

# 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.