

# Ideas for Improving Your

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Let's face it: There are bound to be days where your brain just doesn't want to cooperate. Facebook, Instagram, Snapchat. With endless outlets for distraction in our modern world, it seems that staying on task is becoming more challenging by the minute. For those times that concentration is just not on your side, there are (luckily) a few tricks you can try to get your mind back on track. Below are tips that will keep you refreshed and feeling productive...

## 1. **Take a walk.**

There are so many benefits that can come from simply taking a walk when you've hit a mental speed bump. In addition to burning a few calories, going for a stroll can leave you feeling refreshed and ready to get back to the task at hand.

## 2. **Turn on the tunes.**

Taking a little break to listen to music can actually help your body produce chemicals that can boost your mood. If you're feeling tired and sluggish, throw on your headphones and listen to a pump up song that will make you feel upbeat. If you're feeling stressed and down, listen to something soothing. Just make sure the music doesn't distract you further—limit it to one or two songs.

## 3. **Hydrate.**

Being dehydrated will leave you with a headache and make you feel groggy, so drinking enough water throughout the day is key if you want to think clearly for hours on end. A recent study from King's College in London revealed that being thirsty can decrease productivity by 10 percent and even weaken hand/eye coordination. Drink up!

## 4. **Make a to-do list.**

Getting your tasks organized and prioritized is one of the best ways to focus your

energy into projects that matter. But while writing down all of your to-dos is a great strategy, what's more important is to write down goals that are realistic. If you have a long day ahead of you, I suggest making two different to-do lists: The first should be all of the tasks that must get done that day, and the second can be longer term objectives that you might be able to tackle once everything else has been completed. This will help you to zero-in on what you should really be focusing on.

**5. Turn it off.**

Simple as this: If you need to get something done on your computer, turn off your phone for a few hours. Put your computer on sleep and move it to another room when studying for a test. This out-of-sight-out-of-mind trick totally works. There will always be time to see the latest photo on Facebook or text your friends back.

**6. Create an inspiring space.**

Feeling stir crazy and uninspired is a recipe for becoming entirely unfocused. Make sure your space is organized and clear of distractions. Find a sacred space will you will be most productive.

**7. Stretch.**

Stretching your body will promote blood flow to your brain and limbs, which will help you to concentrate. Even alternating between standing and sitting during the day helps to keep your body alert. Try swapping out your desk chair with an exercise ball or investing in a standing desk.

Adapted from <http://laurenconrad.com/blog/2013/04/tuesday-ten-tips-to-improve-your-focus-concentration-tricks-lauren-conrad-2013/>