

The Science of Focus

Canada's

Healthy Workplace Month

Multitasking can reduce productivity by up to 40%.

healthyworkplacemonth.ca

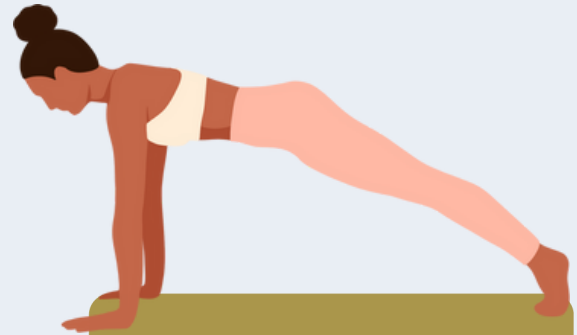
DID YOU KNOW?

Multitasking actually lowers efficiency and leads to more mistakes, while focusing deeply on one task boosts productivity. When you concentrate on a single task, you work faster, make fewer errors, and produce better results. So, try to give your full attention to one thing at a time—your brain and your work will benefit!

DAILY MOTIVATION : MUSIC TRACK

"Instrumental Focus" - Spotify Playlist

This playlist offers soothing, distraction-free background music designed to enhance concentration and productivity. Let these instrumental melodies help you stay centered and motivated throughout your workday.



DAILY YOGA POSE

Plank Pose (Phalakasana)

Plank Pose strengthens your core and builds mental endurance, helping you stay steady and focused throughout your day. Hold the position with steady breath to boost both body and mind!

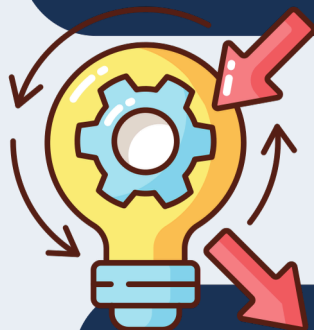


PRO TIPS FOR THE WORKPLACE

- Work in distraction-free environments.
- Use background music or white noise for deep focus.
- Set clear goals before starting each task.

Action:

Turn your phone on "Do Not Disturb" mode for one work session.



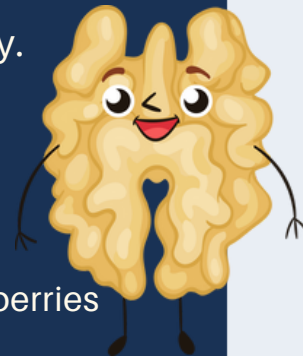
DAILY RECIPE

Brain-Boosting Trail Mix

Packed with nuts, seeds, and dark chocolate, this snack fuels your brain for better focus and sustained energy.

- 1/4 cup almonds
- 1/4 cup walnuts
- 2 tbsp pumpkin seeds
- 2 tbsp dried blueberries or cranberries
- 2 tbsp dark chocolate chips

Mix all ingredients in a bowl and enjoy a handful as a smart snack to power your concentration!



INSPIRE & REFLECT

Inspiration of the day

"Where focus goes, energy flows." – Tony Robbins

Reflection Question

What is my biggest distraction at work, and how can I manage it?

Mental Health Challenge

Practice a two-minute mindfulness exercise before your next task.

Daily Affirmation

I concentrate on one task at a time for greater success.

Daily Resource:

Innovation, Science and Economic Development Canada (ISED)

Explore Innovation, Science and Economic Development Canada's bilingual website for insights and resources on innovation, productivity, and the science behind effective focus.

