



# VeteranCaregiver.com Video Resource

## Recommended Resources: Multi-Tasking is a Myth

### Resources

<http://qz.com/722661/neuroscientists-say-multitasking-literally-drains-the-energy-reserves-of-your-brain/>

<http://www.health.com/health/gallery/0,,20707868,00.html>

<http://www.npr.org/templates/story/story.php?storyId=95256794>

<http://www.apa.org/research/action/multitask.aspx>

<http://www.inc.com/larry-kim/why-multi-tasking-is-killing-your-brain.html>

<http://www.inc.com/larry-kim/why-multi-tasking-is-killing-your-brain.html>

[http://www.slate.com/articles/health\\_and\\_science/science/2013/05/multitasking\\_while\\_studying\\_divided\\_attention\\_and\\_technological\\_gadgets.html](http://www.slate.com/articles/health_and_science/science/2013/05/multitasking_while_studying_divided_attention_and_technological_gadgets.html)

<http://www.cnn.com/2015/04/09/health/your-brain-multitasking/>

<http://www.hongkiat.com/blog/no-to-multitasking/>

<http://www.fastcompany.com/3057192/how-to-be-a-success-at-everything/these-are-the-long-term-effects-of-multitasking>

<http://www.thenewatlantis.com/publications/the-myth-of-multitasking>

<http://business.time.com/2013/04/17/dont-multitask-your-brain-will-thank-you/>



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