

Focus

It's totally normal for us to be finding it hard to concentrate. When we have a lot going on, we're more likely to feel overwhelmed and lose focus. Our concentration is affected by lots of things, which means that there's a variety of things we can try to help give it a boost.

We could be find it hard to concentrate when we're experiencing challenging thoughts or emotions (e.g. anxiousness, uncertainty). In this case, a good way to refocus our attention is to allow ourselves to feel these emotions. The following steps might help you to do this:

Acknowledge it.

Labeling your emotions can be helpful when trying to work through them.

Come back to your body.

Bring your attention back to your body using a technique that works for you like focusing on your breath or pressing your feet into the floor.

Engage with what you're doing.

Notice the things in your immediate environment, then bring your attention back to the task at hand.

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](#).

Other tips

Mindfulness can help us to become less critical of ourselves when we're losing focus. Mindfulness meditation is a great tool to help us to focus on the present moment. By noticing when our mind wanders and bringing our attention back to the present moment, we can start to gently direct our focus and notice improvements over time.

Exercise can help to improve our concentration during the day. A short walk in the middle of the day is enough to boost our focus.

Sleep is important for focus. Maximising our sleep quality will help to boost our concentration. Try to set a bedtime routine that helps you to unwind before sleeping (e.g. switch your phone off 30 mins before sleeping).

