

5 Hacks to Improve Your Focus



In a world of constant distractions, notifications, and shiny objects, it's a no-brainer that we move through our days struggling to tick off the to-do list, leaving us to feel defeated at the end of a workday, only to have to turn around and do it all again tomorrow.

Some of the most successful people in the world have mastered the art of focus and productivity, and you can too! Take charge of your mind and develop laser-like focus with 5 of our best hacks to improve your focus:

1. Move Your Body in the AM

One of the most important things we can do for our brain health is to move our bodies! Get the blood flowing first thing in the morning and feel the benefits throughout the day. Without getting too deep, one of the most important components in brain function and development is the protein Brain-Derived Neurotrophic Factor (BDNF). Of all brain-building proteins, BDNF has been found to be the most susceptible to regulation by exercise and physical activity. Research indicates a consistent aerobic exercise routine supports a sufficient supply of BDNF.

For some guidance in exercises that support brain function, Food Matters TV has some great options to help get your body moving!

2. Clear Your Workspace

A clean desk at the start of your day is a clean slate. Find your notes scrambled across the desk by lunchtime? Take a break, then clear your space again for your afternoon ahead. An organized workspace will reduce the physical 'noise' around you.

Turns out, science has backed this one with a study from 2017 showing that having more clutter around you results in more stress and depressive thought processes.

3. Brain-Friendly Work Habits

Unlike the multiple brain-tabs we have open in our mind, we have the power to close too many browser-tabs on our computers. Think about how many times you've had multiple tasks open on your screen in the hopes that you will come back to that task to complete it before the days out, yet you find yourself clicking between multiple tasks and projects throughout the day. Try reducing the amount of work you have open on your screen to help you prioritize your tasks throughout the day.

Another tip we love, move around, hot desk, stand up, or lay on the floor. Moving away from a space you've been in for consecutive hours can hinder your thought process. Without sounding too 'whoa whoa', moving your energy from a stagnant space can be a really positive and productive thing for your focus.

4. Feed Your Brain

Did you know your brain is one of the fattiest organs in the body? And it needs plenty of good fats to help keep it running!

Our brain cells are covered in a fatty layer of insulation called myelin, which helps them talk to one another through electrical signals. If your myelin is weak, communication between the cells slows down. Eating healthy fats like avocados, avocado oil, coconut meat, coconut oil, nuts and seeds, grass-fed ghee, olives, cold-water fatty fish, and grass-fed animal products will assist with myelin synthesis, repair, and maintenance! Jim Kwik is the master at increasing people's potential, here is his list of 11 brain-boosting foods if you want to dive deeper into this.

5. Stop & Take a Deep Breath!

It's amazing how effective this quick and free tool is. Stop and try it right now. I mean it, stop reading this and take three deep breaths. Better? Deep breathing can help increase circulation, reduce stress, and improve your mood!