

Difficulties with attention

Information for you

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What is attention?

We need attention to be able to remember things later and to learn new things. Unlike what many of us think, we do not have unlimited amounts of attention. It can be useful to think of it as a bucket that can only hold so much information and when it is full, it will overflow. Meaning, we can't pay attention to future events. Different things can fill up that bucket:

- a noisy environment
- worry
- stress
- low mood
- medication
- our physical health
- the quality of our sleep
- our energy levels
- time pressures
- brain changes



Problems with attention can be:

- losing the thread of conversations
- getting easily distracted
- difficulties focusing on TV or a book

- struggling to multi-task
- being unable to get back to a task if interrupted
- forgetting where you have put things

How to improve attention

1. Set up the right conditions

- try to remove distractions, for example, having music on while following a recipe
- focus on one thing at a time
- plan
- keep a notepad handy
- use alarms, reminders, diaries

2. Manage fatigue and tiredness

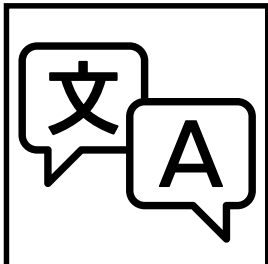
- take breaks
- work at your best time of day
- have a bedtime routine
- ensure you are following a healthy diet



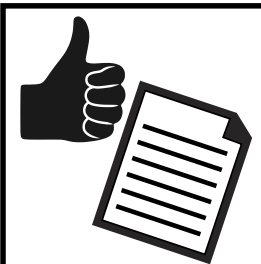
3. Look after yourself

- try not to worry as stress can make it harder to concentrate
- let others help
- notice and acknowledge how you feel

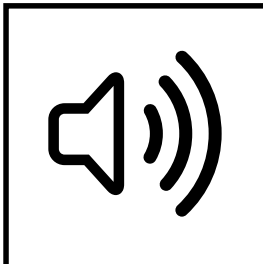
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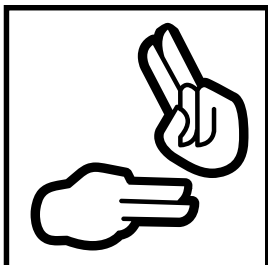
Translations



Easy to read



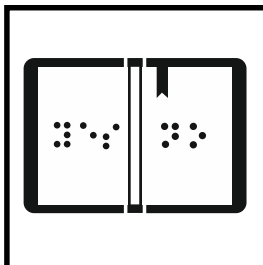
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