

Choosing with Intention

Pausing in your day to return to mindfulness is a conscious choice. Choose the best way for you and the situation. Maybe stepping outside, or turning to the sky through a window. Letting your attention rest.

Why? Our brains use two kinds of attention:

1. Direct attention - this part of the brain keeps you focused; tasks, problem solving, details; but this part gets tired
2. Wandering mind - this part of the brain allows you to shift moment to moment to whatever moves you; the sound of a bird, a dog barking, a thought or feeling emerges in your awareness; when you shift to this part of the brain, you can more easily become restored.

Think of it as giving the part of you that wants to be productive and reach goals a holiday. But instead of always trying to be in this part of processing and goal focused, you can shift to “recovery”. There is a research by Kaplan and Kaplan called [Attention Restoration Theory](#) that shows when we spend time in nature, our memory, mood and focus improves.

