Concentration Titbits

Lack of focus goes beyond simply finding it hard to sustain attention - It's getting easily distracted, struggling to focus on one task at a time, and finding it hard to listen to others in a conversation.
Use our examples below & give your brain the boost of novelty & recharge it may be craving to get your head back into the game!

- Make sure you get quality sleep
- Mindful meditation
- Do something active outdoors
- Journal your thoughts or feelings
- Put your phone away for an hour
- Stay hydrated

