

Mindfulness vs Multitasking

Q.

How many of us take pride in being successful multi-tasker or really want to be one?

Q.

How many of us already sold to idea of mindfulness but struggle to achieve?

Q.

What is Mindfulness?

Try an exercise

<https://youtu.be/txWeSnJBT-M>

Try another one ?

I am great multi-tasker

1 2 3 4 5 6 8 9 10 11 12 13 14 15 16 17 18 19 20

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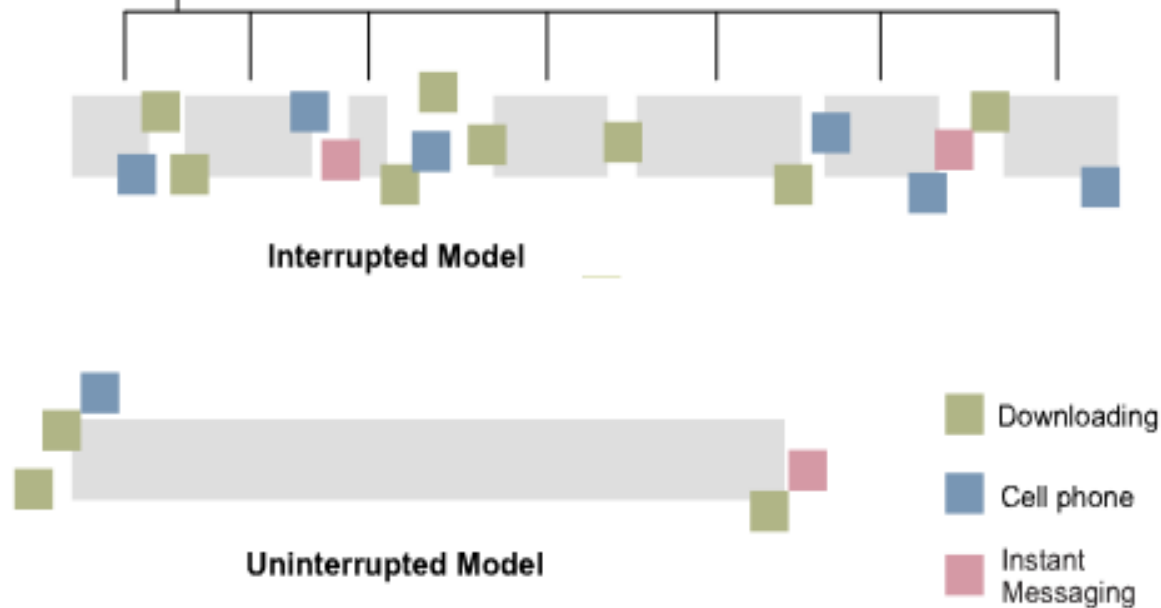
Q.

Why was it difficult to recall ?
Why did it take more time ?

We are **biologically incapable**
of processing attention rich
inputs simultaneously

one task switching comparisons

Segments length variable
(0.5 - 5 min. per typical), total of 20 min.



BRAIN CANNOT MULTITASK

- The brain focuses on concepts sequentially, one at a time.

Step 1 : Shift Alert

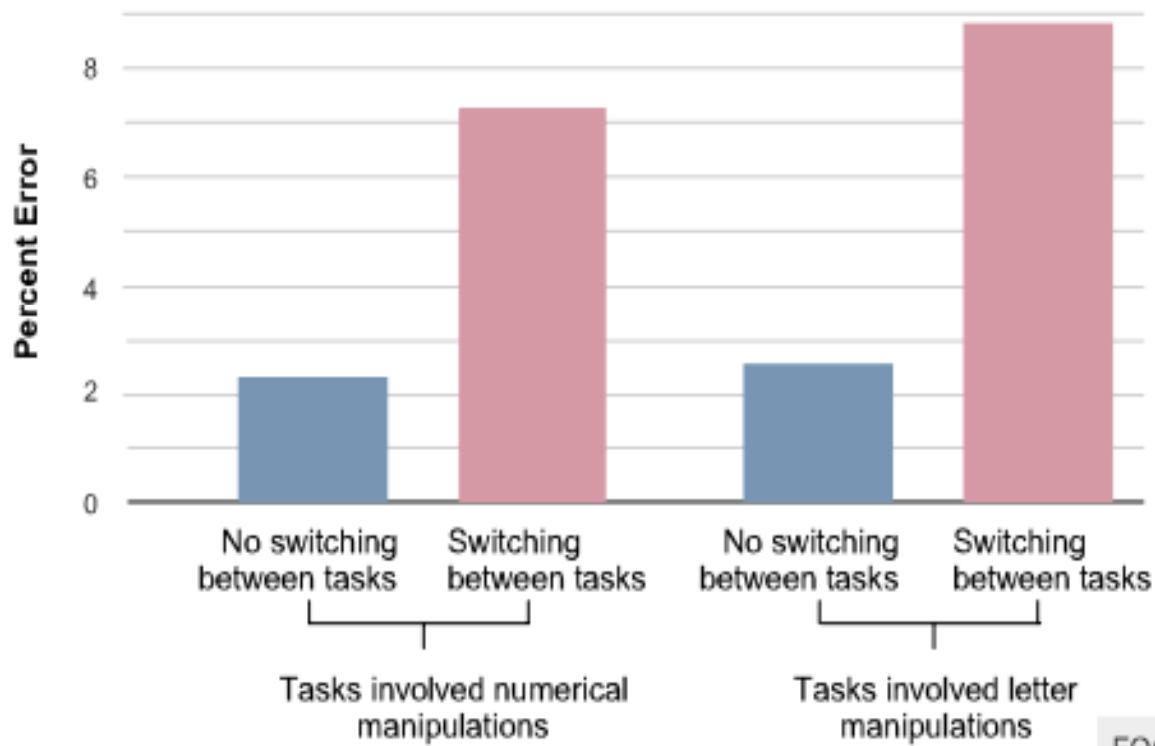
Step 2 : Rules activation for Task #1

Step 3 : Disengage

Step 4 : Rule activation for Task # 2

REPEAT

error percentages for no-switching and switching activities



MULTITASKING = MORE ERRORS

THREE TIMES MORE ERROR ON
EVERY INTERRUPTION

Mindfulness is paying
undivided attention

Multitasking a myth then?

Multitasking, **when it comes to paying attention,** is a myth

Permit and encourage yourself to focus on one thing at a time.

What will happen if I am mindful?*

1. Increase in productivity
2. Increase in capacity to channel our reactions/self regulate
3. Building resilience to stress

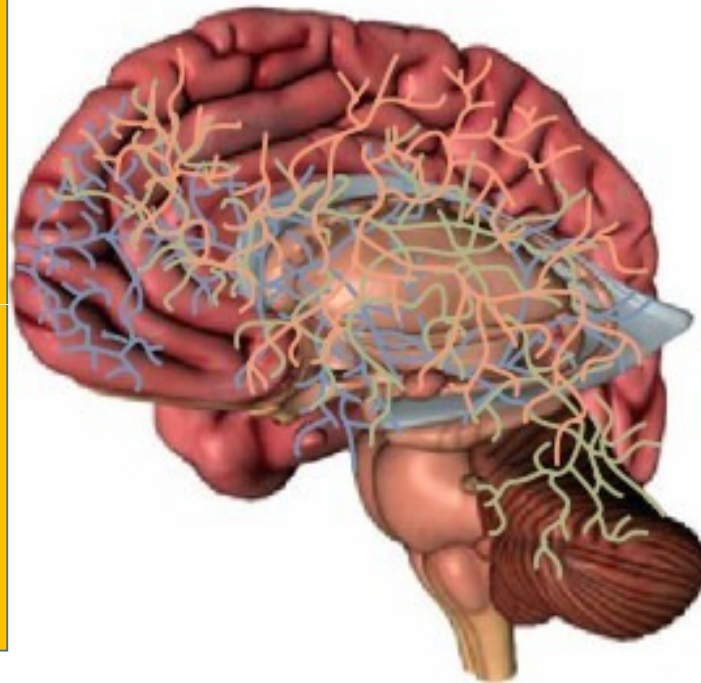
* Harvard Business Review

Q.

Why it is difficult to achieve?

a trinity of networks

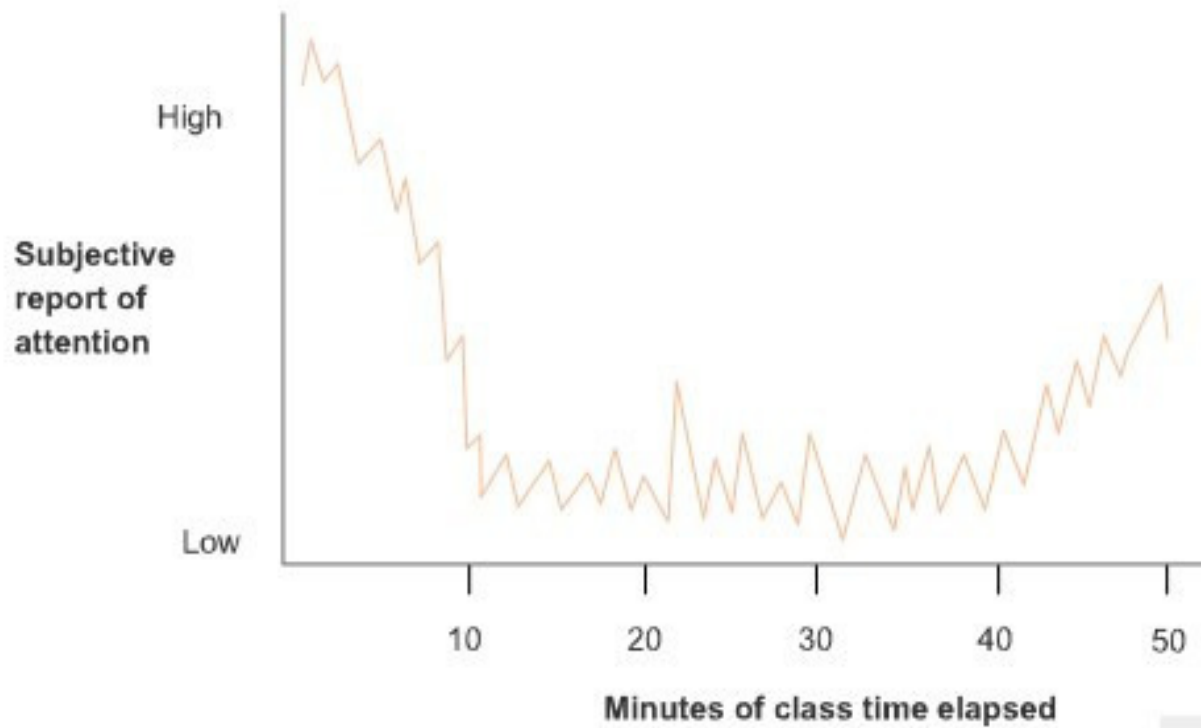
Billions of neurons competing in your brain to grab your attention ... few only succeeds..



ATTENTION SYSTEM OF BRAIN

- The matter which grab our attentions are connect to either:
 - Interest
 - Association
- Our minds can be trained to be mindful
- Mindfulness training techniques
 - Breathing techniques
 - Meditation

the 10 minute rule



FOOTNOTES

Research shows that attention span dips significantly after 10 mins of start of activity- new element/break to be introduced after every 10 mins

Behavioral characteristic associated
with mindfulness

If you are interested you will be mindful !!!

1. Being **passionate** about what you do, really helps!!
2. Dopamine **aiding to memory and information processing** of brain gets released in such conditions
3. Brain attaches Post it to such event : **“Remember this!!”**

Brain seeks meaning than details

1. We record “gist” of what we encounter, not recording literal experience. Our reliance on gist is actually fundamental to finding strategy to remember details
2. If you want particulars to be correct, don't start with details – start with “big ideas” – “Meaning before details”
3. This trait is what separates knowledgeable people with “Experts”

Brain needs break...

1. The most common communication mistake? – Too much information without enough time devoted to connecting dots
2. Lots of feeding, very little digestion

Q.

How to begin this journey...

Practical tips..

1. Be Conscious to the idea
2. Practice short mindfulness exercise several times a day
3. Practice single tasking
4. Slow down to speed up

If you are still not sold out on
mindfulness.....

Happy multi-tasking 😊

<https://youtu.be/-tfGS5kbTJU>