

Multitasking

High-level vs. Low-level

“The human brain cannot perform two tasks that require high-level brain function at once. Low-level functions like breathing and pumping blood aren't considered in multitasking.”

<https://www.thoughtco.com/can-people-really-multitask-1206398>

In the above statement it is saying multitasking of two “high-level brain” activities cannot be done simultaneously. It is also saying two low-level activities can be done, but “aren’t considered” with their definition of multitasking.

What about all the levels in between.

Low Autonomic nervous system ————— High level Problem Solving

There are many behaviors and learned tasks that are more automatic which we can do at the same time.

When first learning how to ride a bike there was a tremendous level of concentration focused upon the activity. Heavy learning was present. This was a high level problem solving activity. Over the years the level of focus and concentration needed was significantly reduced. As the level of needed concentration was reduced more tasks could be added - multitasking.

The quote above only focussed on “High level brain” activities.

Switching focus

“So, when you think you are multitasking you are actually switching your goals and turning the respective rules on and off in rapid succession. The switches are fast (tenths of a second) so you may not notice them, but those delays and the loss of focus can add up.”

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This says we can perform multiple tasks with rapid switching focus. Another way of saying it is we can multitask, but our brains rapidly switch as we do it. So we can multitask.

Look at it this way. Let's say we have one task that takes 10% of our concentration (walking) and another task that takes 75% of our concentration (talking to our spouse) and then we have a pain in our body that takes 75% of our concentration. Our concentration energy will need to be pulled from other areas. We might stop walking and talking for second.

We all have different levels of stamina, endurance, and ability with concentration. Some people just don't like to think and find it exhausting to perform problem solving skills. Their endurance is less conditioned. Our minds can be conditioned to perform with higher levels of concentration. This can improve our ability to multitask.

Exaggerating results

The definition of multitask "the performance of **multiple** tasks at one time"
<https://www.merriam-webster.com/dictionary/multitasking>

"to perform two or more tasks simultaneously"
<https://www.dictionary.com/browse/multitask>

The articles and studies done do not disprove our ability to do multiple tasks at one time. They only explain how and indicate our concentration switches as we do it. Claiming our concentration only being dedicated to one task for a tenth of a second doesn't mean we can't perform multitasking. That's like saying we can't walk a mile because our steps only go an average of three feet.

The Good

The good from this research is our need to avoid multitasking when seeking God. If we pray in the shower, while driving, etc. we divide our attention with God. We ought to meditate, pray, etc. without multitasking to give God as much concentration as we can.