



You Should Put Butter on a Burn.
and

**You Get More Done When
You Multi-Task.**

Both are WRONG!



In several scientific studies “multi-taskers” were less productive than participants who focused on one task at a time!

Just as important, one of the leading causes of modern stress comes from not taking the time to focus on what you’re doing. And, multi-tasking can be down-right dangerous such as texting while you’re driving.

Four Ways to Relieve Stress and Stay More Focused

1. Stop now and again throughout the day and pay attention to your breathing.
2. Notice your surroundings (yes this is the ole “stop and smell the roses” advice—but it works!).
3. Stay hydrated. Your urine should be a light yellow or clear most of the time. De-hydration is a common cause of headaches and foul moods.
4. Get enough sleep. Sleep is more for your mind than your body. Only 20% of the time that you are sleeping is it to rest your body. The other 80% is used to help your mind figure out all that happened to you during the day—so you can handle a new day with a clearly.