

WHY MULTITASKING IS THE ENEMY OF FOCUS

212-Careers



Do you remember the multitasking method for better productivity that was all the rage in the 1990s? The idea was that if you worked on several things at once, you could accomplish more. Your productivity would skyrocket.

That was terrible advice. Multitasking leads to an increase in stress and anxiety. Productivity might increase in the short term, but it rapidly declines. Productivity and efficiency continue to drop, resulting in several incomplete or poorly completed tasks. Multitasking should be called multi-failing because of its reliability in delivering subpar results.

Taking one task at a time is a far more effective way to accomplish them. This is because of the way the human brain was designed.

Your mind craves order and discipline. You might disagree if you are inclined to be messy and need more organization. Those might be your personality traits, but your mind secretly wishes for a more organized and neater environment.

Directing your attention to a single task or activity and pushing away all distractions naturally makes you more productive. Frustration and stress lessen,

and you are much more efficient. This can lead to quicker goal achievement than the stressful, success-delaying practice of multitasking.

Instead of multitasking, why not FOCUS instead?

- **F**ollow
- **O**ne
- **C**ourse
- **U**ntil
- **S**uccess

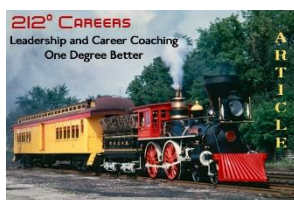
Each letter in the word focus begins with a word in the acronym that can make you more successful. Whether you are trying to change your life in a big way or want to clean your house over the weekend, it makes sense.

Singular Focus Eliminates Distractions and Improves Productivity

When you don't fight your natural tendencies, you experience more positive emotions. Focus on one activity or task at a time, and your brain rewards you. It doesn't trigger the release of cortisol and other stress-boosting hormones. Instead, dopamine, endorphins, and other feel-good chemicals are released.

This natural process automatically makes you more productive. Your brain is not fighting distractions created by attempting to handle several operations simultaneously. Stress is lowered, and you feel better about what you're doing.

This is why directing your attention and efforts to a singular target makes you more productive. It is aligned with how you were naturally created. The process makes sense to your mind, which makes your actions more productive, and you get more done with less effort.



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