



Tips for Adults to Improve Focus Every Day!

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Activities to Help Adults Improve Their Focus Daily!





PLAY
ATTENTION

Chunking Projects/ Work Breaks

- Sometimes it is hard to get started on projects because they seem so big and overwhelming! However, if we can break our project up into 20-minute chunks it can seem much more manageable.
- Additionally rewarding ourselves with breaks is beneficial too to helping us increase our focus. If we start every 20 minutes, then we can get into a habit of working solid for 20 minutes once we have built that habit, we can start to increase the work time to 25 minutes! Small chunks at a time is where we are going to start seeing success.



Create a Not-To-Do List & Distraction To-Do (Later) List

We know there are certain things that distract us especially when we are working on more mundane or difficult projects. So it can be beneficial to create a list of things we do not want to do during our work time. (i.e. check your cell phone, take a phone call, check your email)

However, even with a not-to-do list, you may still have distracting thoughts pop into your head. So create a distraction to-do list! Whatever pops into your head simply jot it down for **later**. Once you jot it down, you know you have it and can come back to it later.

Practicing Mindfulness



10 ways to be mindful from mindful.org

When we practice quieting our racing thoughts and staying in the present moment, we are able to increase our sustained attention!

Body Scan From Head to Toe

Check in with the body moving slowly from head to toe- any signs of stress, tension, nervousness, pain? This will give you an idea about how you are feeling. Take a full minute to do this exercise.

Mindful Observation

Take a specific object - something in your room like a picture or a plant. Focus on this object and watch your thoughts about this object. How does this object make you feel? Does it bring up a memory or some thought process?

Mindful Breathing

Focus on your inhalation and exhalation. Noticing your abdomen rise and fall. Noticing your breath moving in and out. Not necessarily noticing any feelings, but just where are you in this moment.

Try These Mindful Exercises





Ways Exercise Improves Focus

- Reduces stress and anxiety that can hinder focus and attention
- Triggers endorphins which improve the prioritization functions of the brain
- Improves memory
- Increases overall productivity, so you can do more in less time
- Improves problem solving and critical thinking





Turning Off Cellular Notifications

Cell phones can be a huge distractor in every aspect of your day. One way to help you sustain focus on your work rather than your cell phone is to turn off your cell phone notifications. This will prevent you from seeing incoming messages from email, texts and social media.

Additionally, deleting social media apps from your phone can also be beneficial.

Finally, if you can turn your phone off completely for a period of time that will benefit you the most!

Increasing Focus and Attention with advanced Neurotechnology

Play Attention improves attention and focus. Our program integrates NASA inspired technology with cognitive training exercises and behavioral shaping.

Play Attention will customize a plan that works specifically for you to help you improve your focus and mindfulness.

Call today to get your customized training plan- 800-788-6786 or visit us at www.playattention.com.



Behavior Shaping Input	
Engages in repetitive habits (e.g. fidgeting, bite nails, chew objects)	2
Off task (e.g. eyes moving off target)	0
Cannot adjust behavior to expectations of situation	0
Calls out	0
Fidgets	0
Hums	0
Easily frustrated	0
Cries	0

