

A STEP-BY-STEP GUIDE TO ENHANCE CONCENTRATION & ENSURE YOU'RE FULLY FOCUSED



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A wise person has rightly said: "When you fully focus your mind and concentrate on what matters, your power of concentration makes others attracted to you."

Indeed, whether you are a student or a grown-up, learn to improve your concentration as it is a very important tool to remember things in an effective manner.

Attention span as well as concentration can waver for many reasons. Some people just have a tough time handling distraction. Lack of proper sleep can affect concentration. Decreased concentration as well as many continuous distractions causes memory loss. Head injury such as concussion, as well as some mental health conditions can also affect concentration.

Improving Concentration

It's easy to become frustrated when you're trying to concentrate but just can't. This also causes tension and irritation, which tends to make focusing on what you need to do more tough.

Concentration involves attention span. Long attention span, which ranges between 30-45 minutes, leads to an optimum level of concentration. To achieve this, one needs to sit at one place and do his/her work with full dedication.

On the other hand, a short attention span only lasts for 10-15 minutes. This level of attention is fine when the task isn't very important. Understand well what you are doing, then only you can concentrate properly.

Ten vital concentration tips include:

- 1) Right time table.
- 2) Start in small measures and raise the time span for concentration.
- 3) Sleep well.



- 4) Follow the right diet.
- 5) Give yourself incentives for doing good concentrated work.
- 6) Be mentally ready for tough situations; don't panic.
- 7) Ask why can't I fully focus and concentrate? Introspection helps a great deal in overcoming any problem.
- 8) Do the difficult and critical task first; don't run away. Focus on the toughest aspect of any task with full concentration, before your mind wavers.
- 9) Yoga exercises, especially Brahma mudra, immensely help in concentration building. To do this asana, sit in a yogic posture in sukhasana and keep your eyes closed and move your head in all four directions.
- 10) Playing mental games also helps a lot to concentrate well. Word puzzles and number puzzles are amazing aids for improving concentration. I myself practice them regularly and it has helped me a lot. Also

MATH TRICK

Take 2 numbers ending with 3 and 7. The first digits have to be same. E.g. 53 and 57. Multiply 3 and 7, which is 21 and the first digit 5 multiply by 6 (next number) and the answer is 3021. Similarly, 73 times 77 is 5621 and 133 times 137 is 18221.

Sudoku, crossword and jigsaw puzzles as well as chess will surely help boost your concentration.

Reasons for poor concentration

There are barriers, which can cause individuals to get distracted and not concentrate properly. Some of them are as follows:

ADHD (Attention Deficit Hyperactivity Disorder) can create learning and memory challenges for both children as well as adults. This syndrome is usually characterized by a constant pat-

tern of inattention, hyperactivity and impulsiveness.

Mental health issues like depression and anxiety can cause agony and suffering. Anxiety patients just can't concentrate for long as their mind always goes haywire. They need to control their emotions. They can draw inspiration from Robert Tew's words: "Trust yourself. You've survived a lot, and you'll survive whatever is coming." You will also find it harder to concentrate on work in office, or school, or college, when under a lot of stress. So try and de-stress yourself first.

Farsightedness and other vision problems will cause difficulties with attention span and concentration. If the individual finds it tougher than normal to concentrate and also has headaches and some related health issues; you may want to get the eyes checked.

Diet can play an important role for building concentration and aiding in memory enhancement. The food an individual

consumes helps not only just in the growth of the body, but also nourishes the mind. The food, as per Ayurveda, can be divided based on the effect of the food on the mind in 3 categories: Satavik, Rajas and Tamas. Satavik food is the one, which will aid the mind to get activity done well with proper concentration. Here I would like to add that caffeine can help make a person more sharp and alert; but don't overdo it. Also sugar can enhance your alertness and a glass of sweet juice can, in a way, help your memory and enable you concentrate better. Also fruits, high fibre whole grains and fish help to concentrate better. Having nuts and dark chocolate too, in proportion, will help in concentrating better. Remember the principles of a balanced diet, which is if your diet lacks the essential nutrients it can hurt your ability to concentrate properly. Eating too much or too little can also interfere with your focus. A heavy meal can make you feel tired and unfocused, while lack of proper calories can result in distracting hunger pangs. Benefit your brain; strive for a well-balanced diet full of a variety of healthy foods.

Enabling children to concentrate

If you are a parent and worried about your child's concentration ability, ensure they sleep well and sound. Also check that your child is eating a good, nutritious diet, with very little junk food and sugar.

Lastly, talk to your child about how much time they are spending on the computer or tablet. Of course, due to the corona virus pandemic lots of online studies are happening at the moment but you might need to set some limits for screen usage and online exposure.

For school-aged children, the recommendation is no more than 3-4 hours daily of screen time. But, yes, this is tough if your child is older and is using the laptop a lot for homework and school assignments. If this is the case, monitor it carefully and make sure your child is not playing video games or using social media excessively. And keep in touch with the child's school teachers and check the progress and also how well is his/her concentration is faring in online classes.