



# How Multitasking Affects Mental Health

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Have you ever talked on the phone while writing or typing a message, or watched TV while talking to friends?

Congratulations, you've just engaged in multitasking. Although this can give you a sense of accomplishment and the feeling that you've done more at once, a recent study suggests that multitasking is not always associated with positive feelings.

*John Salat, the author of "Tao, Art of Flow," said that he believes in some cases multitasking can be positive.*

*"Multitasking has great affects for mental health that will bring a positive outlook with proper pace and challenge," Salat said. "It keeps the mind and body sharp when we stretch into our day."*

*However, he said that it's important that after people reach a certain point of multitasking, they need to "restore and regather their energy through meditation." For article continuation, see site [www.foxnews.com/health/2012/01/05/how-multitasking-affects-mental-health/](http://www.foxnews.com/health/2012/01/05/how-multitasking-affects-mental-health/)*

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