

THE STROOP TEST

As quickly as you can, say out-loud the color of the letters that each word is written in:



Notice how difficult it is for your brain to change modes. For each new word, you have to suppress your tendency to read the word rather than say the color of the letters. This exercise demonstrates that when you're repeatedly task-switching, it takes more time, you make more errors, and it's more stressful. Because your brain can pay attention to only one thing at a time, you're task-switching every time you try to multitask. You're making it hard on yourself – it's like using your left-hand when you're right-handed.