



Mind Training for **FOCUS**

Sarah Myhill



Mind Training for **FOCUS**

- Mind Training Exercises
- Benefits
- Challenges
- Strategies

Sarah Myhill




0 response submitted

Do you have difficulty concentrating?

Scan the QR or use
link to join



<https://forms.office.com/e/FPRV0zNxDe>

 Copy link

Yes

No

Maybe

Treemap

Bar



1 of 1





“Mindfulness is awareness that arises
through **paying attention,**
on purpose, in the present moment,
non-judgmentally”

Jon Kabat-Zinn



Types of Meditation



Types of Meditation



formal



Types of Meditation



formal



informal



Types of Meditation

zen

transcendental

vipassana

mantra

chakra

body scan

breath awareness

guided visualisation

qigong



formal



informal



Types of Meditation

zen
transcendental
vipassana
mantra
chakra
body scan
breath awareness
guided visualisation
qigong



formal



informal

driving
yoga
painting
running
walking
cooking
gardening
cycling
cleaning
eating
shower
listening



Object

A large, irregular, cloud-like shape composed of many small, overlapping colored dots or fibers in various colors including red, orange, yellow, green, blue, and purple. The shape has a soft, fuzzy texture and a bright white center. The text "Object" and "~ enquiry ~" is centered within this white area.

Object

~ enquiry ~



Mind Training for Focus

Research has shown that students that practice mindfulness are **achieving higher grades**, as it can **strengthen the focus area of the brain** and this is improving concentration and academic performance



Documented Benefits of Mind Training in Research

Stress reduction
Clarity and focus
Greater resilience
Enhanced creativity
Improved relationships
Improved concentration
Rapport and communication
Improved health and wellbeing

Greater confidence and self-esteem
Reduced anxiety and depression
Improved work-life balance
Greater work satisfaction
Memory enhancement
Intuitive ability
Pain reduction
Happiness





Mind Training Benefits for Students with Concentration Difficulties

one of the most effective non-pharmaceutical treatments for ADHD

Cognitive Benefits

- *enhanced attention control*
- *better working memory*
- *strengthened executive function*
- *increased focus*

Emotional Well-being

- *greater emotional regulation*
- *reduced emotional reactivity*
- *enhanced self-compassion*
- *boost in overall happiness*

Social Aspects

- *elevated self-awareness*
- *effective conflict resolution*
- *better communication*
- *improved relationships*

Behavioural Improvements

- *greater self-regulation*
- *diminished impulsivity*
- *increased motivation*
- *enhanced productivity*
- *easier initiation of tasks*

Mental Health and Sleep

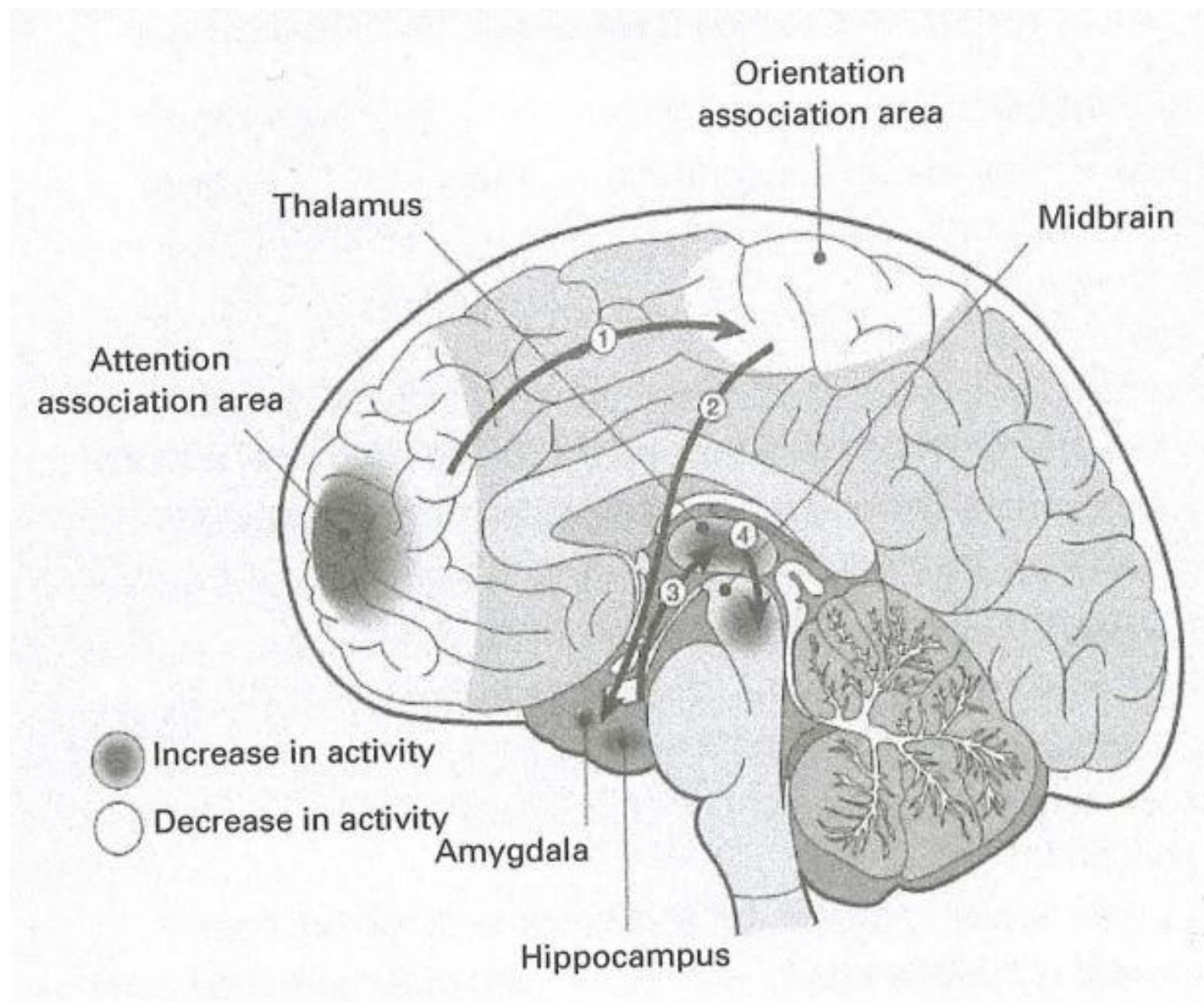
- *better sleep quality*
- *lowered stress levels*
- *effective treatment for depression and anxiety disorders (common comorbidities with ADHD)*



Better Concentration
increases your chances of
Better Grades and
Greater Academic Success
by strengthening the
Focus Area of your brain



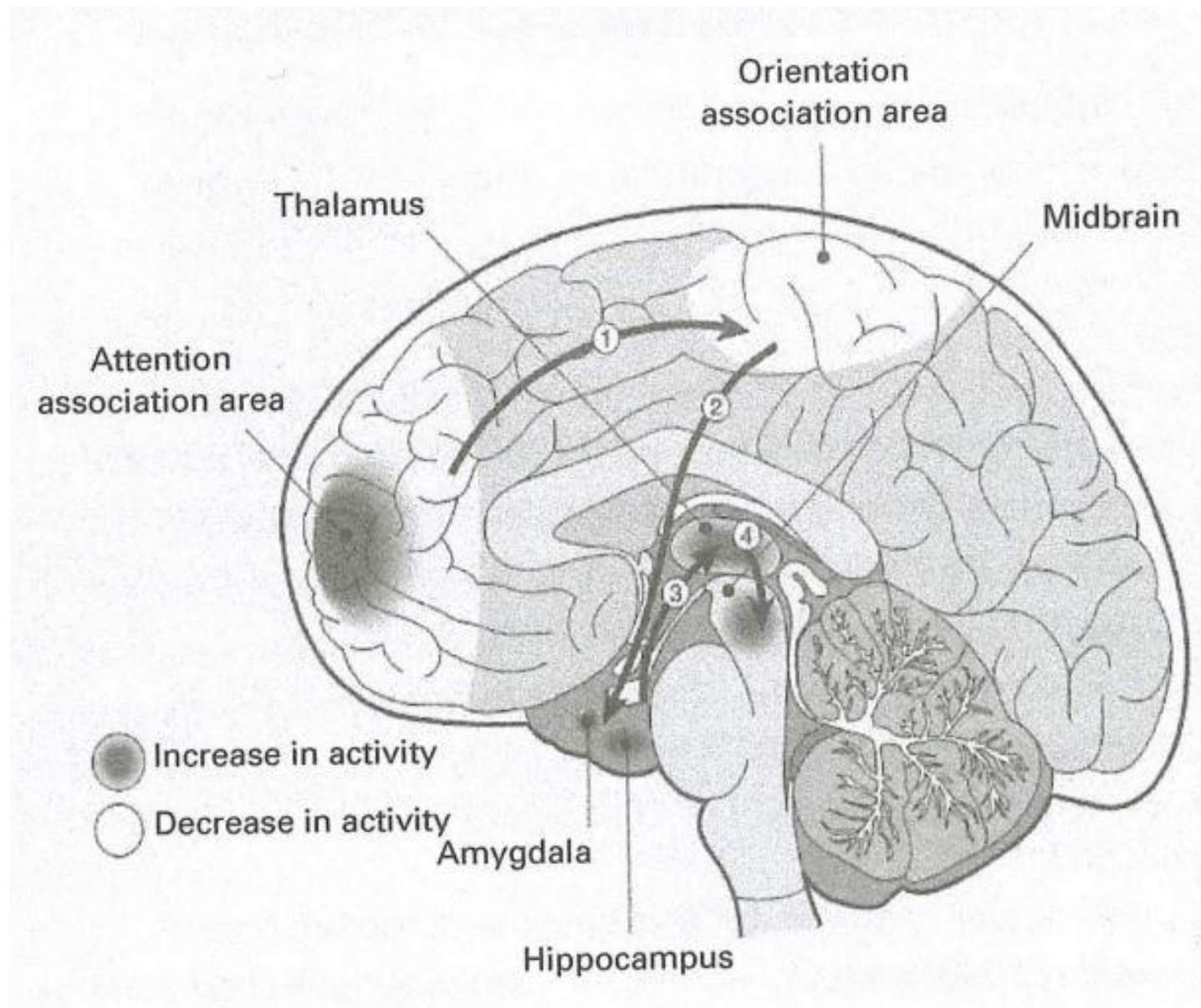
Change in brain processes during meditation





Change in brain processes during meditation

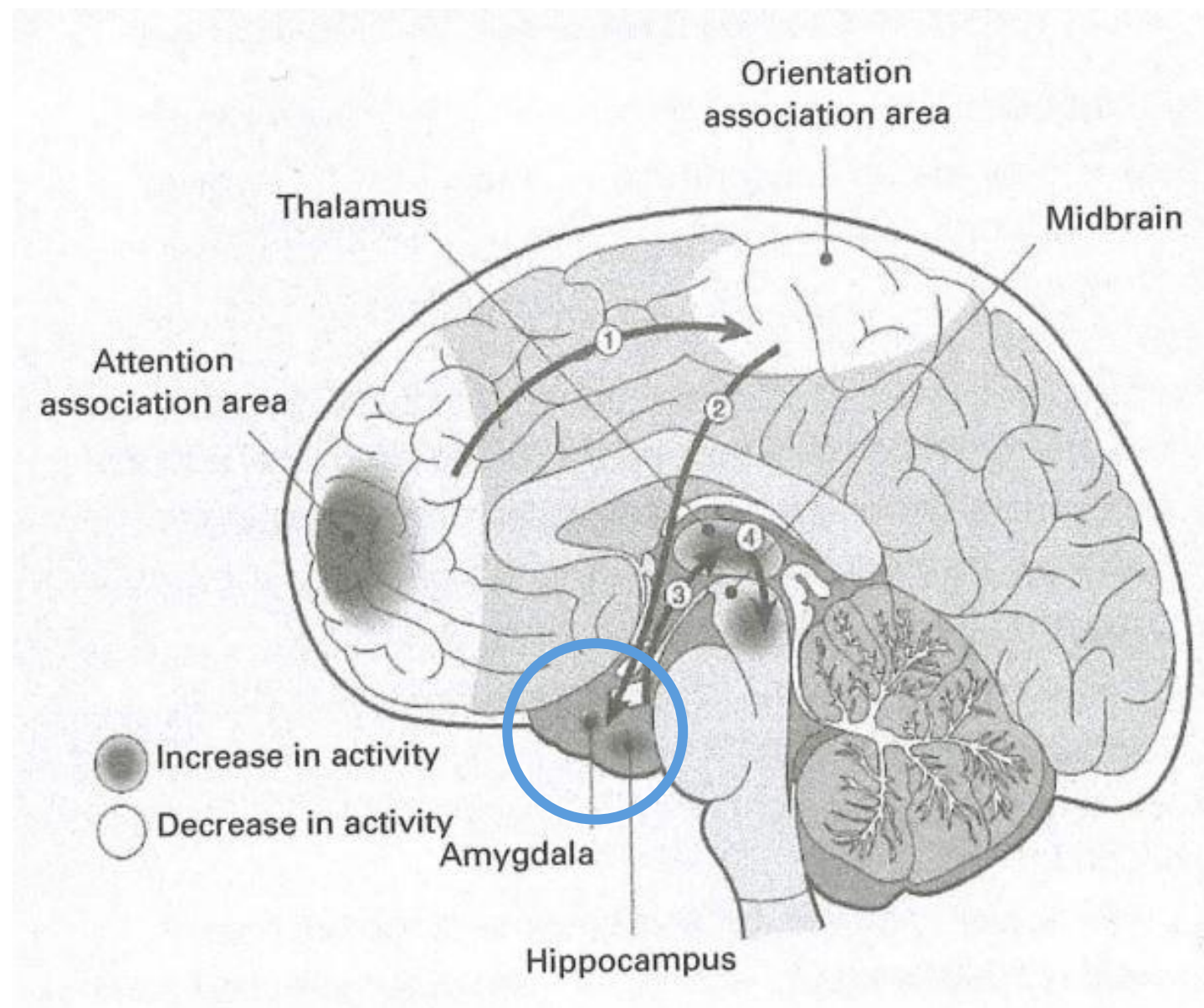
- mood
- emotional regulation
- attention
- memory





Amygdala

Hippocampus

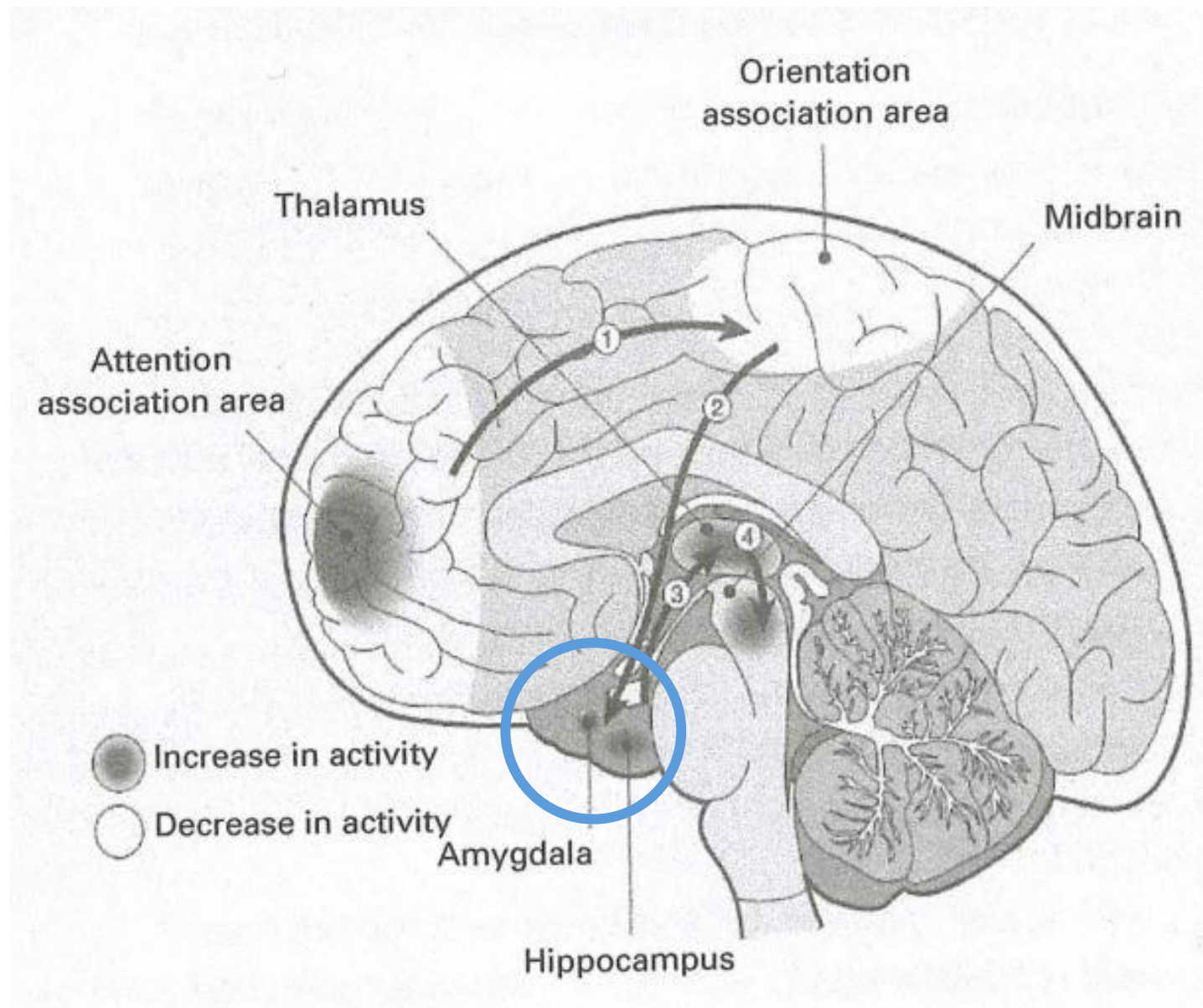




Amygdala

- memory
- decision making
- emotional responses

Hippocampus





Amygdala

- memory
- decision making
- emotional responses

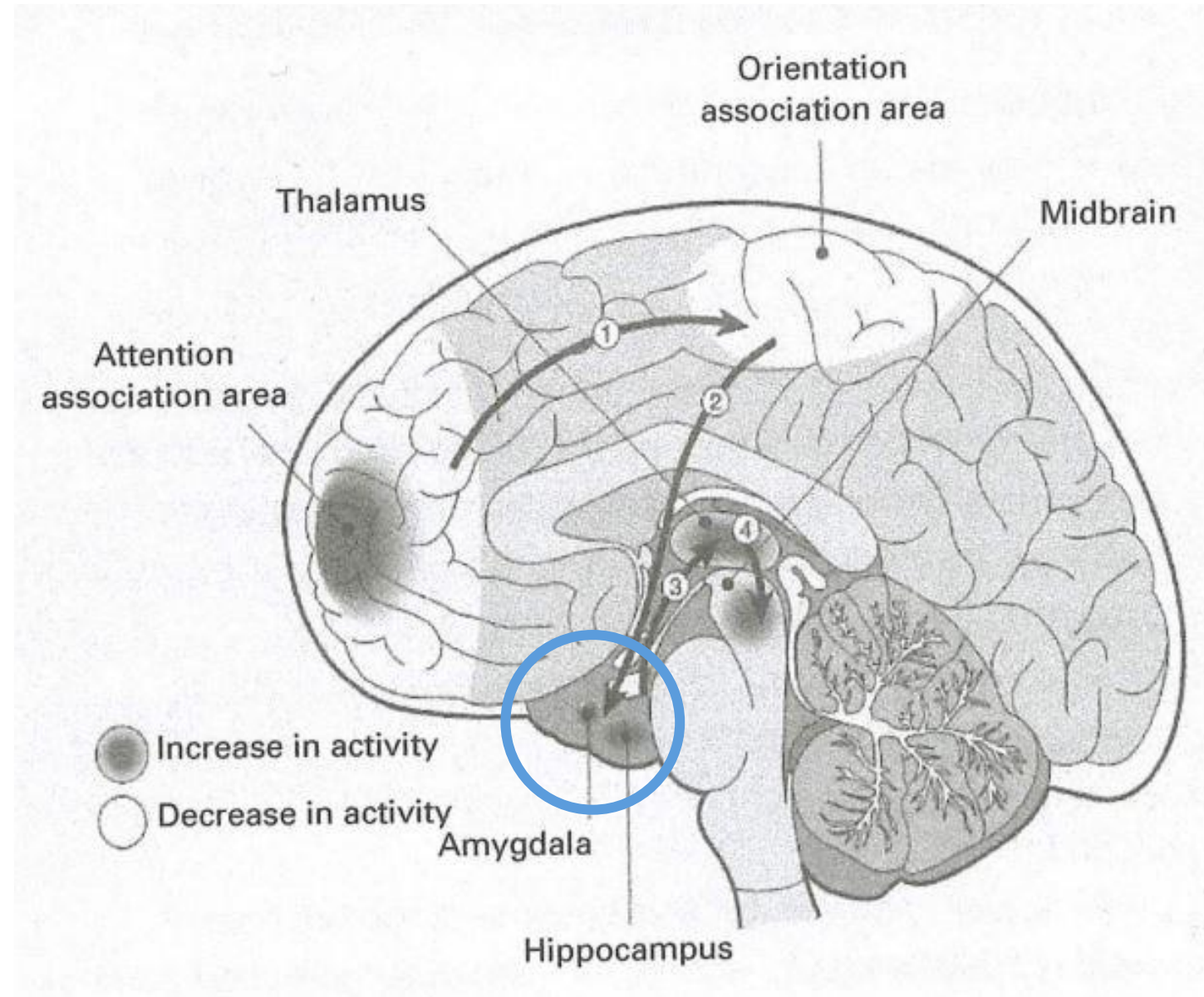
Hippocampus

- spatial memory

short term memory



long term memory





Breath



Breath

~ enquiry ~



Mind Training Challenges for Students

Obstacles in getting started

- *forgetting to do it, difficulty maintaining a consistent practice*
- *selecting unsuitable times or environments for practice*
- *initial bad experiences due to incompatible meditation types*
- *religious or spiritual preconceptions about meditation*
- *incomplete or incorrect understanding of mindfulness (e.g., associating it only with formal meditation)*
- *lack of awareness of the full benefits of mindfulness, especially the ones most relevant to them*
- *no access to guided meditation, training or support*



Mind Training Challenges for Students

Challenges during practice

- *Mind Training practice conflicts with lack of concentration traits, making process more painful*
- *struggling to maintain attention on a singular focus*
- *finding the practice too monotonous to sustain interest*
- *difficulty in staying physically still*
- *inability to sit for extended periods (especially in uncomfortable positions)*
- *impulsive reactions to external distractions (e.g., phone buzzing)*
- *feeling that the time spent could be better used for more pressing issues (there is always some emergency)*
- *perfectionism leading to difficulty in accepting setbacks (linked to RSD, low self-esteem and self-doubt)*
- *impatience to reach mastery leading to premature abandonment of the practice*



The unrelenting noise of the way we live now is eroding our attention

- technology and social media
- economic growth, faster living
- less sleep (under-slept and over-tasked)
- sedentary indoor lifestyles
- limited long reading
- constant switch between tasks (every 3 mins)
- bad diets, processed foods
- pollution





“You can’t stop the waves,
but you can learn to surf ”

Jon Kabat-Zinn



Attitudes of Mindfulness



Non-Judgement

Patience

A Beginner's Mind

Trust

Non-Striving

Acceptance

Letting go



NSDR



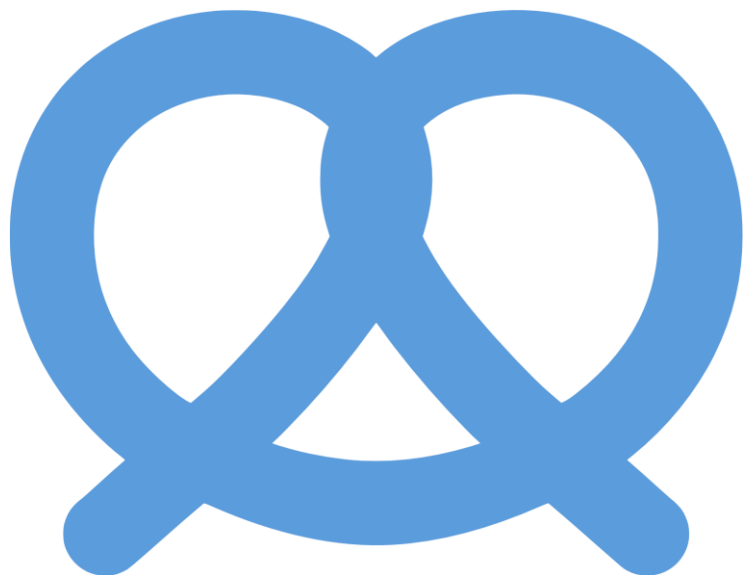
NSDR

~ enquiry ~

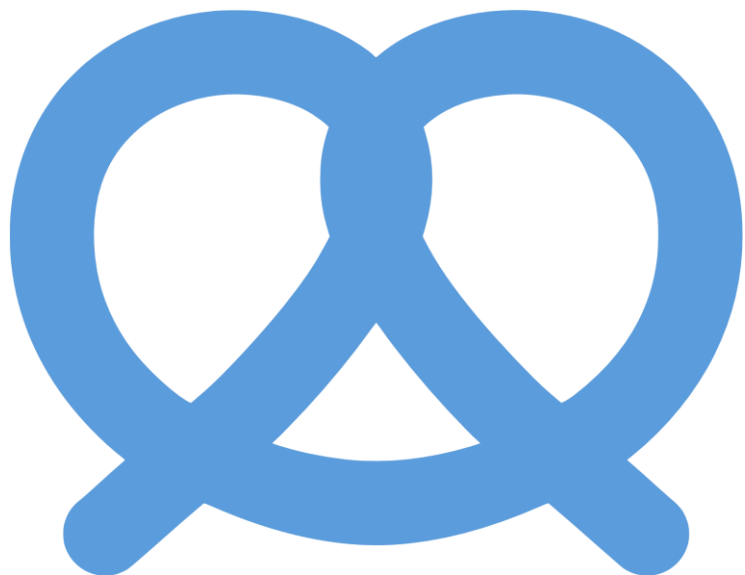


Andrew Huberman

<https://youtu.be/AKGrmY8OSHm>



S N A C K



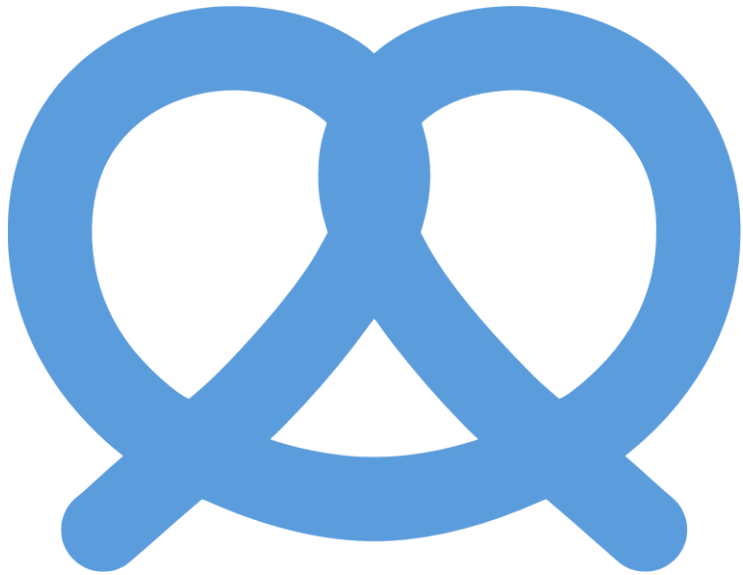
Stop

Notice

Accept

Curious

Kindness



Stop

Notice what you're doing/thinking

Aadjust your actions/thoughts

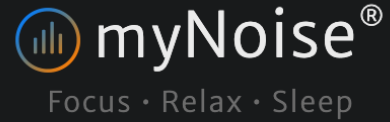
Continue the way you want to

Keep checking in with your mind

Krčmář and Horsman (2016) *Mindfulness for Study: From Procrastination to Action*



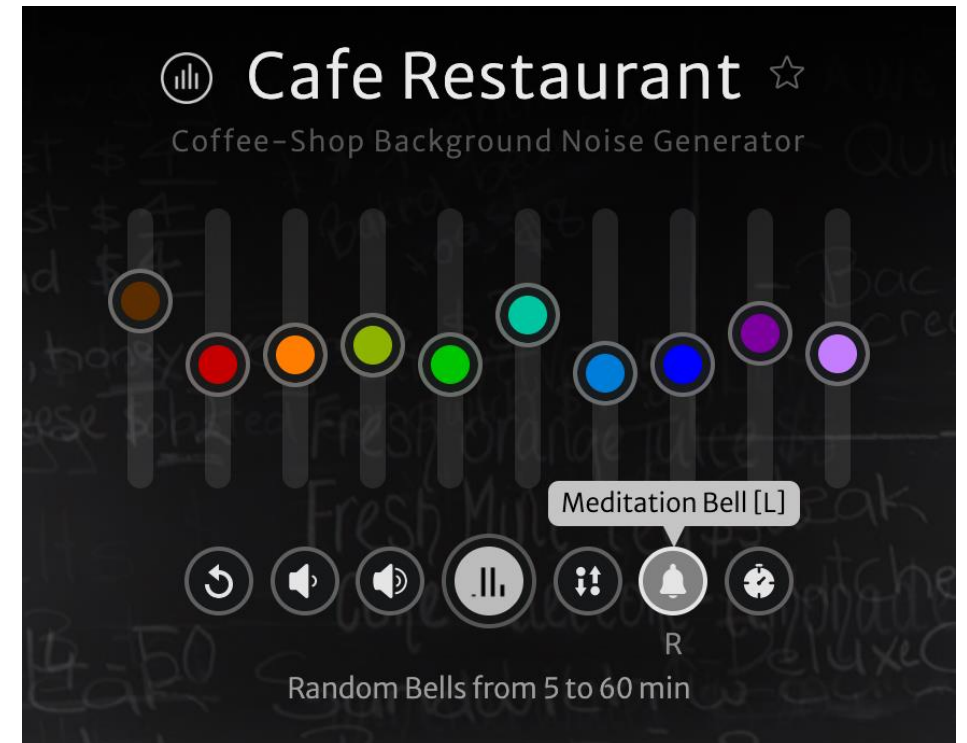
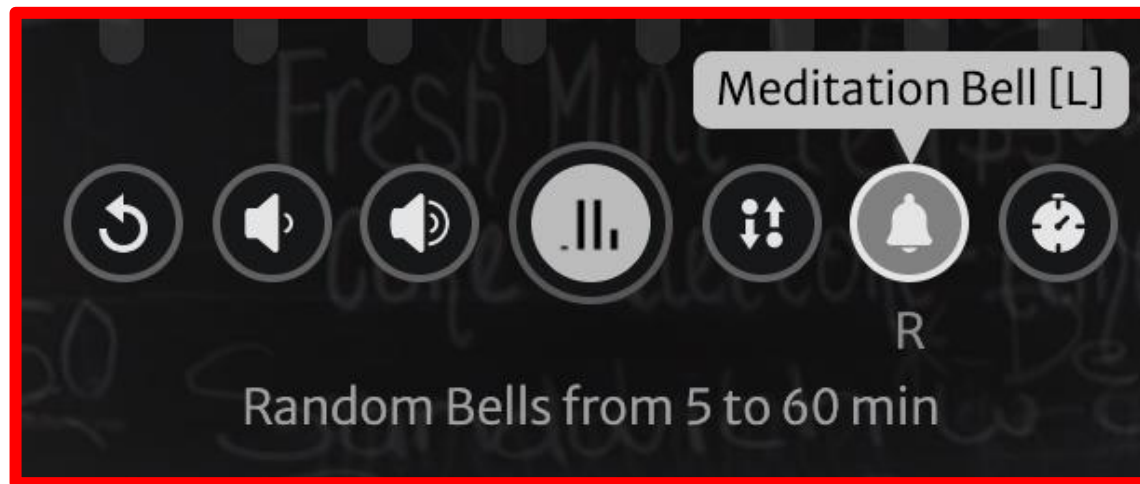
- Practise one of the quick relaxation techniques suggested in Charmaine McKissock's Great Ways to Learn Anatomy & Physiology (GWT LAP), every day, if possible. The second edition includes Mindfulness meditation techniques, which can be practised anywhere. Here is a link to a sample chapter that the publishers Palgrave Macmillan are offering - this gives an idea of the contents and some sections that might be useful.
- http://www.palgrave.com/resources/sample-chapters/9781137415233_sample.pdf.



Discover a world of immersive and customizable soundscapes that can enhance focus, relaxation, and sleep. Choose from noise generators, nature sounds and ambient music to create your perfect audio environment. Explore our **vast library of interactive sound generators** and find your audio haven!

WSJ · The New York Times · The Atlantic · c|net · CBS · 🍷 · 🏠

mynoise.net





Guided Meditation Apps



headspace.com



calm.com

InsightTimer

insighttimer.com



Jon Kabat-Zinn



Accountability Through Habit-Tracking



habitshareapp.com





Focusmate

Accountability Through Virtual Co-Working

Focused. Productive. Together.

Virtual coworking for getting
anything done

Join for free


Watch demo

No credit card required.




[Focusmate - Virtual coworking for getting anything done](#)





 **Flora** FEATURES TREES SUPPORT

Green focus.

Flora is a new way to stay off your phone, clear to-do lists, and build positive, life-changing habits. Whenever you want to make progress toward your goals, grow trees in Flora!

 [Get on App Store](#)

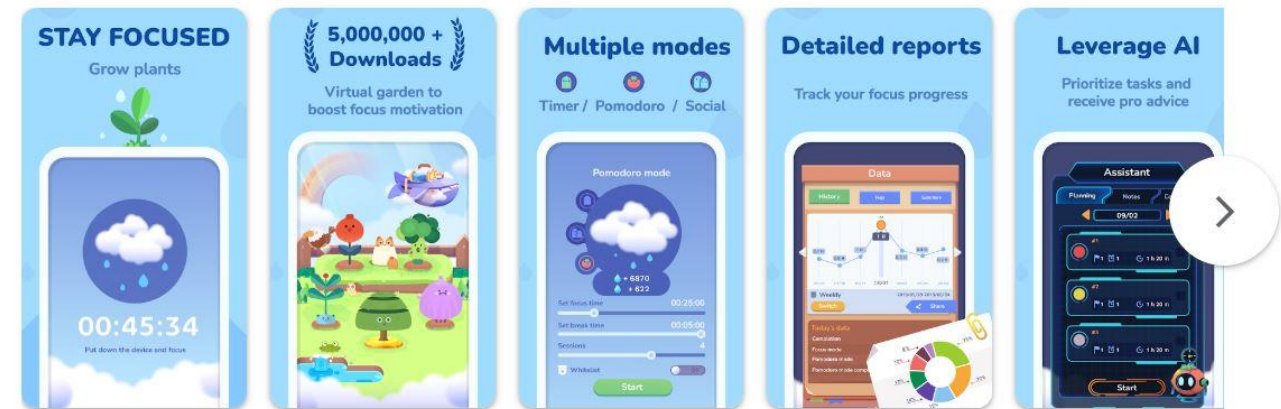
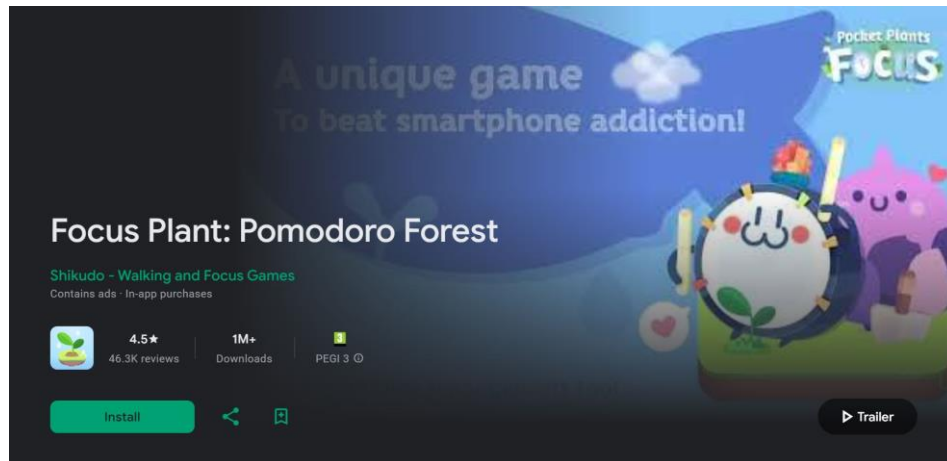
 [Get on Google Play](#)

 [Chrome Extension](#)

[Flora - Green Focus \(appfinca.com\)](https://appfinca.com)



Improving Concentration



About this app →

Focus Plant is not only a focus timer and study timer but also a gamified learning app. It assists in beating phone addiction, improving productivity, self-control, and concentration on learning and work, all while encouraging a 'Better Me' mindset. Stay concentrated with Focus Plant!

Start your focus session and save the barren landscape by turning your focus time into raindrops and grow plants and flora. Get as many plants as you can, and turn the land into...

[Focus Plant: Pomodoro Forest - Apps on Google Play](#)



The **Pomodoro Technique** is a [time management](#) method developed by Francesco Cirillo in the late 1980s.^[1] It uses a [kitchen timer](#) to break work into intervals, typically 25 minutes in length, separated by short breaks. Each interval is known as a *pomodoro*, from the Italian word for tomato, after the tomato-shaped kitchen timer Cirillo used as a university student.^{[2][1]}

[Apps](#) and websites providing timers and instructions have widely popularized the technique. Closely related to concepts such as [timeboxing](#) and [iterative and incremental development](#) used in software design, the method has been adopted in [pair programming](#) contexts.^[3]

Description [\[edit \]](#)

The original technique has six steps:

1. Decide on the task to be done.
2. Set the Pomodoro timer (typically for 25 minutes).^[1]
3. Work on the task.
4. End work when the timer rings and take a short break (typically 5–10 minutes).^[4]
5. Go back to Step 2 and repeat until you complete four pomodoros.
6. After four pomodoros are done, take a long break (typically 20 to 30 minutes) instead of a short break. Once the long break is finished, return to step 2.


















A pomodoro kitchen timer.



[Pomodoro[®] Technique - Time Management Method \(pomodorotechnique.com\)](http://pomodorotechnique.com)



ADHD Solutions

- | | |
|---|--|
|  Guided meditation apps |  Habit-stacking |
|  Variety of mindfulness practices |  Group classes or body doubling |
|  Active meditation |  Non-judgemental approach |
|  Evening practice to improve sleep |  Self-care framing |
|  Accountability through habit tracking |  Visual reminders and notifications |
|  Clear goals and relevance |  Relax posture for formal practice |
|  Start small and be consistent |  Optimise the environment |
| |  Optimise the timing |



Sleep

- improves energy levels, focus, motivation and mood
- sleep deprivation negatively affects the short-term memory - used while studying



Exercise / Play

- enhances working memory
- lowers stress and anxiety
- improves your mood as well as your self-esteem



Nutrition

- you are what you eat
- you need to eat right to work hard



Do

- manage your time
- create a routine
- prioritise your tasks
- manage interruptions
- stop procrastinating
- schedules & plans

Work Ethic and Healthy Lifestyle Choices

Sleep – Memory and Concentration

Blue light reducing glasses for an hour before bed

Reduce lighting in the environment an hour before bed

Try to keep off technology an hour before bed

Keep the room dark and cool for sleep

Sleep if possible, between 10am-6am ideally – set reminder for 9pm

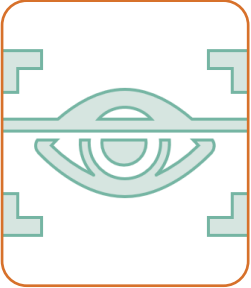
Daylight on face – not through glass, either a walk or looking out of a window within an hour of waking up for about 2 min on a sunny day and up to 10 mins on an overcast day.



“Make a list of what is really
important to you.
Embody it.”

Jon Kabat-Zinn

A quick exercise to quiet your mind



First, close your eyes, clear your mind, and begin to breathe deeply



Inhale slowly concentrating on the air flowing into your lungs, hold your breath for a few seconds, and exhale slowly while concentrating on the air flowing out



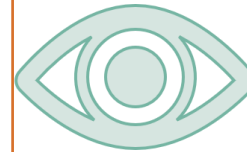
Focus only on the movement of air in and out of your body



As you do this, repeat in your thoughts or out loud, 'I AM CALM IN MIND & BODY'



After a few minutes of breathing and reciting this mantra, you will begin to feel a calming and relaxing sensation wash over you



Now open your eyes and come back to the present moment



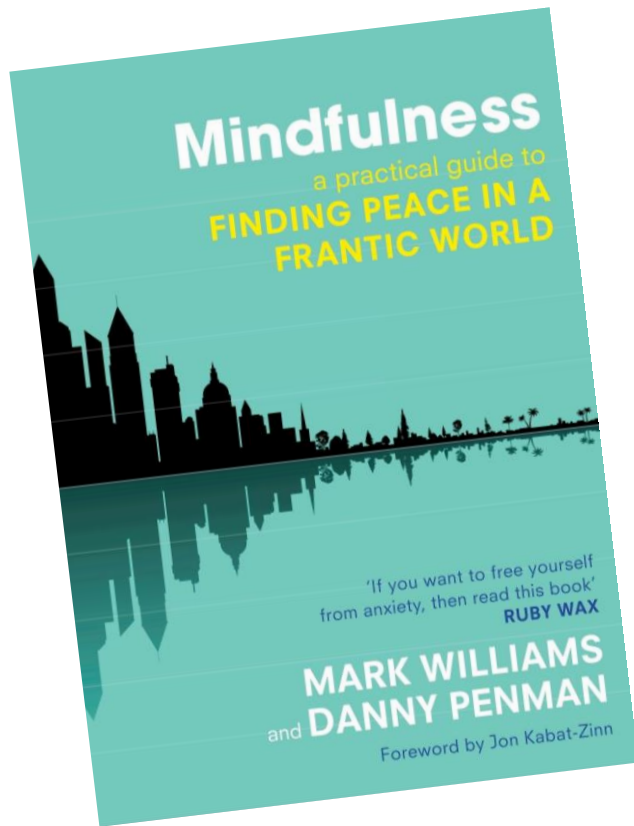
Notice how the exercise slows down your thoughts and emotions enough to think better and more clearly.



This is an easy and effective way to start to improve concentration



Williams and Penman (2011) *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*



Thank you!