



# Brain Injury Bites: Help and Advice

## Episode Five: Concentration and attention

Episode Five: Concentration and attention is now available to stream on your favourite podcast app:



### Minimise distractions

Wherever possible keep distractions to a minimum. This could mean finding a quieter room, turning the TV or radio off and turning your phone onto silent.

### One task at a time

Do one thing at a time; don't try and stretch your concentration skills by trying to think about several things at the same time. Concentrate on doing the one task to the best of your abilities.

### Use strategies

Learn different strategies to help with your concentration and attention, such as using your phone to help to remember things, and setting alarms to remind you to do certain tasks.

### Rest

If you're struggling to concentrate, take a break and rest for a while. Go back to the tasks once you feel well rested and ready to continue.



### Break things down

Break large complex task down into smaller, more manageable tasks. This will make them simpler and easier to keep on top of.

Keep a list of all the task you need to complete and make sure you tick each thing off as and when it has been completed. This will also help you to see how much you have achieved and celebrate your improvements.

### Routine

Build a routine and do activities in short bursts, remembering to take breaks and know when to slow down. Take a more balanced approach to activities.

*“Your concentration is the main function of your brain that you can train.”*



# Brain Injury Bites

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