

# 7 Tips for How to Improve Concentration

## GET QUALITY SLEEP

Sleeping enough allows your body to take time to heal and also repairs cells. Ensure you get enough sleep (most adults need 7 to 8 hours nightly) to keep your mind sharp and refreshed.

## EAT BRAIN FOOD

Healthy foods can do wonders for the body and brain. Eggs, avocados, blueberries, and citrus fruits are all known to boost cognitive function. Add brain-boosting foods to every meal you can.

## BE SOCIAL

It's a must for our mental well-being to be around others. Take time to get together with friends and loved ones often to improve your overall health, not just your brain health. Socialization is also thought to fight off serious health issues like dementia.

## TRY MEDITATION

This ancient practice clears the mind and improves the brain. Meditation increases blood flow to the brain, which can lead to better recall and improved memory. Kirtan Kriya meditation, in particular, helped one group of participants.

## EXERCISE

Exercise is good for the body, including the brain. This is because it promotes blood flow which increases oxygen to the brain. Even if you have to start slow (because you're a beginner or recovering from COVID), even a few minutes is better than nothing.

## EXPLORE AROMATHERAPY

Lavender and peppermint essential oils in particular are found to help the brain. Need to study and improve concentration? Try lavender. Completely exhausted and need a brain boost? Try diffusing some peppermint.

## AVOID HARMFUL SUBSTANCES

Substances like alcohol and drugs damage brain cells. Both interrupt the way neurons send and receive neurotransmitters in the brain. Alcohol can worsen memory issues for binge drinkers who may blackout.

