

## **How can you foster and develop your ability to focus and concentrate?**

- Acquire a new productive daily habit
  - Alleviate the sense of stress and rush from your days
  - Do slow tasks
  - Externalize extra things that you have to remember
- Sleep well
  - Regular circadian rhythm
  - Physical exercise and outdoor activity
  - Eating cycle that improves sleep (everyone can find one's own cycle)
  - No hard-physical activities two hours before bed
- Intelligent life
  - Get a new hobby where you learn something new
  - Mindfulness skills to calm you down
  - Make long-term plans
  - Learn how to be grateful => increases happiness
- Use digital technology wisely
  - Don't use devices in bathroom
  - Silence your devices whenever you can
  - Use black and white screens whenever possible
  - Hide your devices whenever you can
  - Don't eat with your device
  - Don't use your devices for one hour before going to bed

(Source: Huotilainen, M. & Moisala, M. (2018). *Keskittymiskyvyn elvytysopas*. Jyväskylä: Tuuma-kustannus.)