Mattia Rainoldi: Okay, then welcome to your interview, I've prepared a couple of very easy questions just to break the ice here, I know your name, what I don't know what is your occupation?

P31: let's see let's say I can basically categorize it all as two things, one is e-commerce entrepreneur and two is project management software consultant.

Mattia Rainoldi: So project manager. So you said project management consultant?

P31: I, I think the most accurate description is project management software consultant, all together.

Mattia Rainoldi: Alright, project management software consultant, let me write it down. So, okay, right. So and I'll go, would you describe your employment type?

P31: Um, is a mix of let's say independent work that is my work and um, contracted work or freelance work, depending how you want to describe that.

Mattia Rainoldi: Mhmm, so both contract work as well as freelance work and so your own entrepreneurial. Nice mixture, yeah. Great so having said that what I would like to understand a little bit better so your typical work or what your typical days is organized, if you have such thing?

P31: Sure yeah it's it's it's I don't think I have a very typical day, um, it's very mixed. I do a lot of different activities, so what I can say is I usually have um, let's say an average of two meetings that I'm going to have to attend digitally throughout the course of the day, and I have things that I need to do to prepare for those meetings so I, I build my day around that. I built my day around, for example at 10 o'clock I have this call. And I need to make sure that I have this thing and that thing and that thing and that thing done before I am on that call so that's kind of how I structure my day. I just input activities.

Mattia Rainoldi: Mhmm.

P31: So I do have a small job that I do kind of on the side that's compatible, where I log into a live chat system, I mentioned that in in some of the diary entries and so that's kind of a set schedule, it's noon to six, four days a week um, but that's generally the work is light enough where as you'll see in the journal entries, I'll go play basketball and I'll go have lunch with friends while I'm on on the clock. I think the more difficult work in my life is catching up with things that I'm committed to doing because of my entrepreneurial projects or my consulting projects.

Mattia Rainoldi: So basically what you're describing here is that you schedule your day around your commitments?

P31: Yep.

Mattia Rainoldi: Okay, so work commitments are defining of your of your entire day?

P31: Yeah yeah I mean for the most part, it will be because of the nature of my work, sometimes my um, my meetings are at 8pm or 9pm, so that push things out or at 7, 8pm and I'm still trying to you know catch up with some work that that I want done for the next day so yeah generally, I do have work spread out from 8am until 7pm or 9pm.

Mattia Rainoldi: What is the reason for you to spread out in such a long um couple of hours?

P31: Yeah part of it is the fact that umm I'm trying just trying to word it properly, part of it is the nature of some of the individuals I've worked with means that I need to talk to them before or after their normal work schedule right, so a lot of what I do is I try to help small entrepreneurs become more serious entrepreneurs and they may still have a standard job where they clock in at 8am 9am and and they finish their day at six or seven and so at seven or eight is the time that they say 'hey P31 you know that's the that's the time that we should, that we should talk' and so in that case I accommodate the schedule. The other thing that I have it's probably very common is, um, I'm on one time zone it's the same time zone I would be on in the United States, from where I'm from but I do a lot of work with the most populous state in the United States, which is California that's two hours later so or two hours earlier so, for example, if I was wrapping up my dad seven that would just be 5pm for people in California so it's it's possible that I have a meeting or someone sends me an email it's kind of urgent and I need to handle it then so that kind of pushes my my time out a little bit. I I can be honest here and say that also I've probably learned to accommodate that in my life, and so there are things that I do for myself during the day. And that's kind of a schedule and a routine that I'm used to so, for example, even if it wasn't that someone is saying 'hey P31 I want to talk to you at 7pm or 8pm', I'm used to 'oh I'm going to do something in the middle of the day', so at 11am. I'm going to go play basketball and I'm going to spend some time outside enjoy the weather, um, from 11am to 2pm and then I'm going to work for the rest of the day and that work might push out into the evening.

Mattia Rainoldi: Mhmm. Alright. And how many hours to work a day P31?

P31: I don't I don't measure it (laugh) that that was something that we could that we could do but I would, I would say, between eight and 10 I would say, between eight and 10, again wake one of the things that one of the things that can confuse it, is that there are four days a week, when I'm doing a live chats doing this work where I just log in and I wait for clients to have custom um to have questions I mean I'm working all that time but like I said that it's not a lot of activity, so I can do other things at the same time, but I still have that responsibility so, for example, let's say you and I were spending some time together, and I was logged in to do the chat work. You know I'm I might be waiting for you at a restaurant and you come up and meet me at the restaurant and we start talking and we're just having a normal time. And then in one moment I'll be like oh sorry give me give me give me a moment and I might tune out for 10, 15 minutes while I you know, try to try to solve a problem for someone on my phone. So that's so it's a strange it's a strange mix of working and and leisure time.

Mattia Rainoldi: All this kind of situation how makes you feel personal?

P31: It's a mixed bag like sometimes it's really cool, sometimes it's really cool that you know I spent Saturday afternoon with my friends and I, you know technically got paid for doing it, and maybe I had to distract myself a little bit with some work fine um, but that's great I think I think I think in that scenario I think I'm pretty happy with that that that particular job doesn't pay me very well, but to me it's easy money, I think the other side of things is the rest of my work is a lot less um, translate transactional. So if I log in for six hours on the chat I get paid some money for that whatever happens if no one enters the chat I still get paid the money everything else is long-term so it's helping me build a business with somebody and it's helping find investors and helping them with the logistics and helping make sure everything's going to work, and those are projects that started at the beginning of the year, and still aren't you know necessarily bringing any money for me right. Other projects that I work on um, yeah I can I log my hours and I get compensated for hours but it's it it's it's not something that is, what am I trying to say, it's like it's not something that I know exactly what it's going to be going into it, I you know there's a goal, there's a project to complete and the amount of work that I have to put into it can vary, and so I do think sometimes I get I can get to the end of the day and be kind of unsatisfied with the fact that I was trying hard, I put in a lot of hours, I didn't do a lot of fun things, I spent all this time working, but I'm not done, you know I haven't accomplished, the thing, so I think I struggle with that and I am from what I, from what I know from others, I think it's a common problem with with people in the remote work situation.

Mattia Rainoldi: Mhmm. Right. So we have been saying that you work straight from eight in the morning to eight in the evening more or less. Do you also take days off?

P31: Um I'm not, my schedule is strange where it just doesn't line up where I can take a day off um that there was probably a time when I could do that a little better, and it would be a weekday because I have some of these obligations weekend so it's really about taking like a little bit of time off from for certain days so maybe I can probably say that most Tuesdays and Thursday, for the first half of those days I'm just doing something for me. I'm going to the market I'm going to the park, I meet even with friends and then at the end of the day, I do a little bit of work, maybe Fridays, I can I can flip that and say you know, get some stuff done and by three and afternoon I'm free and then the weekends the weekends I'm mostly just have to worry about doing the chat and that's not very heavy work and it's just an afternoon so Saturday and Sunday and kind of like not working, but at the same time, I still have work I still have that and I think one of the reasons why I'm willing to accept that is because it before I was doing this, this chat work where where requests would come into this chat I still had people I was working with for other projects with you know send me a chat would send me WhatsApp send me an email so it's kind of the same you know I wasn't disconnecting them and now I'm still staying connected but I'm actually getting compensated (laugh) for the time that I work but this week at the beginning, yesterday I was looking at 'oh, I think I can take at least the entire day of Friday off', I was pretty certain that I would be able to do it, and I think I can still do it, but it's a challenge (laugh) definitely is.

Mattia Rainoldi: So why is it a challenge?

P31: I think, because I am trying to describe as well. If I can go back to scenarios, where I had a full time job that the hours that I put in brought in the income that I expected, the scenario was different so it was very different when I had an office to go to, and it was basically just like 'hey I'm here in the office it's it's the time that I'm supposed to be here it's 8am, hi guys, let me go get my coffee, let me say hello to this person, and let me sit down on my computer, let me make sure there's nothing on fire and and, and now, let me check the news and oh, we have a meeting okay cool, let me go to the meeting', and you know I think I think individuals are less productive in that environment and um, it's easier for the individual to just say 'hey I showed up to work today, I was on time, I stayed the whole time, if anything was needed to be worked on, I worked on it, and then I went home and I'm done and it's Friday and it's 5pm on Friday and I'm done and I don't have to worry about this for the next two days' that's that there's some advantages to that. I started a remote working a couple years ago so before Covid and I noticed that already there was a change because I would I realized that I would be working more and I could log all those hours and get paid for them, and that was nice, but it was still a scenario where, if you go back to a standard office where it's a 40 hour work week which I think is pretty standard across the world in the US definitely it's a 40 hour work week you know a lot of that time you're getting a coffee, but for when I was logging my own time working from home. I realized that I wasn't I wasn't logging as much of that free time as work time right, so I would log the time when I was speaking to a client, I would log the time when I was you know, doing the actual work and if I was going to take a break, and I was going to walk away if I was going to make coffee I wasn't necessarily logging that time not saying that some of that didn't overlap, but for the most part, it was 'okay now I'm disconnecting and now I'm no longer on the clock', so it was a step towards the scenario and now where more of the time I'm supposedly working is harder work (laugh) if that makes any sense, now given the fact that I'm more of a more entrepreneurial space it's kind of like I have to work more to ensure that I'm going to be okay, like in to ensure my economic well being so you know, the more time that I'm working, the closer I'm getting to making these projects work the the more likely I am to be successful right and and that's kind of what drives me now, um, it's kind of strange because I think, who I am and my experiences is very unique that's it's very unique that there are others, but if we had started this if we had done this journal in the first half of the year, probably it would have been a lot different I was probably taking things a lot easier because I had some money from a past business opportunity and I was just kind of like chilling and starting to build some of these projects and I think I was pretty happy and then a couple months ago was when I realized 'oh that money isn't going to last forever (laugh) I really need to take things seriously', so I started to maybe work a little harder and then I started to explore other possibilities of other activities and so now I do a lot more work, maybe once I get a little better bearing of what I get from the projects and and where I should spend my time maybe I can calm things down and even it out a little more, but for the time being I kind of was in a little bit of an economic crisis and realized 'oh, I need to work really hard (laugh) to make sure I have money to pay my rent' and I probably took on a little bit more work at that point and over the course of the next few months, I might change a little bit how I'm um, how I'm spending my time, but for the time being I'm trying to work, I'm trying to stay busy the whole time because I'm driven by (laugh) economic necessity.

Mattia Rainoldi: I understand yeah. Right. What you have also mentioned is that you said you take time for your leisure live also during the week so half a day, so what is the reason for you to do that in this way?

P31: Um, I think things just lined up like I just you know if I can say also my life is a lot better than it was a year ago, in the middle of the pandemic, I was definitely only working, working all the time and and not even getting compensated fairly for it so um, over the course of of the last I would say going back to about October last year, I think I started to spend more time outside and I made friends at the park that always go to play basketball and I like to play basketball so I just you know found a way for my schedule to line up with that and that's been a thing that I kind of build my schedule around too, so I know that I'll have a chance to go do some exercise to to sweat to do my cardio, to have a little bit of a human bonding, which was a little hard to do during the pandemic right and so so that's been a reason why I've continued to make sure that my life allowed me to have that time on those days, um, because that activity is important to me um, but I probably need to do that a little more, I think I probably need to structure my life a little bit more to make sure that I'm doing some more activities that are for my own good, and not just to make money.

Mattia Rainoldi: Mhmm. So basically it's a little bit different from what we were saying at the beginning, so your days and weeks are structured around some work of movements, but also around some some commitments or some time to dedicate to your leisure life and that are important to you, is that right?

P31: That is true yeah that's true, so I do have, I do have those I do have those you know that there are things like actually today I'm not going because I could have finished this interview and gotten straight to it, but then I had some other things come up a little bit later, so I set out today I'll stay I'll do the interview with Mattia and to some of the other work that I have just because the necessity came up, so I, you know that the priority of that leisure time doesn't wait any work obligation but I try I try my best to keep work away from from from that and then I generally accept work at any other time so whatever comes across you know if he if it's Wednesday night at 8pm or it's Saturday morning and I generally do accept that work. I try to keep it away from the middle of the day, on Tuesday and Thursday and that's probably not time that I'm going to to spend just sitting down and working on something, but if I if a call a meeting comes up then then sometimes I will prioritize that over my leisure time as well.

Mattia Rainoldi: I understand yeah. Do you also sometimes take holidays?

P31: Oh I'm I'm trying to think of the last time that I really I really took a holiday. (pause) I maybe have been able to fit in like two or three days of just me-time obviously we're in a we're in a strange period of time, where you know it's a lot of people are getting back to normal and I've definitely started to think about like 'oh, what if I go to the beach or something that's acceptable now', but since the pandemic started, I really haven't so I'm trying to think of maybe I think of maybe in 2019 there was a there was a brief period of time, when I could sort of consider it a holiday but going back going back to 2019 especially I've always combined holiday time and work time and leisure time at work time it's it's it's a it's a habit of mind going back for at least those years.

Mattia Rainoldi: Mhmm. Do you feel to be, I don't know, um, let's phrase it differently, you're now in Mexico City? So how does it make you feel being there?

P31: I mean there is there is this pretty neat. I feel like my life now compared to my life at previous times is much more of the life that I want. So I am in Mexico City, because I decided, I want to live in Mexico City right and if I had decided, I wanted to live on the beach somewhere. And I will be there right so that's a cool advantage and for the most part, like I'll probably I'll probably finished the call with you and then go to a café and do the rest of my work, you know for a couple hours from café and that's awesome for me. I love that, I I do feel like I have more control of my life now than when I was in a normal office schedule, I do feel that I have more control but I still haven't found the exact balance, I haven't found exactly the way I know that I can be a little bit more I would say, if I could be frank is if if people will get their vaccines and follow the rules for the next four months (laugh) maybe, and we can say okay we're not worried about outbreaks and we're not worried about new variants. And if, over the course of the next four months, some of the hard work that I have been doing pays off, then I sort of envision a scenario where oh you know what I'm going to Costa Rica, for a month I'm going to spend a month there and guess what I'm going to go to Italy, you know because I can pull it off, I can do it, maybe I have to get up a little early to do some work, but I can I can do it that's what I've wanted my life to be but obviously, there's a pandemic and, if I can say in in 2019 I spent a month in Brazil, I spent a month in Argentina, um, I spent probably two months of the year in Mexico and I still had an apartment that I owned in the US, so my life was starting to take that track, but then obviously once you know 2020 there was very, very little travel, 2021 maybe a little bit and so I'm not I'm not yearning for another lifestyle where it's like go work at the office for a while and then go take your holiday and then go back to the office and take your holiday. I like this mix. I like the fact that I can can mix it so like I said, Costa Rica, for a month or something I would love to be there, I get up to a little bit of work, go to the beach, go back to a little bit of work, go to dinner do a little bit of work, but I do need to have some time, I think, where I I switch off I do need to have some time where I say okay I'm going to go to the mountains and I'm going to camp for four or five days and I'm not going to see my phone, I think I need that but I haven't managed to to to (laugh) build that into my lifestyle yet.

Mattia Rainoldi: Mhmm. What was for you the reason for doing that kind of life, for month here, a month there and working while making holidays as you said?

P31: Um, I think part of it stems from just how I enjoy life and a big part of life's enjoyment for me it's just being somewhere else. I don't you know I don't want to skydive or go on a safari or you know I don't really like to ski. I don't (laugh) like those activities, I like to just meet people talk to people eat food have good coffee have good drinks see the architecture of places so that's a vacation to me, I think, when I was in a office environment, and I was an office environment in the US, which you know, we get like two weeks of vacation a year, the fact that I had two to two weeks of vacation a year, and it was kind of hard for me to decide, like between I want to go to a new place but also, I want to go to places that I I've been in the past and and see my old friends and two weeks wasn't enough time to do that as I became aware of other possibilities of doing like digital nomad and working remote so that's probably the best thing for me. And so I started to look for that opportunity and once I had that opportunity I was able to go to like let's just to be simple, I could come to Mexico, where I have friends and family and just um, just spend time with them, you know, like wake up in the morning and work and and at noon have lunch with them and at night go meet other friends for drinks and go to some of the shops that I like to and just be working most of the time. And then, when I really was taking a vacation I could go to the beach or something like that, and then, when I went to Brazil, it was you know kind of the same thing, like let me meet up with some some people who are friends of mine um, but mostly just kind of there to enjoy the atmosphere and I have work to do in the morning and work to do in the afternoon, but in the middle of the day, I can go to museums. And I was, I was really happy with that lifestyle (laugh). So yeah that that's what drove me, little by little, my life transformed a little bit professionally where I started a small business that was successful and and then I decided I wanted to replicate THAT and continue down that path and it's it's maybe even a little bit more challenging for me but but but I'm I'm still living something pretty close to the lifestyle that I want.

Mattia Rainoldi: Mhmm. Right, you also were saying a couple things that I noted down here so said that after the interview, maybe you go to the coffee shop and work from there. So from which places do you work?

P31: I probably, I probably, I probably wish to do the coffee shop thing a little bit more um, because that's very enjoyable for me, but I'm probably right where you see me or see or let's see I might fly out there and sit down and work there, but I need to accommodate that or over here in the office kitchen area or you know, sometimes I just on my bed, and I work from my bed. So that's that's mostly what I do. I do have friends I'll call them friends (laugh), acquaintances mostly (laugh) that are also digital nomads and, from time to time you know, we make a plan to go co-work from some particular space, which is very cool but I think it's still finding the right, the right mix that there are certain activities that lend themselves more to I actually want to be at home, I want to be in a comfortable space, I want to make sure that I have control over the noise, I want to make sure that I have complete control over the WiFi. And there are other times when okay I still find the rest of the day, I don't need I don't I'm not worried about the noise, if the WiFi breaks up, I can use my my hotspot I'll be fine. And that's when I go work, for example at a café so it's it's just between what I showed you here the little tour and sometimes at a café.

Mattia Rainoldi: So on what the decision depends?

P31: Um, there are there are times um, when if I'm starting a relationship with an individual, this is why I tried to you know wear a nice shirt (laugh) it makes I comb my hair and probably situate myself up against the wall over here and give a little bit more of a professional a little bit more of a secure controlled environment, because I'm talking to individuals that are either going to invest money with me or offer me money for a gig right, so I don't want it to be like 'oh and I'm sitting on the street and a dog just jumped on my lap or something you know or the the garbage man is going by and it's really noisy or now my internets cutting off' and you know I didn't have control over that. So if I were in a situation where I don't have to talk to anybody during the course of the afternoon, sometimes I'm lucky for that to be the case okay cool I see my schedule and say 'you know what let me have a bit to eat here in house and then let me hit up to the café and work there', um, if it's you know, someone has been working with and there's already trust then also I feel fine taking a call from from a café where it might be noisy or or maybe I say 'oh, I have to cut off the video because of the bandwidth'.

Mattia Rainoldi: Yeah, I understand, yeah, so and working from such spaces that are not regular work spaces, how does it make you feel?

P31: I think I've learned to control that, if if if it's one of those scenarios that I said I don't have to I don't have to connect on a call or the call is with someone that there's already a lot of trust with then I'm perfectly fine you know 'oh, it turns out, the Internet was bad sorry, let me, let me call you from my phone instead' or you know 'I'm just working from my computer and and again if the internet's bad or there's noise or whatever it doesn't matter that doesn't affect things', I feel great. In the past, especially pre-Covid. So there was you know pre-Covid and there was hardcore Covid where there wasn't going to cafés and then eventually as as we're comfortable and hopefully it's safe to go back to cafes I think most people understand that a large part of um, the workforce now is remote or you know work from home and so that no one's going to freak out if they can hear a coffee grinder in the background or you know if they can tell that you're not sitting in an office somewhere. So, as long as as long as I'm not in a scenario where this is the very first time that I'm talking to somebody and I'm not sure if they're going to give me what I want, then I try to control the environment a little more, but also to be fair I think sometimes there's a little bit of laziness for lack of a better word sometimes there's a little bit of well I got up, I'm still just in my shorts and I have coffee here and it's actually better than the (laugh) coffee shops and I don't have to spend money and I just stay at home and sometimes I think I regret that something different you know what I should have gone out because you know get some sunshine and see some people walking around. So, so I think some maybe a little tiny bit of social anxiety or something also influences that and I, and I stay at home and work instead of going somewhere else.

Mattia Rainoldi: Mhmm. When you go somewhere else, so what is the advantage for you to be there, so being at home you said the advantages of control environment and can be lazy and whatever, so what is the advantage for you, you said you're regretting on going so there must be some benefit that you're driving yeah you know.

P31: I mean I, I do think that I do feel that I I I very much enjoy maybe in another life I was Italian you know, I think I'm very French. I very much enjoy being at a café with a street view. I enjoy going into the coffee shop and the person knows what I want and recognizes me and seeing the people from the neighborhood that go there and seeing new people and seeing things happen on the street, and you know it might be something of a distraction, but I actually think I work well with a distraction kind of kind of a balance out like I don't have if I have my work here, and all I have to do is raise my glance and get some stimulation from what's happening. And then okay great I rested my eyes, I was struggling a little bit, let me go back into here that I like that scenario better than okay I'm working working working working working and now I'm bored let's see what you know let's see what this blog says about my favorite sports team, and let me go into Facebook and let me do TikTok, um, I think my brain gets the same stimulus, if I can just look up and see like oh, you know that couple is having an argument (laugh) and what's happening there, or you know oh look there's a somebody selling something on the street and do I want to buy that or not or oh this person ordered I didn't know that they had buckler wide at the at this café you know tomorrow I'll come back in order some dessert that kind of stimulates my brain the same way that I feel like when I dive in social media I'm trying to do that, but I think social media is a rabbit hole because you know, sometimes you open social media and you see something great like oh my cousin had a baby wow cool and you said 'congratulations I can't wait to meet her' and then you're satisfied and you feel happy and you go back to work right sometimes you look at it and just say like 'oh, you know, like this person made a cauliflower pizza okay that's good for them' and oh this meme and and you're you're looking for that same stimulus you got when you know somebody shared a picture from when we were in university together or the cousin's baby or or or whatever you get that satisfaction but it's not always there so I think sometimes you get stuck, whereas if I'm looking up at the world at the real world and I'm saying like 'hey um, what's happening here in the real world either something interesting enough happens that I feel happy and go back or nothing interesting happens whatever', I can't scroll these people in front of me so I think there's a health debt so that's that's definitely now that I think about it, and I share this with you, I think I should probably make it more of a habit to go to some of the cafes and and I go there. Another advantage, I still like um that kind of finite become it's it's it's not specifically scheduled, but I go to the café and I'm not going to spend four hours there right so when I go to the café I'm probably just going to spend an hour and a half, two hours, maybe three there, and so I kind of think what are the things that I should do in this time. And I'm working on something and say you know what I can get this done in 45 minutes, so let me go ahead and get this done, let me order one more special. And you know I'll wrap this up, and I can structure things a little bit. When I am at home okay, I'm almost done okay cool I'm gonna you know I'll leave this for a little bit and come back to it because, because nothing changes right it's there's there's no episode of it, and I think when I'm at home, I tend to run rotate my work a little more, and I, and I definitely spend more time on social media at home than if I'm at a café.

Mattia Rainoldi: I understand, yeah. That's very interesting yeah, mhmm, right. I get more or less your way you organizing your time and the place where you work and where you spend time for your leisure activities, and so andthe people that are involved, the like the um, your feelings for what you do and what you don't do, so at this point what I'd like to do is to dive in a little bit more deeper in the role of technology in all what you're saying and I've seen from your diary you have different devices and also different um, platforms and tools that you use and um, that helps you to manage your life as you do so, what I would like to hear a little bit for you, is why do you use this technology, which one do you use, if you can divide what you use for work and what you use in your leisure time and so maybe just let's start talking about a little bit about that and then see if I have further questions.

P31: Okay. So, for better or worse, I can work both from my laptop that I'm talking to you on and on my phone and even you know something like this. To be honest, if I had gotten moving earlier, I probably would have been at a café because it because, as I got started in the morning, I was like I'm going to go to a café and I can take this from a café and I think my laptop doesn't have enough battery on it, I can just use my phone right and I I can do most most things on both a lot of the work I can do on both so I can use Slack on both, I can use WhatsApp on both, I can send email on both, I can edit a lot of documents as well. Right so um, I tend to bounce back and forth and and I do really appreciate the fact that I was telling you about the live chat, the chat work that I have when I'm going to my basketball game a few hours before I have to start my shift, I open up my phone I log in if it buzzes I take a look and there's a chat and there's a problem for a client I can help the client. I go outside I get on the bus. I take the bus to the gym the whole time I'm I'm just checking and seeing what's going on and and then, once I get to the gym like right before I'm about to starting an official game right before the referee is going to blow the whistle, I pause put my phone down and I quit and that's amazing that's really, really cool I really like that I have that opportunity. I think the bigger issue is having to or learning to create a wall because yesterday I did spend some time I did have some time, where I was like I'm at home I've already been working I need to take a break and I gravitate towards what I want to do in my break is, I want to look at social media, but I noticed that while I'm looking at my phone and I want to just look at Facebook or YouTube or whatever, I'm still going to get notifications from all of the different things that I'm connected to and they may be important or or not, and really most of them aren't important but it it it triggers the same emotional response as if they were you know if it's just like somebody on our team that I'm a part of is asking somebody else a question notification and then I'm like 'do I need to pay attention to this' and it distracts me from the episode, I was watching Anthony Bourdain or something right so there's a little bit of controlling tools, a little better than that I probably should work on. I started thinking about the fact that I can control what notifications I get but I don't think it's quite as customizable as as as we wish you know what I mean like I wish you know what I mean, I wish there was a way for these tools to know very specifically what needs to happen, you know, so I could like I said I'm a part of a different set of teams and, in some cases it's going to be very serious, very professional and other cases still professional not so much and then you know there's a whole gambit of things if somebody at mentions P31 that doesn't mean that they need my help it could mean just our is this you know it's just the restaurant in Buenos Aires that you told me to go to you know and it's like yes, 'thank you now leave me alone, and let me go back to watching my episode of Anthony Bourdain' or let me go back to scrolling through TikTok and so there's that there's that challenge but I I feel like I've done a pretty good job if if I scheduled my day and I say 'oh I'm meeting with my friend for for coffee or for lunch or for dinner', I'm very good at those times of forgetting that I have this phone like I can I can definitely totally zone out, and I think that's obviously an advantage. Then, at some point, I am going to look down and see a bunch of notifications and I kind of stress out I've noticed is actually two times recently, two times recently, I picked up my phone and can blow, and so he was like 'is something wrong' and I'm like 'well, no', I don't think so let me see 15 Slack notifications no nothing important you know seven WhatsApps okay no and then you know going through all of them that's still a modern problem I think we, we all have to figure out maybe for some individuals it's you know I know lots of people that 'I don't have any social media blablabla', I can't do that I'm not interested in that it's it's too important like I'm not going to know if my my cousin had her baby if I'm not on social media like I might know a week later, but I, I want to see that and you know, like recently a friend, unfortunately, of my friend, was in jail (laugh) and like I knew something was wrong because four or five days without anything thing on social media from that friend was like 'hmm something must be wrong so let's see let's figure things out', so I like social media I also like some of the things that people think are bad, you know, like I I like to be in groups that talk about politics and groups that share recipes and spend time on that. I don't see it it's too disruptive to me, I had to learn okay I'm not gonna argue with endlessly, I'll have a little argument and say at some point is I'm done with this so in in a social world in a or leisure world I I like social media and the other tools, I like to for work I have um, six different Slack accounts that I'm about that I'm a part of you know I like having those contacts, I like being able to interact with that tool um, but I think it's, it is difficult for us to to to balance things out and decide you know at what point do I totally disconnect from everything.

Mattia Rainoldi: Mhmm. So from what I'm getting basically, through your phone, so work has the possibility um, to get to you in at any point in time, even -

P31: Yep.

Mattia Rainoldi: - even when you are on dinner or you're doing sports and doing other leisure leisurely activities is that true?

P31: Yeah, I also think that there is there is a there's a habit of knowing me gazing the urgency of those. I think it's I think it's two things. I do think our tools, need to be better to help us filter that and I really wish I could tell my phone I can just say like 'no Slack messages for the next two hours, please, thank you' and there's there's something I could do for that, but you know, like, I just wish it was that easy it'll probably be there soon. I I spent a lot of time working in a scenario where my job was sit down log into computer and wait for customers to you know it was customer service right, that was a big part of my my life, and I think in those context when I when it was 8am to 6pm and just know okay, if you get this is this message comes across you act and if it's 6:01 you're done and if it's Saturday you don't even have that like you're not even connected and since now I can't do it quite like that I have to bring there's this overlap of work-home-life. I think there is there is a challenge of being able to avoid those because I, I guess, I probably could, if I if I did say you know what, for the rest of day I'm not going to look at anything to do with work. The world everything would be fine nothing, nothing bad will happen, but it's it's hard to reprogram ourselves to to no longer accept that stimulus like work oh okay work means I need to react, no, no, no, no, not right now but because there's not a fine line or it's it's it's a challenge or or because now, the line is so fine there's not a very clear line.

Mattia Rainoldi: Mhmm. Yeah, so for what I'm understanding, so you are trying to say well, you said it probably pretty well yeah and that's that work can always get to you and I guess it's also at the same time, so how to say it, so leisure, so can also come into your work at any time.

P31: Definitely it there's probably is probably unfortunately isn't as even handed right, I don't think we respond as well to to to leisure but, but that you know that happens um, and I think that sometimes I try to squeeze in a little bit of leisure between work in a way that you know maybe isn't as efficient and I mean like just trying to 'okay I just finished this call, I have another call a little bit later nothing's on fire, let me go into my phone and let me try to find something that makes me happy' and you know there's no guarantee that you're going to find something that makes you happy or 'now let me answer you know these messages that have come from from friends' right so yeah.

Mattia Rainoldi: Mhmm that's interesting and in terms of devices and in terms of tools or something like that there are some that have a dedicated purpose for you?

P31: I mean they they they I have have a MacBook and to have a Windows laptop. The Windows laptop I'm only using for one work thing now because of necessity, prior to that I first time I didn't even have that one setup with the WiFi. I only used it for music production, graphic design just but mostly just just play so that was my play I also had like a couple games on it so just use that for for playing but otherwise my my my cell phone and my MacBook are are just two versions of the same thing basically.

Mattia Rainoldi: Mhmm. So what you're trying to say is that is difficult for you to keep your activities that you connect to your work life and to leisure live separated from each other?

P31: There is there is that challenge.

Mattia Rainoldi: Mhmm and you said, those are the two are you would like to find balance, so the question for me is what would make a balanced life for you?

P31: I think, I guess I'll guess I'll be really like open with this this kind of interview, but I think I have to work on some of my social bonding and I have to I have to find as much importance in in those things as as I do in work and basketball is one of those things because I enjoy the sensation it's fun to play, it's it's satisfying to be dead tired at the end it's and it's also a social bond, there are people that I recognize, and you know we have you know I've built friendships out of that activity. So I will prioritize with some degree over work, you know, I specifically my schedule says these times I'm doing basketball right it's much harder for me to do that for other activities. I think I think that's more like a personal, social thing like this, and this since I'm very Anglo Saxon so it's very you know it's it's hard for me to say 'oh I should make sure I go, you know, like every Wednesday I should set that aside for having dinner with my friends', part of that too is just that's not been the world that we lived for a year, so I think this whole scenario would be different if it weren't for Covid. I think I used to have before I started my more nomadic life, before I was living here when I was living in the United States, I did have every Wednesday, a group of friends that I would have dinner with and I had basketball two days a week then too, in the evening but it was, I always go play basketball at the time and I always have dinner, and I would always have dinner with my colleagues every once a month and, if my dad you know, had asked me to spend some time with him, it was easy because that's my dad you know, um now my lifestyle is a little different and the people that are in my life are a little different and I don't have to think there were other there were other activities in my life that that I would make sure to prioritize, other groups and things that I would be involved in and really when when I came to Mexico City it was I'm going to live in Mexico City, I'll do some traveling too, but I had in my mind some activities that I wanted to make sure that I would be a part of my life and there was a pandemic so I wasn't taking dance classes and I wasn't taking um, Chinese and I didn't start sustainable garden group or anything like that it was mostly just I'm going to be at home and for a good part when a time probably like eight months that we all lived, I had nothing, I did nothing you know I saw nobody basically and so during that time, I definitely built up a routine of work too much and then spend time on social media and then work, social media, eat, drink some booze, go to sleep and I've made progress, because that that cycle was very destructive for me, and so I moved away from that, but I don't think I've necessarily gotten to the point where I have like other things to distract me that aren't work that I feel like I prioritize over work.

Mattia Rainoldi: Mhmm yeah. So, can you tell me maybe something if you have such things, do you ever have any routines or rituals that you used to switch between working leisure life.

P31: Um, I definitely, I definitely make sure that I I did some physical activity in on regular basis, so if um, I have the you know I have basketball three times a week and if I EVER miss that I make sure that I go run the park on the same day and I usually try to also mix in like another little jog in the park or something like that so that's something that I can recognize it has a benefit for me long term that it's just as important as making money is being healthy physically. And it's also enough of a habit that I've built that if I if I kind of look at my schedule and say okay tomorrow morning I don't have anything to do I'm going to make sure I go to the park and do some running, um, that's one of the things that kind of allows me to to shift during the time I'm at the park there's no work I'm completely disconnected I probably wrap up my run without my phone and make sure that there's no emergencies, but um, but for the most part I'm able to totally totally um, switch off so -

Mattia Rainoldi: (overlap) So for you (end of overlap) switching off, how does it work in practice, how do you switch off from it?

P31: I think a big part of it is just being and in a different scenario just being okay I'm not sitting at home, you know I'm not waiting for you know I think a lot of times I'm waiting for my communications my social media communications to kind of pull me in a direction and prioritize certain things, and you know that gets me stuck here and the computer when I say you know what this morning I'm going to make sure I go to the park and run or I'm going to do yoga or something like that it's very that is very it makes it where I'm very much turning off and I'm getting with and also like I do I think cooking I think I mentioned like mealtime and it might seem kind of like silly like, of course, but I generally make sure my meal time at least the preparation is okay, this is a time that I switch off from everything else. And not my phone I'm just going to put some music I don't get any notifications and I'm going to prepare my meal and you know I don't I don't generally just -

Mattia Rainoldi: (overlap) And um (end of overlap), sorry if I interrupted you here so, how does it exactly happens practice you were saying you want to disconnect and you, in this case you don't want to have the notification, how do you do it?

P31: I actually -

Mattia Rainoldi: (overlap) Cause you (end of overlap) have the phone with you all the time isn't it?

P31: But probably this is something I think is I mean I'm sure I'm not the only one, but this is something that I think kind of unique is that I don't have notifications on my phone on, sound or vibration and the only reason like that I noticed things happens is because I generally look at this thing every 15 minutes and so when I'm in a scenario where that's not happening, even if it's in my pocket or it's on the counter I'm not I'm not going to know what happens, unless I look at my phone and I sometimes that worries me because I'm like 'dude how like just totally how trained am I that I'm always looking at the at this stupid device' but, but it does allow me to to disconnect but as long as I'm not looking at it, as long as I can set it over there, and my hands are busy in the kitchen or my hands are busy with my balances and running or playing basketball or if I have something else to do, then I am able to to disconnect.

Mattia Rainoldi: Mhmm. So for you disconnecting is putting the device away somewhere.

P31: Mhmm.

Mattia Rainoldi: Do you have a specific place or is just random?

P31: Just random, just randomly.

Mattia Rainoldi: Right. Okay, then what I'd like to do now is to talk a little bit more in detail and let's see a little bit from your diary. So what you have written here and I'm going to ask you maybe to make some comments on it yeah. So let me see. I'm going to read it out loud so you can also reconnect and 'so today I resent the fact that I have this instinct to seek out pleasure from social media and the uneasiness of holding a screen in front of my face as entertainment, which can be interrupted at any times with a notification from work'.

P31: Yep.

Mattia Rainoldi: That does see this scenario feels like so you are looking at it, while you're engaging with something that is entertaining for you so leisurely and then this period of time can be interrupted from a work notification is that the scenario, right? Does it feel like an intrusion in your leisurely time?

P31: So, because I don't know I don't know that I would define it that way, and I think, in the end I I look at it more the way I'm seeing it is why why am I trying to entertain myself the social media and there might be sort of a social taboo there um but I like I don't mind it's funny it's like I'm not angry that there's a work thing. I guess there's there's probably some solutions that I can consider for this, but if I just say 'oh I'm finished with work for a while I'm going to take a break' and what I'm going to do my break is something on this phone yeah maybe maybe maybe you're right with the intrusion, I mean I, I kind of just wish that there was something to do and (laugh) that's that maybe didn't involve the phone. I think what I'm doing is I'm just constructing narratives so when when I can be distracted by something that's not on my phone and I can even like I said, looking at what the person next to me is ordering at the café or running at the park or playing basketball or, if I have my friend there in front of me that says 'let's go have a chat at the at the at the café together or come over my house' that allows me to disconnect entirely and I get this genuine satisfaction from that scenario when I am simply trying to watch something on YouTube or TikTok or or on Facebook, whatever. That scenario doesn't allow me to disconnect entirely and I kind of resent the fact that in that moment I am gravitating towards a leisure activity that that doesn't allow me to to disconnect.

Mattia Rainoldi: Mhmm. What is the reason for it to having that feeling that you cannot disconnect?

P31: Probably I'm I'm I think I'm probably still pretty trained to react to all of the notifications. I think some people are maybe good at being numb to it but it's it's really I'm very, very much responses to 'oh there's a WhatsApp message oh there's a Slack message, oh I have an email from this person, oh Facebook notifications let's see what that', it's I'm not good at that I can avoid them and I can structure things so it's not like I'm going to be distracted every single moment but if I'm not able to eliminate those kind of notifications or whatever, then men, I am going to get kind of stimulated by them and I don't I I'm not detecting an ongoing problem when I'm working and getting pulled into social media. I think I'm actually pretty good at I can avoid it in that scenario and and I guess I don't mind I don't mind hey I'm trying to do some work but it looks like somebody just commented on my Facebook posts from last night you know, and like either I can think about it for a second and go cool I'll check it out later or let me see what they said okay cool haha click like go back to work. That doesn't bother me because it's work (laugh) like it doesn't bother me that my work it's interrupted by leisure, but if I'm trying to disconnect from work, I just did something that was very taxing on me and now all I'm trying to enjoy something and getting reminded of all of my responsibilities that's that's the challenge for me.

Mattia Rainoldi: Mhmm, so would you like to, I don't know, so if it's just the notifications why don't you just turn it off?

P31: Yeah I guess because I I think I'm tentative to do it, and maybe I didn't discover the this perception until I started journaling and and and maybe I maybe I was the resentment was there, but I wasn't kind of recognizing it as 'oh, this is a time that I want to spend doing something else and and I'm getting pulled into work', I probably didn't conceptualize it like that. The other thing would be, I do think technology technologically we don't have we don't have the fine tuning of the notifications that I think would be great so let's say it's Slack so within Slack I have the six different groups I could probably at any time pause that could probably pause at least four of them. And then inside of the other two Slack accounts there's a ton of stuff that I don't want to to ping me either. I'd want to be able to filter it out. I can probably spend some time exploring that and looking at the setting but I don't think you can fine tune it as much as I would like, and so that there are still probably scenarios that oh if I'm going to spend two hours just kind of like I'm going to watch some YouTube what I'm going to eat and maybe jump on TikTok or something I don't want most of the notifications but getting you know if it's this person I want that notification, you know, because that that's probably really important. We don't have that fine level BUT I should probably try I should probably give it a try and just say like you know all notifications off or something during a certain period of time and see see if I find that satisfying.

Mattia Rainoldi: Mhmm, alright, let's see another of the examples that I noted for myself, um, you said something that you just recently said also that they are part of multiple flex and that makes feel the line between professional and social very blurred. Can you tell me why does it make you feel like the professional between this professional and social is blurred for you?

P31: Um, (laugh) because of a system so like let's say there's a mastermind group that I'm in where you know we all met each other as as part of this group who have people who do similar things and so you know we all kind of joined and it's kind of social but it's on a professional side and then, little by little, it become I think there are some very clear professional things in that, and there are actually people in that group that I do have professional projects with that in that Slack group I wouldn't like I wouldn't want to ignore Luis and in that context, even if it wasn't about work because I want to protect the relationship that is that we have beyond that and I think I shared in the journal also you know that's I'm not getting paid directly for anything in that Slack but if someone is asking a question that I could and should answer there's a you know, a karmic side of things, because later I'm the one that's going to have a question right and so it's it's a valuable it's a valuable use of my time in a professional context but it's not work. And so it kind of that line kind of blurs and then I think the fact that it's a it's the same application so in the same application, there is somebody that there are a number of people who sign checks that come to me right, and in another part of the other application there's you know somebody that I don't even know and all of them can trigger notifications to some degree or another there's a hierarchy and those notifications coming over but all of those kind of pull me in right or there, there are other scenarios where maybe the communication is WhatsApp and it's more one on one communication and again there's somebody that with whom a professional relationship exists, but maybe a personal relationship to, and so it can be hard if someone says 'hey P31 I really need to talk to you, are you free', well I don't know if this is them bringing up something about the project that we have, or is it you know something something personal. I mean they said they really need to talk to me but yeah that maybe without that qualifier they just said 'hey P31 are you free can we talk' and you know they just wanted to talk to me about you know they wanted recommendations on somewhere after well okay cool so so that happens and I think it's it's tolerable but like I said in the meantime when when I'm still not quite where I want to be financially and I still don't have my life structured entirely I feel like I do sacrifice a lot I, I work hard, I have some burdens in my life. And I'm not sure that they're necessarily it's worth it like sometimes, sometimes with those things that I bring up sometimes I really do wish I was just back in a scenario where I log into work at eight. And I log out at six and then from there, I can go do whatever I want some sometimes I missed that in the context of some of the negative things I brought up but, for the most part I do appreciate the overall lifestyle that I'm living.

Mattia Rainoldi: Mhmm, right. Let's move on to another example and it's something that you mentioned a couple of times already, so that you work for the live chat, you're logged in and you said, that you work out and going to the gym while doing that yeah.

P31: Yeah.

Mattia Rainoldi: And that you log out when you had to focus on the game, and that you came back after it.

P31: Mhmm.

Mattia Rainoldi: So basically for your this kind of live chat um, create also an environment where the lines between work and leisure are totally blurred, isn't it?

P31: Yeah, yeah, but I think, in that case I mean when I'm logged into the live chat that's the shift that I have you know for for for the team that I'm working for it's 'P31 you cover the shift, okay cool'. And me being logged in is is my responsibility and I would have to do that anyways right and I could do that sitting at the desk or, I can do that going to the gym and such and I in that scenario I appreciate the fact that I can the blurred line to me, I think, is it advantageous there.

Mattia Rainoldi: Mhmm. Yeah let's see here. 'This is something to say, but not logging into the message goes straight to a ticket that makes it easy to get back to them without the expectation of an immediate response'. Can you comment a little bit on it?

P31: Yeah I think at first my I had expected what am I trying to say I had thought that the best scenario would be kind of still and I'll probably have to share so they go to the website and they have questions about what the platform offers and they can click a chat button and saying 'hey' and it'll actually like my up an automatic message from me will pop up in my picture and everything right you've probably been on websites like that. If I'm logged in the expectation is the person responds and I'll be rage responded with most activities. I'm going to check my phone within the next few minutes and so it's fine, but I noticed that with the basketball game sometimes, it would be 30 minutes and I would play basically the entire game, and there would be angry an angry person, sometimes it wouldn't happen, and that was kind of the reason why I said 'oh I'll just stay logged in and cool' um, but then I would get someone angry and I wasn't able to answer them, and now I have to kind of go in there and and search for their email and send them a message and say 'oh I'm so sorry'. And then I realized that the live chat allowed me that if I wasn't logged in it would just create a ticket and I would be able to answer that ticket, and that was a perfectly fine alternative it's sort of a tongue in what's the word it's a sort of a on the nose like technically, I should stay logged in the whole time, but nobody was nobody is upset at me that I'm logging in it's a small startups and you know they're happy that I'm there Saturday afternoon, I'm the only person working for that company (laugh) I'm the only person to do anything, and so, if I you know me logging out for 30 minutes as long as I'm going to be responsible for what happens after that, nobody's concerned. So I found that to be a better scenario. I would worry then like I didn't I didn't want that scenario where I'm playing a game and I'm trying to win for my team and it's a timeout and I want to run to my phone to make sure I don't think, it's much better, I totally turn that off, I can focus on my other activity and it doesn't bother me that as soon as I finished the game, and we have a nice little chat and I am drinking my water I turn it back on I see if there's a ticket for me to answer and yeah it's easy.

Mattia Rainoldi: Mhmm. Isn't it a strategy that you could adopt to other um, of your activities?

P31: I do think, I do think, so I think you're right there but I think difference is, you know I'm not going to set up I'm I'm not going to have the expectation of here's my website and anyone that wants to talk to me through my website it's I'm still going to be dependent on using the tools that are there WhatsApp, and Telegram and Slack and those definitely aren't going to create a ticket for me right (laugh). So it's not a scenario where I can say 'okay I'm going to turn off WhatsApp and then it's you know it's going to say P31 it's not available, please put in this information' or what that would be great and maybe there's a bar or something that I can do for that but um but there's not a scenario where I can where it's quite as to be you know I I think I can definitely decide hey like tune out for these things turn them off notifications or whatever the case may be, but it's not quite as satisfying for me, because in that case, I am going to have someone that says 'P31' and an intern minutes later 'I really need to look at this thing for me'. And then 10 minutes later they call me and and then I get back an hour and I see all of this, and probably wasn't as big a deal as they're making it and I was justified and being disconnected an hour, but their perception is so yeah I think you're like okay, for example, the big project manager from from one of the things that I'm involved with now, I saw his name pop up here in the right hand corner. And I haven't looked at it and I know it's fine, I know that I put in things there and I tagged him and I tagged other people and they don't answer until you know, several hours later um, but it does create some emotional tension, like, I do have it's like 'okay all right we're going to wrap up here and then jump in there and see what happened', so there's probably some technological tools that I can use better and there's also probably just me learning to to know when to disconnect.

Mattia Rainoldi: Yeah what are you trying to say as well, is that the technological tools don't do certain actions as you would like to conduct them is that what you were also trying to say?

P31: Mhmm yeah I mean, I think that I think that um, they're like if this is this where you and I kind of sitting down and saying okay, what do we do next, I would probably say well let's investigate some way to develop a new technological tool you know what's a what's a what's a third party App that would help manage this or what's a you know what are some recommendations for Android and Apple to to change how things work, because I think I think I think there are some things there that can be improved but there's also our intelligence our maturity and how we interact with tools is also something that that we have to develop, so I do have a personal responsibility.

Mattia Rainoldi: Yeah, I agree, yeah. Right let's quickly move on to a couple more examples, I'm realising that time is passing rather quickly. Let me see what else I can ask you, yeah that's we have discussed already, and there is something that I also find very interesting yeah and what was it, oh yeah this one, as you say 'I was able to have a pretty normal day as in one stretch of solid uninterrupted work I did have somewhat arbitrarily end my day once I reached the end, luckily having a plan at the end of the day for me to flip a switch'. And it's very interesting to me here if you do, understand me a little bit the situation also if you have any other kind of way you're dealing with with your day, and if you have something that creates a switch?

P31: Yeah. Again, and I kind of brought this up earlier, if my social life was a little more robust, then it would probably be easier for me to say oh guess what you know, I have a plan with somebody so I'm going to stop working but since since still that's been a little bit difficult in these in these times um, you know most days I don't, you know most days I don't have any particular reason to to stop working (laugh) so I used to work, and I might switch it to something else, like I'm involved with a lot of different projects, so there are things that I can do that I, I can switch from one type of work to another type of work and it feels like I'm doing something for myself (laugh) like oh, this is this is more entertaining, I'm investigating this or I'm creating an excel report, or even playing video games that can be part of my work day so um that's enjoyable but it's still work. And it's still there's still some tension there that that I'm that I'm starting to realize as part of this right it's it's the thing that that, if I do go meet with somebody for dinner, and I totally disconnect and then I go back home I'm not bothered by the fact that I didn't move my my projects forward in that four or five hours and I'm not bothered about any notification that might have come through it's fine when when I have that scenario, but if I'm just here in the house it's it's it's a challenge for me to say 'okay it's seven o'clock' and that's why I said arbitrary I just said 'okay it's six o'clock I'm going to stop working because I'm going to get ready to go out' and it's hard to do that without the something pulling me.

Mattia Rainoldi: Yeah, so let's move on to the final questions that I prepared for you. So we have discussed a lot of different um, scenarios, so if you could in a nutshell, tell me what is for your the advantage that using digital technology creates for you for managing the relationship between work and leisure life?

P31: I think there's a potential advantage there because, like I said, there are tools that allow me to do both you know, in a way that I'm happy you know, there are things that there are ways that say hey some communications coming through but but it's it's it's we're just going to that live chat situation you know, there is technology that says okay up to this point I'm working and boom I'm logged off and I'm no longer working that's that's a great advantage and yeah like I also like the fact that I can go to a coffee shop and can work there, but I think most of the time it's it's not an advantage, most of the time, the the fact that you know anytime that someone needs something it's coming across the phone or it's coming across the computer you know there's always going to be that threat I guess.

Mattia Rainoldi: What do you mean by threat?

P31: Speaking poetically (laugh) what I'm saying like, even if, like you know you're in if I say 'at seven at eight I'm not going to work anymore', but I'm still going to use my computer because my computer is my you know the the source, the source of a lot of entertainment there's the threat that a notification is going to pop up for work and even if it's not quite that important it's still there and even if, even though there is some ability like I could go in right now, and let me close Skype and let me close the window with the WhatsApp messenger and let me get rid of it if there's something inside of me that says 'well, no, because what if you know what if an important messages is can't get across' so it's it's a challenge and maybe I need to maybe maybe I need to try you know, maybe I need to try to just turn things off a little more often and see what see how I feel and kind of develop a new habit and realize no it's fine, but the time being my mindset is I can't turn it off.

Mattia Rainoldi: Mhmm, okay, and so do you feel that having technology influences the time in which you conduct work and leisure activities?

P31: Can you re-speak that one more time?

Mattia Rainoldi: Do you think that the use for technology influence you the time that you allocate to work and leisure?

P31: Yeah it does like it it it it makes it so that time though the work they get stretched out, I think I because it can be, but nothing that's good or bad because I think it's a scenario where I feel like I'm always on call but it, it also does allow for some of that flexibility that I talked about so it gives me a chance to do multiple things at one time and you know, like all you have to do is go to another window on your screen and you're not working anymore right, like I and I went from the Slack window to the YouTube video and now I'm watching a video that's entertaining. Um. So, to some degree, you switched instantly from work to leisure but there's probably some level of leisure (laugh) that isn't obtained because it's a little bit superficial.

Mattia Rainoldi: Okay, tell me more about superficial, what you mean with a little bit superficial?

P31: I would say it's it's kind of like I mean you know it's kind of like sleep right there's different levels of sleep and I bet if we plugged our heads into some kind of monitoring machine, you would see a difference between this is me working, this is me just switching over to the different tab and looking at it and then this is me at the park, and this is me at the beach, right, like all of those are, I think, different levels of being disconnected and so, if five minutes ago, I was answering messages to do with work and I decided I would not pay attention to that you know now my brain is probably relaxed a little bit, but it's not the same as this on the whole weekend I decided I'm going to turn that application off.

Mattia Rainoldi: This is a very interesting comment. I very much like it, it is something that I never heard, it is very interesting for me to hear about this kind of way. Okay, so, great, thank you. Do you also think that you're using technology influences the space, the place where you work and do you um, you dedicated to leisure activities?

P31: Um, yes (laugh). I think you know I've just now come over to the desk right, because this is where I can connect the laptop and um, it's fine to be here but I can work from the couch and I I like that I think work is a little less um, heavy if if I have that chance, so I can work I can just roll over and work from my bed, or like I said I can work, I can my day is so much so much better because I mean technically like I've taken meetings from Uber right, and you can pull that off in today's modern world, which means you know I don't have to work, stop working, then go get ready and then go do my leisure activity. I can I can start my leisure activity right after I'm done with work but but maybe there's also something in our in our body, in our psyche and in our being that maybe the kind of transfer is good so maybe it's good that I finished work, turn off the computer, go change clothes, get in a vehicle or a bus or take a walk and now I'm at my leisure and I had a chance to unwind there might be some benefit to that that we were not considering because I'm basically on my phone doing work and then 'okay cool I'm done so let's have fun now', that might not be the best way to have fun.

Mattia Rainoldi: Okay, why would you say so?

P31: I mean, I think I can I think I can viscerally feel if I could think about scenarios like that I can say that I'm not ready to have that fun right right when I jumped into that fun, I'm still sort of overcoming the work part of it a little bit so I think that that's something to take into consideration, then um, it just might be something that we we always had as human beings, and then now we've replaced it with something else so before the maybe not always obviously human history is gone through a lot of different phases, but that the last several generations last 100 years, most people that you and I will relate to got up in the morning and their food, went to their place of work, worked there, finished, traveled back to their home and and then you're home and then you unwind and then maybe you do some kind of other activity. And that gives you a time to to have some separation whereas like I said now it's I have this great ability to do you all my work and as soon as you know, instantly in my work in and starting something else but I think that that's sometimes I had a good way to explain this but it I lost it but it's basically let's just say on this phone I'm struggling with someone with his work for the last you know, like no, you like, we need this product to be lower whatever, stressful it's work it's very serious and I have a lot and I okay cool I'm done and then now there's a beautiful woman in front of me that I want to impress and want to you know that's gonna be a challenge right.

Mattia Rainoldi: Yeah I guess so (laugh), it was a very interesting example, yeah, I was not expecting it (laugh). So for you is that time to unwind it become such short, the changes the the experience of transmitting and immersing, reemerging from one part of live and immersing in the other one, is that what you were trying to say?

P31: Yeah, they just kind of occurs to me there's a challenge and then maybe a little more practical is the fact that okay, so if I have a date with a beautiful woman at 8pm, I no longer I'm going to only limit my work to 6pm where it was that was my you know time to leave the office, now I'm going to say anytime between now and 8pm come at me just because you can't just because you have the phone just because you're used to it and I think, in my case is probably having you pull more work on to on to what I'm doing like I I have like seven jobs right now (laugh).

Mattia Rainoldi: (laugh) Okay. So let's come to an end, I've been taking a lot of your time for for doing this interview. Before concluding, like a three to give you the opportunity of not being asked questions (laugh) but maybe there is something that you feel that is still important to say and I didn't ask you about related to of course to the topics that were discussing managing work life, leisure life and the role that technology plays in it. Is there anything that you could think of that we didn't pay enough attention to that to say what that is important for my life and you'd like to share?

P31: No, I think I've mostly been very forthcoming with information, so I think I've had a chance to to share everything as far as my insights. I think I think it's it's you know if I could just add it's more like findings, but it's it's very interesting, these are things that I really don't think about I'm not thinking about them until I'm sitting down and and making the journal and sitting down and discussing with you they're really you just go with the flow and before you know it your life is constructed in a way that you know could be better and so hopefully there are some important findings from the study that you're doing and there are some actions that we can take as a society.

Mattia Rainoldi: Thank you, yeah. I hope, I guess, there are few interesting things that they're learning from my participants and I learned from you also today, thank you very much for that. Um, if there isn't nothing that comes to your mind right now, I guess that is a good time to say thank you and to conclude the interview. What I'm going to do now is to stop the recording.