

There are several risks associated with multitasking that one should be aware of. These dangers include: 1. **Increased psychological pressure**: Having a lot of obligations can put a person under a lot of psychological strain, which can harm their physical and mental well-being. To mitigate these hazards, it's critical for an individual to have good time management skills, establish clear goals, and get enough sleep and relaxation. **Distraction**: When a person tries to complete numerous things at the same time, he may experience distraction, which negatively impacts the quality of the work he produces. 2.3