

# 18 Secrets to Increase Concentration and Focus



**Take a balanced essential amino acid supplement**



**Eat a low-glycemic diet to keep blood sugar levels steady**



**Drink a cup of caffeinated tea or coffee**



**Eat a healthy, protein-rich breakfast**



**Eat more wild-caught fish**



**Enjoy dark chocolate**



**Eat blueberries**



**Meditate and practice mindfulness**



**Try acupuncture**



**Remove distractions**



**Practice yoga**



**Have biofeedback**



**Take regular breaks**



**Keep a running list while working**



**Doodle while you listen**



**Exercise before heightened concentration is needed**



**Work at a treadmill desk**



**STOP MULTITASKING!**



# Focus Improve Concentration Concentration Increase

**WJ Hussar**



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