WHALE HEALTH

Home Page

1. Sleep: A good night’s sleep is incredibly important for your important. In fact it’s just as important as eating healthy and exercising. Good sleep can increase concentration and productivity.
2. Stress: Stress affects all of us, it means different thing to different people. You may notice symptoms of stress during busy time at work, or coping with a challenging relationship etc. So you’re better prepared to respond to stressful thoughts and situations.
3. Meditation: Meditation can wipe away the day’s stress, bringing with it inner peace. See how you can practice meditation whenever you need it most.
4. Mindfulness: Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive and overwhelmed by what’s going on around us.
5. Article:

**Make time for hobbies**

We are constantly looking for methods to find joy in our hectic lives. Whether it's learning to prepare a restaurant dish or studying a new language from a nation you've visited, there's something for everyone. Picking up a new activity can sometimes offer you so much delight that you wish it was your full-time career! However, because these new interests do not fit into your busy schedule, it may be difficult to find time for them. Don't be concerned! With just a few ideas, you can quickly make more time for your leisure activities!

* **Mark your calendar**

Trying to juggle all of your hobbies while working a full-time job will only cause you to lose sight of your key responsibilities. For example, if you decide to devote your entire weekend to your interest, you may find yourself missing out on time with friends or family. Instead, make a monthly list of 1–2 interests and schedule when you'll do them! Each month, focus on a different pastime and devote one day a week to that activity! It could be something as simple as painting on a Sunday morning or going for a trek on a Saturday afternoon.

* **Leave the phone at phone**

I'm serious about this! While our phones are wonderful pieces of technology that make our lives easier, they are also one of our most significant sources of distraction. When trying to fit a pastime into your hectic schedule, bear in mind that you may not always need your phone to keep you company. Of course, if you need to look up measurements for a cake you're baking or want to take a picture of your painting to post on Instagram, grab your phone! But keep in mind that days are short and life is busy, so make the most of every time with the fewest distractions and interruptions possible!

* **Find a partner**

What could be better than having your own hobby? Why not do it with someone you care about? Whether you're preparing dinner with your parents one night, photographing nature with a buddy, or travelling to a new area with your loved ones, sharing your hobbies with others is a terrific way to pursue your interests while making memories with the people who matter most to you!

**FOCUS**

Concentration and focus are tough to master. Sure, most people desire to learn how to focus better and concentrate better. But what about really doing it? We live in a noisy environment, and it can be tough to focus when there are so many distractions.

This website provides the most innovative ideas and cutting-edge research on how to focus and maintain it. We'll dissect the science behind sharpening your mind and focusing on what counts. This page should cover everything you need to know whether you're wanting to focus on your personal or business goals.

* **Why can’t I focus?**

The majority of people have no problems concentrating. They are unable to make a decision.

What I mean is that the majority of healthy persons have a brain capable of concentration if we remove the distractions. Have you ever had a task that you felt compelled to complete? What went wrong? You completed it because the deadline forced you to make a decision. You may have procrastinated in the past, but when matters were urgent and you had no choice but to act, you did so.

* **The Myth of Multitasking.**

We are technically capable of doing two things at once. It is feasible to watch TV while cooking dinner or respond to an email while on the phone, for example.

Concentrating on two tasks at the same time, on the other hand, is impossible. You're either listening to the TV while tending to the overflowing pot of pasta, or you're tending to the pot of pasta while listening to the TV. You are concentrating on one or the other at any given time.

Multitasking requires your brain to quickly transition its attention from one task to another. This wouldn't be a problem if the human brain could easily switch from one task to another, but it can't.

**DO ONE THING AT A TIME**

Doing only one item at a time is an incredibly effective technique to increase productivity.

On the surface, this makes little sense: isn't getting more done faster the ultimate goal? I would say categorically that it isn't. Taking on multiple tasks at once is a fantastic way to become busy, and it's usually a more enjoyable way of working. The brain gets stimulated and more dopamine is released when we try to do numerous things at once (a main pleasure chemical). However, while multitasking might be entertaining and may make us feel more productive, it usually makes us less effective, according to study after research.

* Increasing productivity by focusing on only one task at a time is a highly effective strategy.
* **On the surface, this makes no sense:** isn't the ultimate goal to get more done faster? I can categorically state that it isn't. Taking on numerous things at the same time is a great way to stay occupied, and it's usually a more fun way to work. When we try to accomplish multiple things at once, the brain is stimulated and more dopamine is released (a main pleasure chemical). However, while multitasking can be amusing and make us feel more productive, studies show that it really makes us less successful.
* Don't take my word for it; give single-tasking a try next week. Set a timer for 20 minutes (this is about how long you can focus on a task before losing focus—this is why TED Talks are 18 minutes) and perform only one thing during that period. Your brain may first reject the experiment, but once you get into a rhythm, you'll feel fantastic. After that, think about how much you got done in that 20 minutes. You'll be blown away.
* Understanding the genuine benefits of single-tasking can help you stop the multitasking loop.
* Multitasking's allure extends beyond workplace culture and expectations.
* It's difficult to concentrate for long periods of time. To keep us on track, our brains are continually filtering external inputs and our own thoughts. Context flipping, on the other hand, is enjoyable and more likely to provide a boost of dopamine, the brain's "reward hormone."