

Firstly, creating a good environment is important. If you're trying to **study** or **work**, make sure your space is tidy and organized. **Put away** any **items** that might distract you like your phone or other gadgets. You can also use **noise cancelling headphones** or play some **soft background music** to **block out noise**. Some people find that a **quiet room** helps them focus better. Others prefer a **cafe** with some **background chatter**. It's all about **finding** what **works best for you**.