



Tips to keep you airborne!



Sucked down a Vortex April 2018

Dinner was close to completion, the table laid, and the candles lit. My job was to source music, so I reached for my phone in search of Spotify. The task was simple... click on the icon and open the playlist 'Dins con Bon Iver'.

But somewhere in the chain of neural command, my brain went on 'fireabout' and before I knew it, I was trawling through emails, clicking on links until I heard a voice saying "Where's the music?"

I know that multitasking is a no-no in that:

- I'm not part of the 2% of the population that are true 'supertaskers'
- It reduces productivity by 40%
- It takes 50% longer to do things with a 50% greater mistake rate
- IQ reduces by at least 10 points
- It takes at least 15 minutes to re-orient to basic tasks such as email etc.



And to back this all up, in April last year, researches at Aalto University in Finland used functional MRI to measure different brain areas of subjects while they watched 50 second segments of the Star Wars, Indiana Jones and James Bond movies. ¹

Their results showed that the most important areas of the brain for combining individual events into coherent event sequences didn't work as smoothly and efficiently as when they watched sequences for 6.5 minutes.

This is nothing new...so why do we continue to do it?



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In a word...habit.

We are creatures of habit. Again, nothing new. So why not just change the habit?

Not so simple.

A common myth well touted since the 60's has been that it takes 21 days to change a habit. A research article in the European Journal of Social Psychology however ² suggests that it can take anywhere between 18 to 254 days.

This makes more sense to me and explains why it took me months...not days...to break the habit of looking at the time whenever I woke up. It was hard but my sleep has improved remarkably as a result. I have had a 'win'. It's reassuring and empowering.



So, is there hope for me to lean into monotasking? I believe so. And for you? Most definitely...if you think you can.

Everything starts with a thought...so start now by setting the intention to complete one task today, no matter how simple, with hatches fully battened. Allow your brain to glide into smooth connective gear...it will love you for it.

As a postscript to my last post in which I recommended the book "What's GREAT about this? How to be Resilient and Thrive through Disruption and Change." by Dominic Siow, former shy, geeky nerd, turned internationally recognized transformation coach, trainer, consultant and author in the areas of Leadership, Emotional Intelligence, Change Management, Resilience and Self-Mastery (and with whom I've had the absolute pleasure of working with), I contacted Dominic to congratulate him on writing such a pearler.

One of his goals is to get this book to as many people as possible that could benefit from a dose of motivation, practical skills and strategies to more effectively deal with change and stress. As such, he's now made the book available from Amazon.com.au on Kindle for AUD\$0.99 (RRP AUD\$9.95). My advice...grab it while it's hot. It's a true pick-me-up!

Postscript to this writing this post: I am happy to say that I have written this post without interruption. Proof that I battened down the hatches is the fact that the curtains are still drawn, the light is on and it's bright outside. I have kept my blinkers on whilst accessing Outlook and ignored seductive links on the web.

It can be done.

Caroline

Aalto University. "Movie research results: Multitasking overloads the brain: The brain works most efficiently when it can focus on a single task for a longer period of time." ScienceDaily. ScienceDaily, 25 April 2017. sciencedaily.com/releases/2017/04/170425092429.htm
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