

5 Tips to help with **attention and concentration** difficulties

1. The person may find it difficult focusing on a task for more than 10-15 minutes especially if they are not interested. You may want to allow them to stand up stretch, between tasks so they can refocus.
2. Encourage the person to write down tasks they need to do so they don't forget them.
3. If the person is finding it hard to focus, check there are not other reasons for this, such as low mood, or problems with drug withdrawal or misuse.
4. If the person is fidgety in a class/work shop setting, they may find doodling helps them to concentrate.
5. The person may be more impulsive and say or do something without thinking of the consequences of their actions. Talk through examples of this with them so they can see this happens. Discuss counting to ten as a way of stopping before acting.