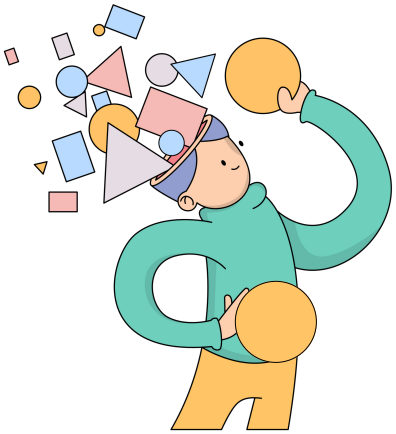
Your Focus
&
Concentration Toolkit



connections in mind

Where you Shine your Flashlight

Here at CiM, we have all been OBSESSED with Brene' Brown's podcast episode with Dr Amishi Jha.
Amishi speaks of 3 really interesting concepts: The Juggler, the Floodlight & the Flashlight.



The Juggler

The part of our brain that keeps our behaviours aligned to meet a goal - really, another name for our executive functions control centre: The pre-frontal cortex.



The Flood-light

Shining a broad focus, generating ideas and letting your ideas flow.



The Flash-light

Shining your light in a narrow, focused way to get more insight.

Where are you shining your flashlight?
Take a look at this toolbox to find ways to assist you!

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



Foods for Max Concentration

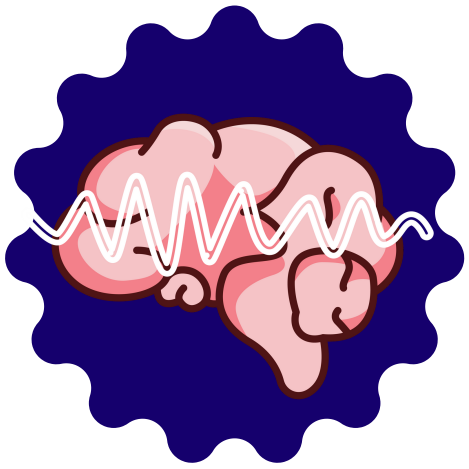
The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory & concentration.

- Fatty Fish
- Oranges
- Nuts
- Blueberries
- Dark Chocolate
- Eggs



Concentration Playlist

Listening to music can also be therapeutic, relieving feelings of stress so you can concentrate better. The question is which type of music? Every brain and sensory regulation system is unique - Use our exaples below and see which music works best for you!



Classical:

Bach Study Music Playlist:

bit.ly/3yCYBqY

Mozart Piano Classical Music Studying Playlist:

bit.ly/3Mi992P

Nature:

Rain & Deep Thunder Nature Sounds

bit.ly/3LfN7N0

Running water white noise:

bit.ly/38mlAw4

Spotify:

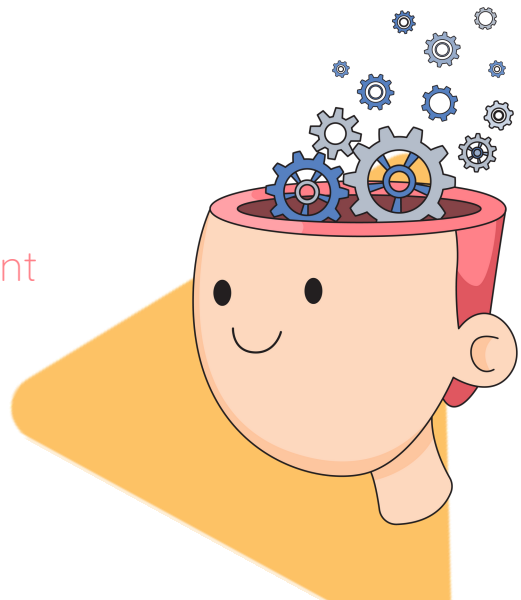
Binaural and Isochronic beats:

spot.fi/33PoSgpb

Cinematic:

Orchestral Film & TV Music Arrangement

bit.ly/3wpEFoZ



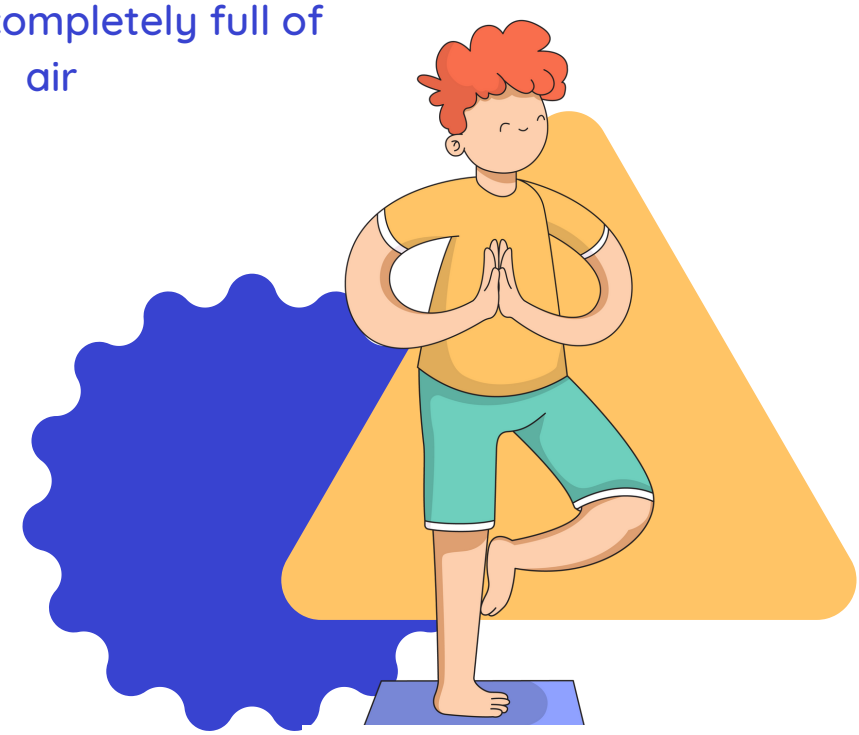
Breathing Technique

Step 1:

Inhale through the nose to a count of four - your lungs should be completely full of air

Step 2:

Hold the air in your lungs for a count of four



Step 3:

Exhale through the mouth to a count of four, let go of all the air in your lungs

Step 4:

Hold the lungs in an empty state for a count of four

Step 5:

Repeat these steps for a total of 5 minutes - try see if you can increase your active breathing by a minute each time!

Creating an ideal working environment

Your workspace plays a significant role in how effectively you can concentrate & get things done.
Reflect on your own workspace in the writing space below.



What are things in your workspace that you've noticed interfere with your concentration?

.....

.....

Is your workspace cluttered or organised? Why do you say so?

.....

.....

Do you enjoy working around and/or near others?

.....

.....

What steps can you take to change your workspace for better concentration? Make a list below!

.....

.....

.....

Finding your Frog



Your 'frog' refers to your most feared task. This is usually the task that's fuelling our procrastination & our sustained attention, because we're frantically avoiding it - either because we're overwhelmed, bored with it, or don't know what to do next (eg, a huge work deadline that is due soon).

'Taking a bite' implies looking for the simplest, smallest next step possible to take. Motivation usually comes after we've begun a task, not before, so this can help us get back on track.

So, rather than tackling the entire activity at once, divide it into smaller chunks, and get started by biting into your frog! Set the mood with your Concentration Playlist (pg 4) and make sure you have all your materials ready whenever you are set to begin.

What is your 'frog' today? Is it similar most days?



Concentration Fidgets

Fidgeting generates external stimulation, allowing us to direct our energy into better focus.

Looking for the ideal fidget tool to keep you focused at school, uni or work? We've got just the thing for you!
We've compiled a list of affordable fidgets, with their Amazon links included*. Allow yourself time to explore with each and find your best match.

Bubble Poppet Fidget

amzn.to/3wBZgq5

Poppet Fidget Phone Case

amzn.to/3Nrwbo9

Fidget Gadget Cube

amzn.to/3G50Ghb

Twist & Tangle Therapy

amzn.to/39E3lCy

Simple Dimple Fidget Spinner

amzn.to/3lqlO79

Free, start-straight-away tool:

Blob of sticky blu tack or modelling clay



*Links active as of May 2022.

Training your Brain

Brain functions, such as attention & concentration, can be improved by playing memory games, which help develop our critical thinking & attention to detail skills.

Brain Training activities can significantly improve your concentration skills. This process is much easier than you may believe and may be achieved by playing the following games:

Chess

Jigsaw puzzles

Word searches or scrambles

Crossword puzzles

Memory games

Sudoku

What's your favourite game to play?



Which 3 games will you try?

.....

.....

Reflect on which game worked best for you:

.....

.....

.....

My Focus Plan*

*Make sure to put your plan somewhere you see everyday to help keep you on track!

When you prioritise organisation, you free up time to concentrate on what is really important, such as getting enough sleep or completing your deadline. Organising your responsibilities through a plan allows you to concentrate on what has to be done rather than being distracted by what is going on around you.



1. Which foods will I incorporate in my diet to help my concentration?;

.....

2. What is the name of the music/sound playlist I will use while working/studying?:

.....

3. What 3 changes will I make to my study /work environment to help my concentration?:

.....



4. What are my biggest distractions?:

.....

5. What reward can I work into my day after I complete a series of tasks?:

.....