

You're Too Busy. You Need a 'Shultz Hour.'

April 18, 2017

The New York Times:

The science of the mind is clear about this point. Our brains can be in either “task-positive” or “task-negative” mode, but not both at once. Our brain benefits from spending time in each state.

Task-positive mode allows us to accomplish something in the moment. Task-negative mode is more colloquially known as daydreaming, and, as of McGill University has written, it “is responsible for our moments of greatest creativity and insight, when we’re able to solve problems that previously seemed unsolvable.”

Read the whole story: [The New York Times](#)