- Attention



Is there any way to improve concentration?

Researchers agree that one of the best ways to improve concentration is to stop multitasking. The brain is only able to successfully handle two tasks at the same time. When we try to juggle three or more tasks at once – say, emailing, talking on the phone and updating the shopping list – we actually train our brain to give less than its full attention to any single job. Instead of multitasking, break your day into smaller chunks of time, each dedicated to a single task. Other tips are to get more than seven hours of sleep a night, to do aerobic exercise and to stay hydrated.

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