

## Attention Training

1. Sleep well, stay fit and eat breakfast.
2. Take regular recovery breaks.
3. Pay attention to your posture — stay light and tall.
4. Pick a meaningful focus to work on  
a skill, an idea, meditation, a book or communication.
5. Take a little time each day to direct your full attention to focus.
6. Start with bursts of five minutes and work up to 30 minutes.
7. Biofeedback devices you might consider are:
  - Emwave (Heartmath) — tracks heart rate variability (HRV) and vagal tone.  
Visual and effective.
  - Mindwave (Neurosky) — with a simple EEG headband, this device tracks  
brainwaves. Great for attention training.
  - Muse (InteraXon) — a new and more complex EEG headband.
  - i-Awake binaural relaxation and meditation music