



# Staying focused

Coping with concentration

**At the British Dyslexia Association we believe that every kind of brain should be valued for its unique way of looking at the world. If you or someone you know is living with dyslexia, we are here to support.**

### **Top Tips for improving concentration:**

Work out what distracts you...

- Is it noises, if so use headphones with or without music or put a screen behind you
- Sit with your back to windows or doors, move to a quieter desk in a busy office
- When concentrating take regular breaks, time yourself, trying focusing for 25 minute chunks then take a break

- Have a clear idea about what you need to achieve, when you have completed a task, mark it as done so you can see the progress you are making
- Vary the way you approach a task – you could try working standing up, use notecards as well as paper, listen to text as well as read it

### **Further support**

Call our Helpline on: 0333 405 4567  
or you can email us at:  
[helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk)

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

