Topic: Multitasking can lead to negative emotions

Daily Envision Employee Check-in
Hosted by Dr. Stefanie Simmons

It's Monday. Today's employee check-in has a focus on multitasking. Do you find yourself often juggling to complete multiple tasks at once? If so, you could be contributing to creating negative emotions for yourself. According to uh.edc, not only do people experience stress with multitasking, but their faces may also express unpleasant emotions and that can have negative consequences. Individuals who engaged in multitasking appeared significantly sadder than those who did not. Interestingly, sadness tended to mix with a touch of fear. As a result, we should pay attention to multitasking practices, so that we can be more effective at work.

Click here for related Source