



How to Concentrate Effectively

*A Short Book of Tips for
Children & Young People.*



Introduction

Thank you for downloading this e-book which was written by the attendees on our NLP4Kids licensee training programme.

We know that each of us have different abilities to concentrate and different ways of doing it. As such, we thought that it would be helpful for you to know the things that either work well for us, or the things that can make it a bit easier.

Each of the NLP4Kids team works with young people. Usually we are working with them to help them boost their confidence or to overcome problems like stress or anxiety.

This means that in the future, if you need some extra support, you can ask a parent or teacher from your school to contact us on your behalf to find out how we might be able to help you further.

You can find our contact details on our website:

CLICK HERE: www.NLP4Kids.org

As a result of putting these tips into action you will find that your motivation levels to study increase, exams become simpler to manage and remembering details will be something you can do with ease.

The knock on effects from doing these simple tasks benefit you in many ways. Just imagine the look on your teachers face when they see your results and how much easier it will be to live with parents who are no longer nagging you!

Whilst the tasks are simple, it will require your persistence and commitment to get the full benefits. Like most things you will need to repeat the exercises to get to a stage where you can do them, without having to think about it.

It's up to you when you decide to put these into action. You can start to use them now, or at the beginning of the next term.

Visit the NLP4Kids website today to find out more:

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Our Simple Top Tips:

1. There is a connection between where your eyes are positioned and how your brain is operating. When your eyes are looking down (as they may be when you are studying) your brain is accessing feelings or self talk (which is when you have internal conversations). This is unhelpful if you are not feeling enthusiastic about studying! It is a better idea to hold your books and study materials up in front of you to encourage your brain to visually remember what you are seeing.
2. Have you considered setting some goals? In doing so you can create steps to help you move towards a positive outcome without feeling overwhelmed. In addition, when you set goals and create plans it is much more likely that you will achieve success.
3. If you have a belief that you cannot concentrate, it may be helpful to identify areas (outside of studying) where you already concentrate really well. For example, when you play video games, participate in sports or play a musical instrument you have to use high levels of concentration. This means that you already have the skills you need! As you begin to believe in yourself more, you can apply that same skill in other areas.
4. Your brain is amazing! You are capable of taking in lots of information from the world around you. To give your brain the best possible chance of taking in the information you want it to, minimise the unhelpful distractions when you need to concentrate on important tasks.
5. It could be helpful to change your language (both how you talk out loud to others and to yourself internally) by recognising if you are using toxic or de-motivating words. For example if you catch yourself saying "I can't do it!" the ideal would be that you honestly say "I can do it." However those two statements are a long way from each other. It could work to minimise the power of "I can't" and move forward step by step using alternatives such as "I may be able to...", "I could...", "I should...", "I want..." and then finally "I can".
6. Consider your physiology in those moments when you want to concentrate well. To power your brain effectively you should:
 - * Sit or stand straight
 - * Look up to the ceiling before bringing your eyes to your work (This activates the visual part of your brain.)
 - * Breath deeply (to oxygenate your brain!)
 - * Smile!
 - * Tune into the energy in your body
7. Do you know someone who *can* concentrate *really* well? What can you learn from observing them or even asking them how they do it? They may have a particular process that they follow about how they prepare that they can share with you. By mirroring what they do you can create the same results for yourself.



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