



wellness

Stress-Management  
& Wellbeing  
Workshop

Week One Worksheet One

Write down the following sentence in the space provided and time how long it takes:

It's not possible to truly multitask.

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How long did it take? \_\_\_\_\_

*Multitasking. The art of  
messing up several things  
at once.*

**Unknown**

Write out the numbers 1 - 30 and time how long it takes.

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How long did it take? \_\_\_\_\_

Now write one letter then one number on each of the lines below until you have written out the whole sentence and 1 - 30.

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How long did it take? \_\_\_\_\_