 25-minute timer.

3

Work on the task through the time duration.

4

Take a 5-minute break.

5

After four intervals, take a 15 minute break.

Overcome procrastination, improve focus, and avoid burnout.

(Scroggs, n.d.; Cao, 2025)