



Chiropractic Newsletter

Your Amazing Body

Hey...Pay Attention!

In years to come, children in history classes around the world will surely be studying the year 2020. The good news is you don't have to study and learn about!! The bad news is you do have to live it!!! Everyone understands that your schooling is different this year. Whether you are in class live or attending virtually, it most likely doesn't look or feel like it ever has before. And it has probably been difficult for you to get used to.

Having said that, it's still really important for you to get the most out of your studies and being able to stay focused and concentrate is a big part of that!!! What follows are some great suggestions to help you be more productive and get the most out of your work no matter where "school" is for you right now.

Get Organized. This includes preparing your environment with a place to sit upright, proper lighting, and everything you will need to study. Keeping your workspace neat and organized helps keep you focused. Research shows that our brains like order, and when our space is a mess so are we. So first things first, prepare your space.

Remove Distractions. It's hard enough to pay attention as it is, so you don't need any added distractions around to tempt

you. All gadgets should be switched off and/or kept in another room if possible including TVs, iPads, video games, smart phones, and other handheld devices. If you are using a computer to study, make sure that is all it is used for.

Divide Big Assignments into Smaller Ones.

Sometimes big projects are intimidating and that can lead to procrastination. Instead of thinking, "I have to read this whole book," break it down into smaller, more manageable bits. For example, maybe you read one chapter or even just a few pages at a time.

Do the Hardest Things First. When you do the hardest thing first, you not only get rid of that looming feeling faster but it sets you up to be more effective afterwards then you can power through everything else with more ease. It may also be a good idea to do the thing (or things) you like LEAST first for the same reasons.

Take Breaks. Research shows that short breaks can boost your ability to concentrate when you return to your project. Take a few deep breaths every now and then or get up and do a few jumping jacks. You'll find it actually helps you focus better.

Focus on Your Health. Even the smartest kids do better when they are at their healthiest. For good attention, you absolutely need lots of sleep, good nutrition, and plenty of exercise. Another important, but sometimes overlooked piece of the health puzzle, is a healthy spine and nerve system. Sometimes, bones of the spine can misalign and disrupt the normal function of your nerve system (called a vertebral subluxation.) Because your nerve system controls every other function of your body, these misalignments may lessen your ability to concentrate as well as you should. Your family chiropractor can help you with this.

Listen up!!! You can do this!!! Yes, 2020 may be different but you can and will get through this. These suggestions should help you pay at least a little more attention and be more productive... and I say at least a little because no one expects you to be totally undistracted. After all kids will still be kids... even in 2020. You are AMAZING and you totally got this!!!

—By Judy Nutz Campanale, DC, ACP

