

Multitasking is a Myth!!

Is Multitasking really possible??

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In today's time, our attention level is dropping day by day. We start watching another YouTube video even before the first one gets completed, we read another book without even completing the first one, and we do various tasks even before completing our previous tasks. And the result is our attention span has decreased!! we cannot concentrate on a thing for more than a few minutes. According to studies, an adult's maximum attention span is **20 minutes**.

People think they can do many things at a time. But the problem is, there's no such thing as multitasking. People who think they can split their attention between multiple tasks at once aren't actually getting more done. In fact, they're doing less, getting more stressed out, and performing worse than those who single-task. In reality, we are never truly multitasking. While it may feel you are successfully completing two or three objectives at once, it is far more likely that the brain is processing individual actions in rapid succession.

So why do so many of us spend our days trying to multitask? And if multitasking is so bad for us, how can we break the cycle and protect our attention, focus, and time?

The answer is very simple yet difficult to practice initially, but as and when we continue to practice, it will eventually become a habit, and things will eventually become very easy. So to increase our attention span we need to focus on things we are doing!! means while performing a task if we get distracted we need to get back to our task and try to focus and as we do this continuously our attention span will gradually increase.

Another solution is to do one thing at a time. So now as we know that multitasking won't help we should focus on doing one thing. We should plan our day, this may be a small thing but will save hours in our day. Apart from this, we can meditate to increase our focus and concentration. Exercising regularly can also help us stay attentive.

"Be like a postage stamp. Stick to one thing until you get there."- Steve Jobs

"Multitasking is like constantly pulling up a plant. This kind of constant shifting of your attention means that new ideas and concepts have no chance to take root and flourish."-Barbara Oakley

