



Ways to Improve Your Concentration



**STRESS, ANXIETY AND LACK OF SLEEP AFFECT OUR ATTENTION AND FOCUS.
WHAT CAN YOU DO TO IMPROVE YOUR CONCENTRATION?**



There are several activities that help me regain my focus. It is important for us to take breaks and spend time doing things we enjoy. Listening to soothing music, working out and doing stretching exercises energise me and help me to concentrate better.

- Lum You Jun

I perform mindfulness practices such as breathing exercises whenever I feel overwhelmed or stressed out. I avoid multi-tasking and would refocus by identifying the important tasks at hand and putting away things that distract me.

- Syed Talha



Keep
C.A.L.M
&
Give

DON'T LOSE
FOCUS





HOW DO YOU STRIKE A BALANCE BETWEEN SCHOOL WORK AND YOUR ROLE AS A STUDENT LEADER?



In order to manage both my studies and role as a student leader, I plan my time using a time table or to-do-list. This helps me to prioritise my tasks and get things done in a timely manner.
- Lyn Chan

On days when I have recess duty, I will approach my classmates to find out the things I missed during the lesson. After speaking to them, I make notes on my worksheets so that I can refer to them while I do my revision.
- Zhuo Ziying



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