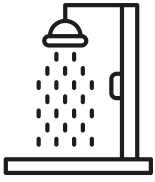


# 7 Tips to improve your concentration



**Engage in active recovery behaviors.** The ability to be productive requires optimal allostatic load, which is the “wear and tear” on the body that results from stress. Reduce allostatic load by napping and utilizing temperature-based therapies (e.g., hot or cold shower, sauna; ice bath).

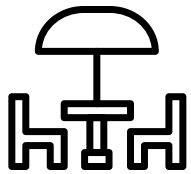


**Make breaks boring.** If breaks are boring, the work you need to do seems relatively more interesting and easier to return to. Opt for active recovery during breaks, such as taking a short walking or holding an ice pack.

💡 *Bonus tip: responding to texts or scrolling social media are stimulating and passive forms of recovery—not helpful for maintaining focus through breaks.*

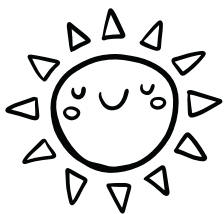


**Pay attention to the moments focus turns into distraction.** The faster you can notice you’ve gotten distracted, the faster you can go back to doing the work.



**Physically change position and switch work locations after a couple hours.**

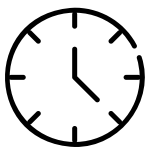
Start the day working on the floor of your living room, for example, then move to a table in the library or a coffee shop; then finish the day at your desk at home. Changing locations reminds the brain it has gone somewhere and been productive, which encourages more productivity. It also builds in “boring” travel breaks!



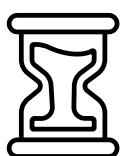
**Begin work shortly after waking up to take advantage of low cognitive load.**

Cognitive load is related to working memory. In other words, there is less information in your brain right after you wake up; it’s the perfect time to think critically and get things done.

💡 *Bonus tip: you do not have to wake up early to take advantage of this prime productivity time.*



**Plan productivity for the hours you naturally feel most focused.** Plan other tasks and self-care for the moments you’re less focused. Be sure to consider which hours of the day medications might boost or hinder your ability to focus.



**Challenge yourself to get work done in a shorter amount of time.** Setting a goal that is challenging but possible to attain encourages us to focus. Be sure to take time to proofread/check your answers!