

August 2023

Dear Friends,

Multitasking: The ultimate juggling act, or a recipe for disaster? Does it work? I believe it can work - if you have achieved mastery of the individual tasks that you are attempting to juggle. If after focused effort, you have achieved unconscious competence at a task you can readily reap the rewards and multitask with this in future. For example, touch typing or driving you can then readily speak to someone in the room.

Note when driving – don't touch your phone as now you can get a large fine and points on your licence. Some effort's still required to keep you and others safe.

However, there are times when multitasking doesn't work. This would be if you need to have focused thought about a task that takes several steps to complete. Say you are performing a complicated calculation or providing deep thought to devise a plan. If you're getting constant interruptions the challenging task needs to be commenced again from the start.

When working in healthcare multi-tasking is required as there are frequent urgent interruptions. However, the skill is being able to prioritisation, pause deep thought and then start it again and keep positive.

YouTube Video of the Month



Speaking of skills, I got a tip from a pal in the BBC/ITV video world. A slick tip for filming: rock a second camera for those dual-eye shots, and cue the action with a clap for sync magic. I've even slapped this tip on my old phone – check out the video of the month and get your growth mindset groove on!

Spread the wisdom – forward this “gold” to your friends so they can hitch a ride on the newsletter train by [clicking here](#).

## Tweet (X) of the Month



This Tweet by [@quotedvisually](#) is similar to a visualised growth mindset. Comparisons can be useful to motivate you, but aspire to be **your** best. Aim high, embrace progress, and remember, you're too big for a tiny pond.

## Website of the Month

<https://pointerpointer.com/>

This is the weirdest website that I have ever seen. Move your mouse around the dark screen, leave it and it will show different bizarre photos of people pointing!

Time for a virtual high-five! This marks my 36th newsletter – three years in the newsletter game. It was a struggle sometimes, but your support by reading this has really helped :)

Have a great month,

Chris



**Chris Weatherburn**

Get the most out of your life!