

Learning to focus

Adult

A LACK OF CONCENTRATION CAN LEAD TO:



- Frequent forgetfulness
- Difficulty completing complex tasks
- Significant reading difficulties
- A feeling of mental overload
- Constant mental distractions
- Delays in carrying out simple tasks

FACTORS THAT REDUCE ATTENTION CAPACITY:

- ➡ Chronic stress
- ➡ Lack of sleep
- ➡ Traumatic events
- ➡ An unbalanced diet
- ➡ Temporary anxiety
- ➡ Working in an open-plan space



ASSESSING YOUR ATTENTION CAPACITY

Attention capacity refers to the amount of time you can remain focused on a task. To measure it, you can time yourself while performing a monotonous task. Repeat the exercise to obtain an average. This result can be used to:

- Break tasks into shorter periods
- Check whether your strategies are improving your attention capacity

TIPS TO IMPROVE CONCENTRATION:

- Work in an environment with minimal distractions
- Create an action plan to eliminate problematic distractions
- Identify the conditions that help you succeed
- Reduce auditory and visual distractions
- Do one thing at a time
- Increase motivation with rewards
- Set clear goals
- Use a timer with regular alarms to check your focus on the task



- The distraction log consists of keeping a blank sheet of paper near your workspace to mark each distraction with a tally. This personal challenge helps improve concentration and reduce everyday distractions.

Optimal concentration sequence:

- Have a notebook and a timer
- Write down distractions and return to work
- Relax at the end of each period
- Review the notebook to identify and eliminate distractions, assessing their importance

EXERCISES TO TRAIN YOUR CONCENTRATION CAPACITY



Meditation

Sudokus or mental calculations

Follow a path with your finger, such as a spiral or maze, focusing alternately on each sense

Raise your thumb horizontally and draw a large infinity sign with your gaze, slowly, three times.
Finish by closing your eyes and taking deep breaths

Stare at the second hand of a clock for two minutes. This forces you to do nothing, which is beneficial in a world where we feel compelled to be constantly active. This exercise invites you to take a break and appreciate inactivity

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For more tips and strategies to support someone with ADHD, feel free to contact us!

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