

FOCUS

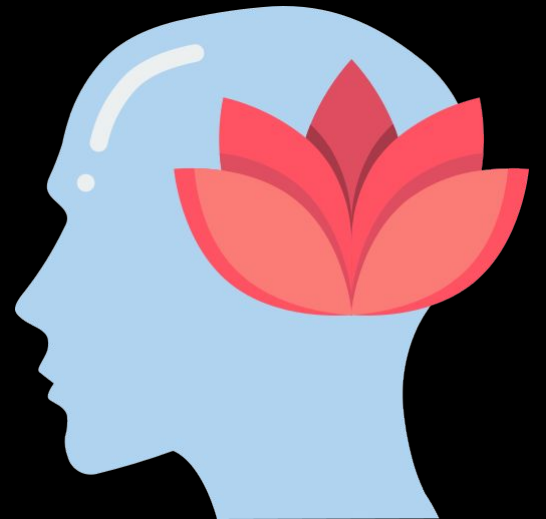


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MEDITATE IN THE AGE OF DISTRACTION



FOCUS ON THE INTROSPECTION



MEDITATION



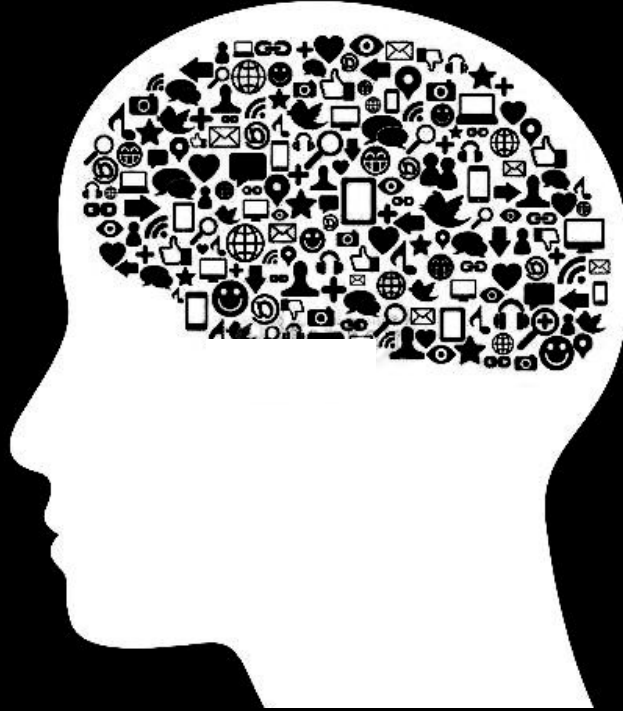
INTROSPECTIVE





DEMO

HOW MIGHT WE TACKLE ADHD

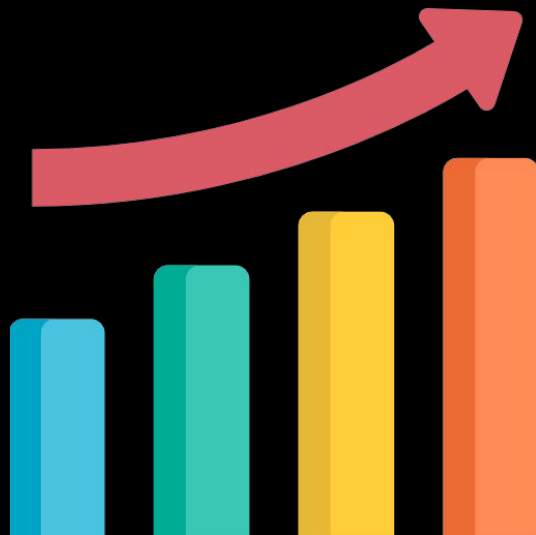


PROGRESSIVE FOCUSING CHALLENGE

Challenge 1. Control your breath

Challenge 2. Complete your task

Challenge 3. Complete your task
while controlling your breath



FUTURE STEPS

- Mindfulness Challenge
- Focus Assessment
- ADHD Treatment



A deep space image showing a dense field of galaxies and stars. The galaxies are of various shapes and sizes, some appearing as bright, glowing clouds, while others are more distant and faint. The stars are scattered throughout the field, some appearing as sharp points of light, while others are blurred into streaks. The overall color palette is dominated by dark blues, purples, and oranges, with the bright white text 'QUESTIONS?' centered in the middle.

QUESTIONS?