Another reason for losing focus might be our environment. Our living circumstances might be causing more distractions. It’s important to manage these distractions and give yourself the best chance of concentrating well. Start by identifying the following things:

**How is your work space?**
We tend to focus best when we're sitting down in a quiet place.

**How long are you working?**
Ideally, try working for 45 minutes then take a 15 minute break.

**Who is around you?**
You might be distracted by others at home, so you could try out **setting boundaries**.

**When are you studying?**
Notice when you’re most alert - is it morning, afternoon or evening?

For more resources to support you, [click here.](#)