



# SINGLE-TASKING

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Multi-tasking slows you down! Since what we call multi-tasking is actually serial-tasking (switching back and forth between tasks) it can take you as much as 40% longer to complete a task. You'll conserve mental energy by sticking with the same project for an extended period of time rather than wasting time in transitions. This can help us feel less busy and create a greater sense of calm and happiness.

Single-tasking encourages Self-management, one of five core Social Emotional Learning Competencies. Learn more here: [bit.ly/nysel](http://bit.ly/nysel)