

PEPPER TIME 16: THE MULTITASKING MYTH

Timing: 5 minutes.

What you'll need: Your journal, a pen, and a timer.

What it's about: Multitasking feels efficient, but your brain pays a hidden tax every time you switch. This game shows you how costly it really is.

How to do it:

- 1. Game 1: Straight run. Write the alphabet A–Z in order. On the next line, write numbers 1–26. Time yourself.
- 2. Game 2: Alternating. Write A1, B2, C3 ... all the way to Z26. Time yourself again.
- 3. Compare. Notice how much slower and more draining the alternating sequence feels.

What to expect: The second round takes longer and feels surprisingly exhausting. That's the switch cost—the mental toll of splitting attention. It's the same tax your brain pays every time you juggle emails, calls, and tasks instead of focusing on one thing.