

Support your Focus

In our modern day life maintaining focus has become an uphill battle for many, and it's not limited to those with ADHD. Constant digital distractions, information overload, and the demands of multitasking can make concentration a real challenge. Here are 5 tips to get started in setting yourself up for the best chance to stay focused.

Minimise Distractions

Put the phone away or on do not disturb, face down.
Shut down any apps, and turn off notifications.

Try the Pomodoro Technique - 'Pick one thing'

Set your timer for 25 minutes, decide your task and push 'start timer' to focus on one task for this time.

Get an accountability buddy

Focusmate is an app/website which facilitates the Pomodoro Technique with you and another person. You check in at the start and end sharing what you're focusing on and how you went. Currently free for up to 3 sessions a week (25 mins, 50 mins or 75 mins).

Check your nutrition

Are you eating sufficient food to support your mental attention for you? This could be about the regularity of eating, the types of food you eat, and the timing of your meals.

Check your sleep

Sleep not only impacts your short and long term memory, it also impacts your ability to concentrate. Check you're getting you zzzzzzs.