

#### 4. ARE YOU MULTI-TASKING?

In times of the Coronavirus there are many people who have managed to manage work from home, children, their homework, shopping, cooking, all in a rush and often at the same time. If the world has slowed down outside, a rhythm has exploded inside the house, putting a strain on you. The truth is that we have brought into our homes the frenzy that we have always managed (within set time limits) outside the home, and now we cannot understand why despite finding ourselves in *seemingly* the most casual times. After 'solidarity', the trendiest word in recent weeks has become 'opportunity'. Philosophical slogans bounce off social media and the usual traffic jam is clogged with invitations to participate in digital soups on resilience, purposeful attitude, adaptation techniques and Zen survival instructions. Even speculation about the post coronavirus is already being sold. In the meantime, women find themselves suffocated by a thousand tasks to carry out: that of a mother who must take care of her children, teacher, professional, cook, maid, companion. While men equally invaded by growing and endless work video calls, are rediscovered: plumbers, chefs, helpers, boys, companions and fathers who dream of the reopening of schools with extra time. Seemingly without gender distinction is the amount of multi-tasking, in addition to the high levels of fatigue that are also suppressed by modesty for the seriousness of what is happening for the pandemic. There are people who are proud of their ability to multitask, however, studies (such as the one by E. Hallowell) have shown that changing the attention between different activities forces the brain to restart and refocus with consequent waste of time and inefficiencies. When asked to perform multiple tasks simultaneously, the brain presents a "bottleneck in selecting the answer" and in deciding the priority it spends more time and energy. Furthermore, continuous stimuli and interruptions, which have also gone unnoticed in front of the computer screen, lead to excessive reactions and panic due to overload that our reptilian brain receives from the frontal lobes that as a result lose their power. In short, the energy expenditure due to multi-tasking is very high and the result is greatly reduced. Although the evolution of corporate organizations requires a more agile mind-set, cultivating flexibility and the ability to amplify one's vision has nothing to do with living in a constant state of emergency and dispersing one's energies. Learning and practicing a more focused concentration on everything we do allows us a much healthier relationship with ourselves. Mindfulness is scientifically proven to be a very effective remedy for anxiety, stress, and distraction; in addition (as reported also by HBR (<https://hbr.org/2019/01/how-mindfulness-can-help-engineers-solveproblems>)) it reinforces new ideas that lead to new ways of thinking and innovative solutions. Now is the time to start to face the days and the commitments in a more aware and centred way.