



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.**