

Worksheets to Improve concentration for adults

Following are the tips that you can practice to improve your concentration span.

- Avoid stress.
- Practice deep relaxation techniques.
- Exercise regularly.
- Focus on one thing at a time.
- Take in between breaks, short breaks to refresh your mind
- Get a nap instead of long hours of sleep.
- Stay in the present, for that you can also practise meditation.
- Consume healthy food.
- Use acronyms, mnemonics, and chunking as a learning tool.
- Keep doing social networking.
- Study through visual and verbal formats.
- Make notes.
- Write down things down
- Take a proper diet.
- Play the brain boosters game.