

Mayo Clinic Minute

Multitasking Hurts Relationships

VIDEO	AUDIO
	<i>typing on keyboard</i>
	Talking while typing and working while walking. Nowadays, we're all on-the-job jugglers.
	Multitasking is here to stay.
	And Mayo Clinic's Dr. Amit Sood says, in some cases, that's fine.
Title: AMIT SOOD, M.D. ALTERNATIVE AND COMPLEMENTARY MEDICINE Mayo Clinic	Routine activities that you are familiar with and that are not high risk in any way.
JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	Multitasking is OK in those situations. But Dr. Sood says, there's an important area of life where your focus should be fine-tuned on one task.
	The single most common way multitasking can hurt us is by, by affecting our relationships.
	For example, Dr. Sood says, when you're distracted during conversations, not only does communication suffer, you send a powerful, negative message.
	When I'm not giving you 100 percent, that means I don't consider you worthy of my hundred percent.
	So, multitask wisely in other ways, but in relationships, remember, quality beats quantity.
	It's not the amount of time that you give to other people; it's the amount of you in that time. That is, that is even more important.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.