



Recommended Resources for Video: Multitasking is a Myth

Note: Especially for those with stress and those with Traumatic Brain Injury, keeping on a single task is valuable for thought retention and focus. Our brains manage short-term learning and long-term retention best when we take the time to do one task at a time.

Below are resources that emphasize brain health and best practices:

<https://www.psychologytoday.com/us/blog/creativity-without-borders/201405/the-myth-of-multitasking>

https://www.canr.msu.edu/news/the_myth_of_multitasking_research_says_it_makes_us_less_productive_and_incr

<https://asana.com/resources/multitasking>

<https://www.thoughtco.com/can-people-really-multitask-1206398>

<https://www.theladders.com/career-advice/9-ways-multitasking-is-killing-your-brain-and-productivity-according-to-neuroscientists>

<https://www.wellandgood.com/multitasking-myth/>

<https://www.entrepreneur.com/living/why-multitasking-is-a-myth-thats-breaking-your-brain-and/299029>

<https://www.theladders.com/career-advice/why-multitasking-is-a-myth-backed-by-science>

<https://medium.com/@lapekuti/multitasking-is-a-myth-16cc0d073f87>

<https://dariawilliamson.com/the-myth-of-multitasking/>

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