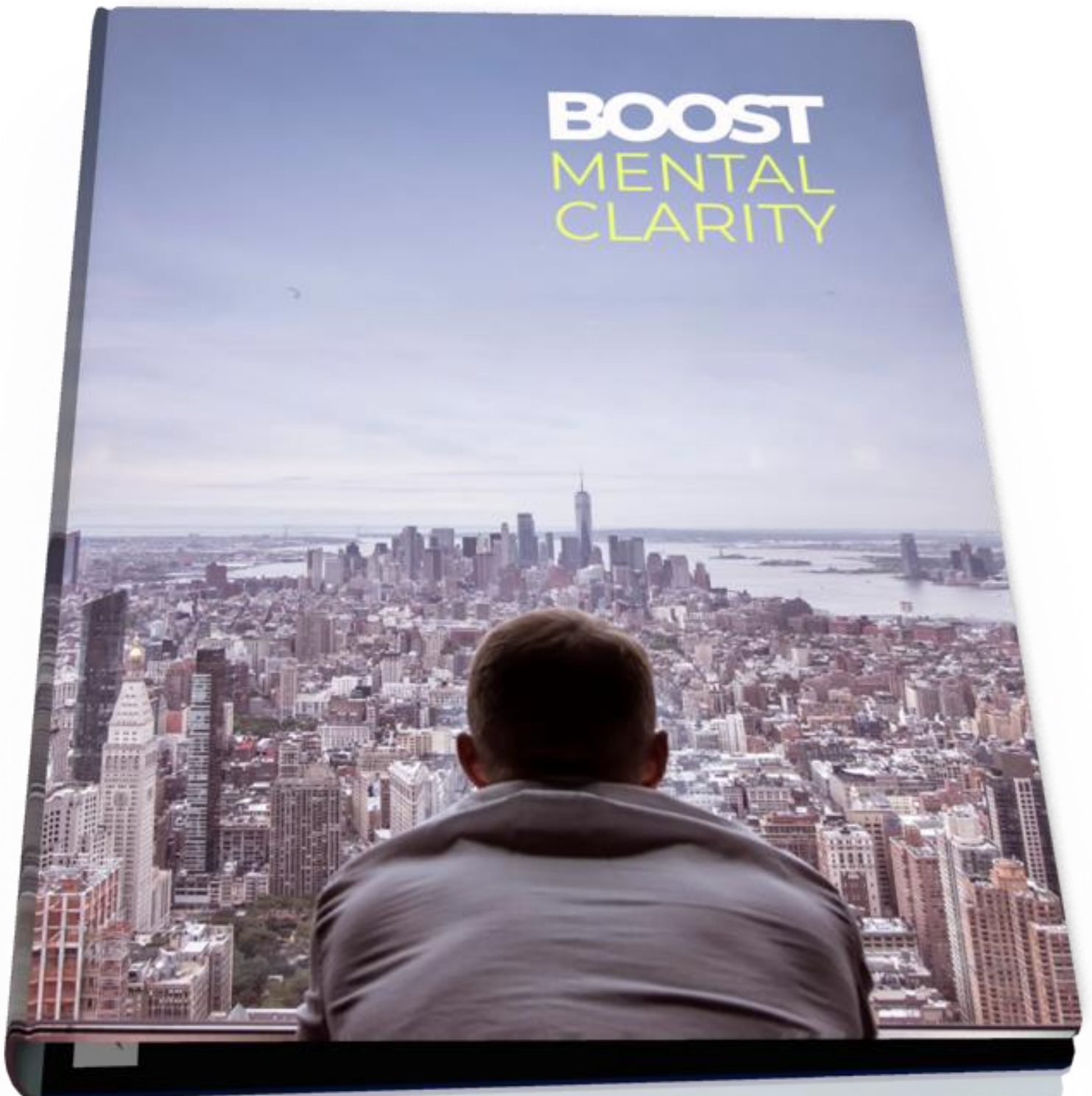


BOOST MENTAL CLARITY



212⁰ CAREERS

Leadership and Career Coaching
One Degree Better



SPECIAL REPORT

BOOST MENTAL CLARITY

TIPS REPORT



This report includes **nine powerful tips** and **three actionable steps** you can take right away.

It also includes a list of **suggested readings** for those who are looking for even more information.

TOP TIPS

Walking into another room only to forget why you went in there is frustrating. Many people wonder if it is a symptom of old age. In reality, our world is full of distractions that can leave our brains unable to focus and remember the simplest thing. Luckily, you can boost your mental clarity and enjoy greater focus.

1. Reprioritize Sleep

Lack of sleep wreaks havoc on your body and brain. You will often feel like you are in a fog or drained mentally. Look at your current sleep habits and determine to get enough sleep. Usually, it is helpful to develop a before-bed routine, such as taking a warm shower, turning down lights early, and refraining from using electronics before bed.

2. Learn to Manage Your Stress

Stress levels affect your ability to think clearly. It can also make sleeping much more difficult, increasing brain fog and stress. Find ways to help you lower your stress levels, such as daily walks, meditation, or turning off social media.

3. Get Rid of Distractions

Often, we have problems focusing on a task because we are distracted. And they come from everywhere – your phone, your kids, or an annoying co-worker. Figure out how you can reduce or eliminate distractions so that you can focus on the task at hand.

4. Increase Your Nutrition

Like the rest of your body, your brain benefits from healthy eating. Refined sugars, carbs, and unhealthy fats can leave you feeling lethargic. Instead of grabbing a sugary snack for a quick energy boost, change your menu to better quality food, like berries and pumpkin seeds.

5. Hydrate Your Brain

A lack of concentration may be caused by slight dehydration. Your brain and body need hydration. When you aren't hydrated, you will experience confusion and brain fog. For better focus, drink more water.

6. Take Regular Breaks

Focusing for long periods becomes difficult. Your performance suffers as well. When you have to focus, you use mental resources. These resources need replenishing often. While it may seem contradictory, taking occasional short mental breaks will enhance your ability to focus on the bigger project.

7. Practice Meditation

People have practice mindfulness meditation for years, and the payoffs are enormous. Meditation will teach you to declutter your mind and focus on the present moment.

8. Take Up Journaling

The act of taking a pen to paper can be monumental. It causes you to slow down and stream your thoughts. When you get your ideas on the page, you will see things becoming clearer, helping you make better decisions.

9. Keep Up with the Practice

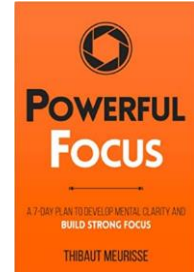
Mental clarity isn't something you work on once, and then forget about. You need to commit to habits, routines and techniques that can help you think more clearly in any given moment.

FAST-ACTION STEPS

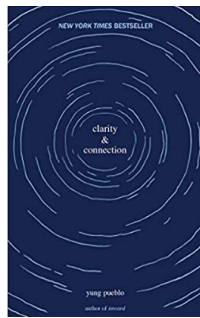
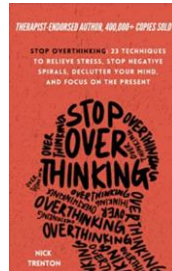
1. Implement a before-bed routine so that you get at least seven hours of sleep. Turn the heat down a little in your room. Get blackout curtains. Buy new bed linens and turn your bed into a haven.
2. Buy a new water bottle and determine to drink more water. Look for one that will keep your water at the temperature you prefer and carry it with you everywhere you go.
3. Find a productivity hack that will give you regular breaks. One such technique suggests that you focus on one task for 25 minutes, take a 5-minute break, and dive back in for 25 more minutes.

FURTHER READINGS

1. Powerful Focus: A 7-Day Plan to Develop Mental Clarity

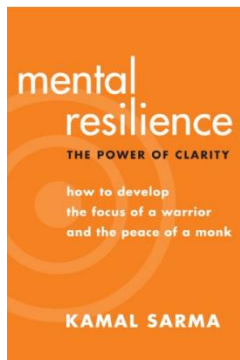
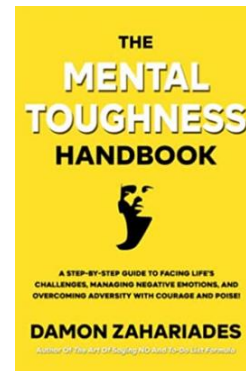


2. Stop Overthinking



3. Clarity & Connection

4. The Mental Toughness Handbook



5. Mental Resilience: The Power of Clarity