

CONCENTRATION

Increasing stress response impairs our ability to think and function. It can result in poor concentration. Practicing different stress management strategies helps us activate our relaxation response, which in turn can improve our concentration.

Stress and Relaxation Responses

Our stress response is like a gas pedal, and is automatically activated when we experience worries, fears, or other stressors.

Our relaxation response is like a brake pedal, helping to slow us down and regulate balance in our body. However, it is not automatic.



Mindfulness and Breathing

- **Diaphragmatic Breathing**
Learn to slow down breathing, breathe diaphragmatically, or follow a breathing pacer.
- **Mindfulness Meditation**
Be aware of the present moment in a non-judgmental way.
- **Performance Rehearsal**
Mentally rehearse an upcoming event to perform a certain way and improve concentration.



More Tips to Improve Concentration

- Eliminate distractions by placing your phone out of sight.
- Schedule break times, and stick to them.
- Use the Pomodoro method (work for 25 minutes, then take a 5 minute break).
- Do a “micro-movement” break every 2-3 minutes (rolling your shoulders, shaking your wrists, etc...)

