



Fit in more!

# MULTITASK VS OVERLAP

Often, we think of multitasking as a **NEGATIVE** practice because it implies we aren't present with our tasks.

Instead, reframe "multitasking" as "overlapping," or combining activities to satisfy more than one need.

Spending time with family + Cooking dinner = Teach your kids a new cooking skill

Catch up with a friend + Exercise = Go for a walk or jog with your friend!

Catching up with family and friends far away + Cleaning the house = Put on the handsfree headset and grab your mop!

Read more + Commuting = Listen to an audiobook in the car