

Focus



skan



Druk, drukker, drukst



Hoe vaak...?

Wat voeden we ons brein? Infobesitas



Wat voeden we
ons brein?

~~Diepgang~~





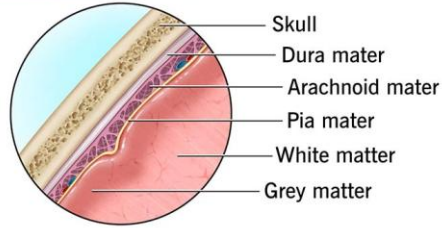
Standaardsetting



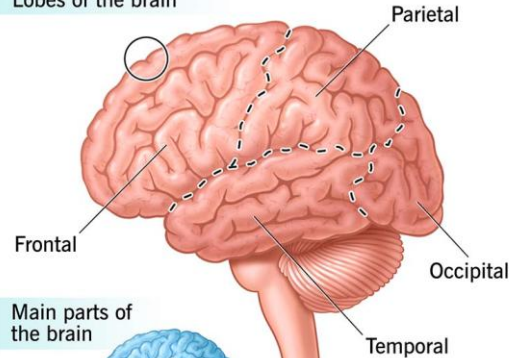
Zo werkt afleiding

Brain

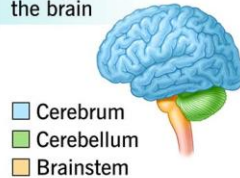
Layers of the brain



Lobes of the brain



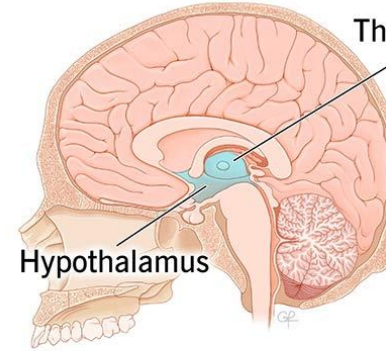
Main parts of the brain



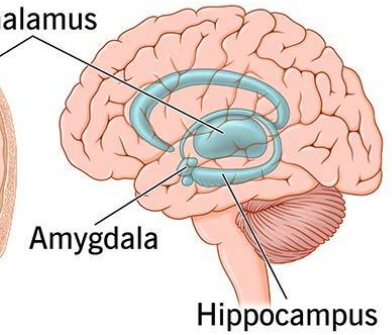
Cleveland
Clinic
©2025

Limbic system

Inside view of brain



Outside view of brain



Limbic system processes and manages:



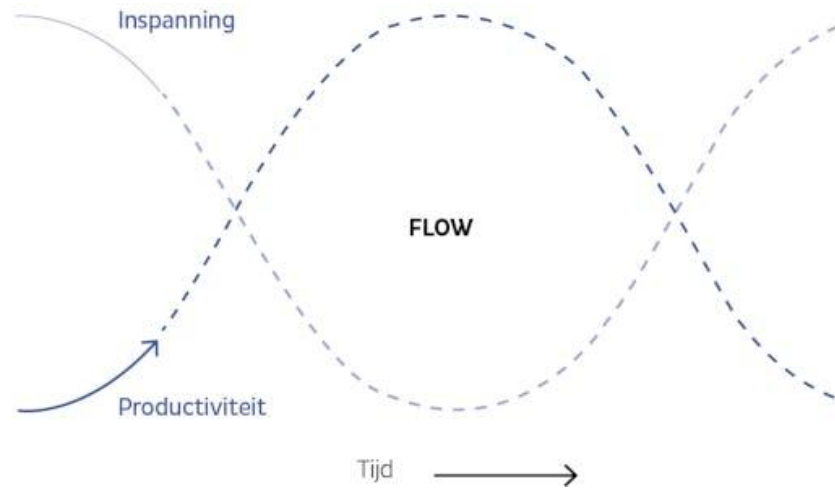
Cleveland Clinic ©2024

Cocktailparty-effect

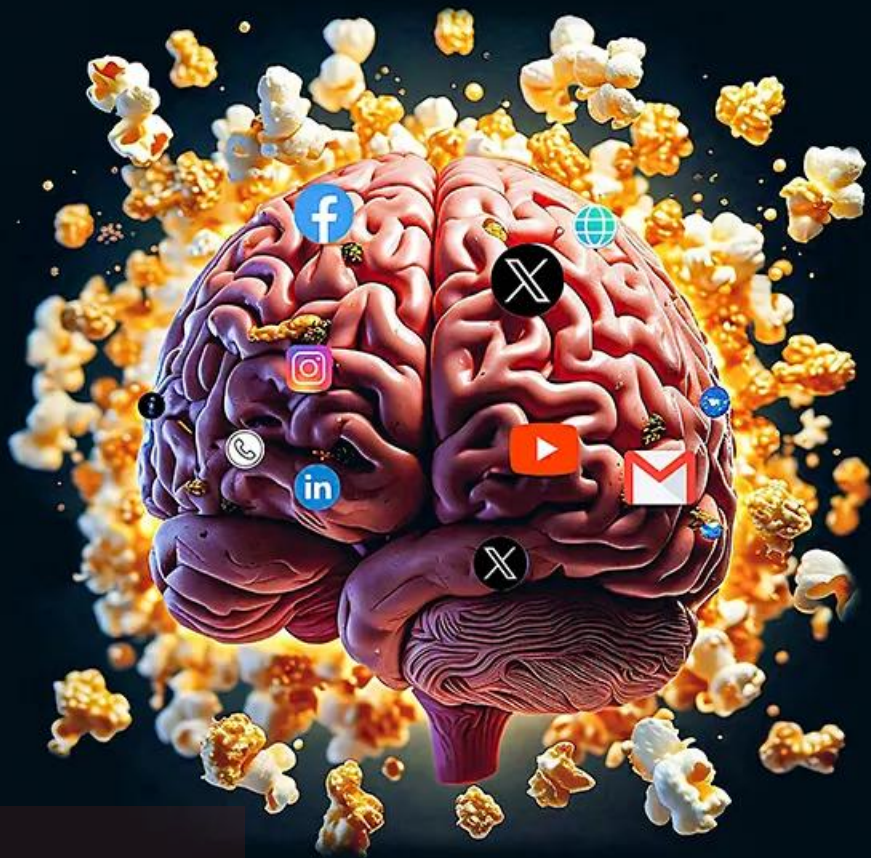




Zo werkt focus



Als je wisselt ben je af

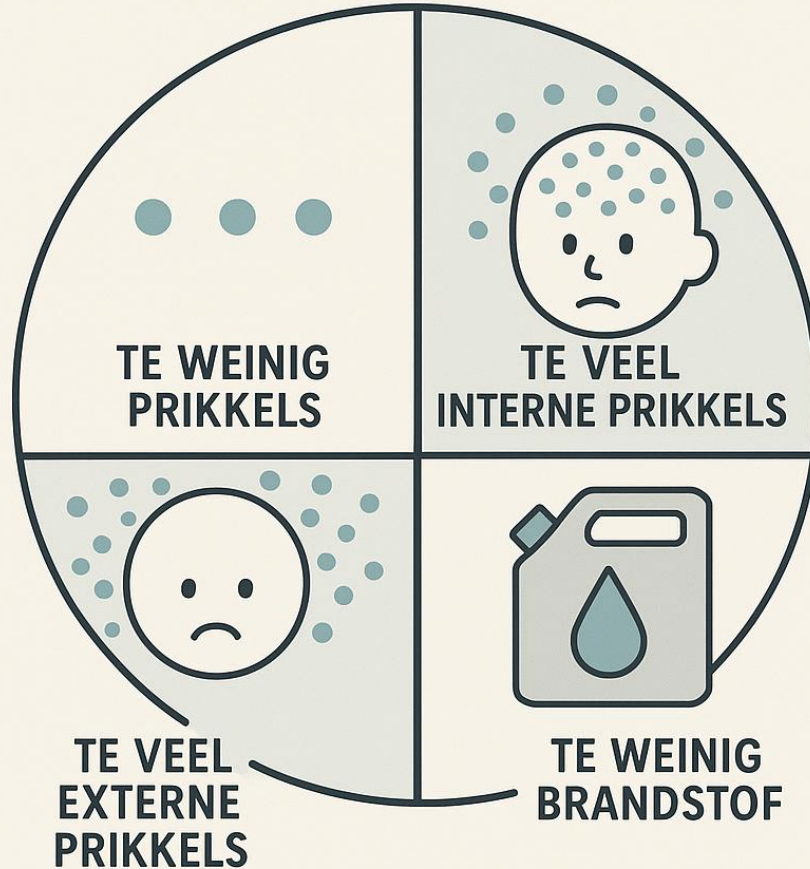


Popcornbrein

Aandachtsresidu

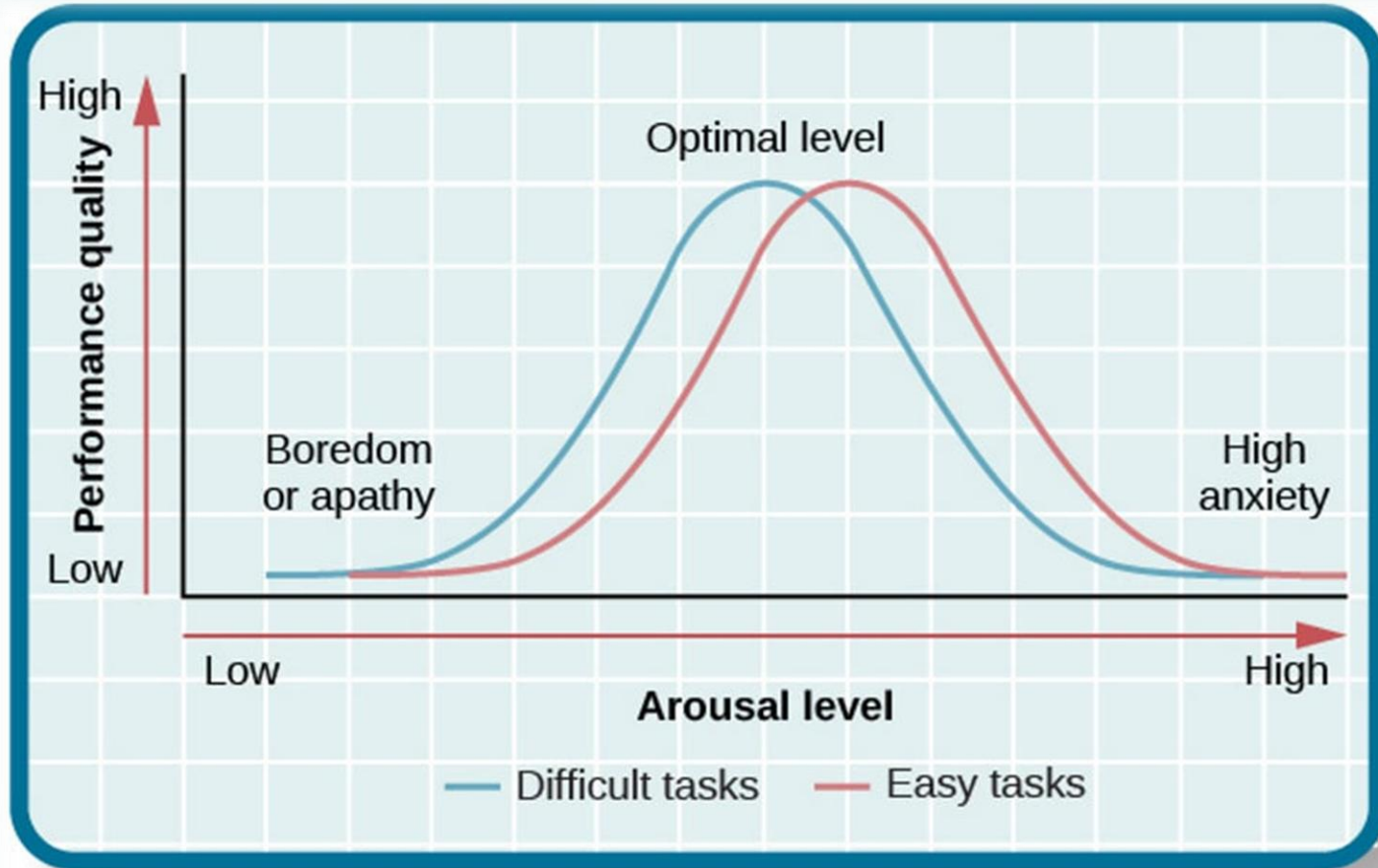


4 CONCENTRATIELEKKEN



CONCENTRATIELEK 1: TE WEINIG PRIKKELS?





The Yerkes-Dodson Law of Arousal and Performance



Vul de leegte

Hoe snelheid focus kan verbeteren



SLEEPTUBE

A low-angle, close-up shot of a person's legs and feet walking on a forest path. The person is wearing dark trousers and bright red sneakers with white soles. The path is covered in dry pine needles and small green plants. Sunlight filters through the trees, creating a warm, golden glow. A semi-transparent dark banner is at the bottom of the image.

Beweeg



Kribbelen



Focus

Te weinig prikkels?

Vul de leegte met muziek, beweeg, teken, lees sneller

CONCENTRATIELEK 2: TEVEEL INTERNE PRIKKELS waarom laat ik mezelf afleiden?



A man with brown hair and a beard, wearing a dark suit, is seated at a wooden desk in an office. He is holding a silver smartphone to his ear with his right hand and looking down at a laptop in front of him. His left hand is resting on the desk near the laptop. On the desk, there is also a white mug and some papers. In the background, there is a large window with a view of a city, and some yellow storage boxes are visible on a shelf. The overall atmosphere is professional and busy.

Kantoormedewerkers zijn
om de 47 seconden afgeleid

Gloria Mark,
University of Irvine, California

/

SWITCHTASKING IS A LIE

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

S1W2I3T4C5H6T7A8S9K10I11N12G13
I14S15 A16 L17I18E19



Minimaliseer taakwisselingen door te batchen



Werk in sprints

Pomodoro-timer



FOCUSMODE.COM



Start up

5

Focus on

40

Finish up

5

Focus off

10

Add phase

Reset

START

Total time: 60 minutes

End time: 15:37

OHIO

MOET
IK DIT
NU
DOEN

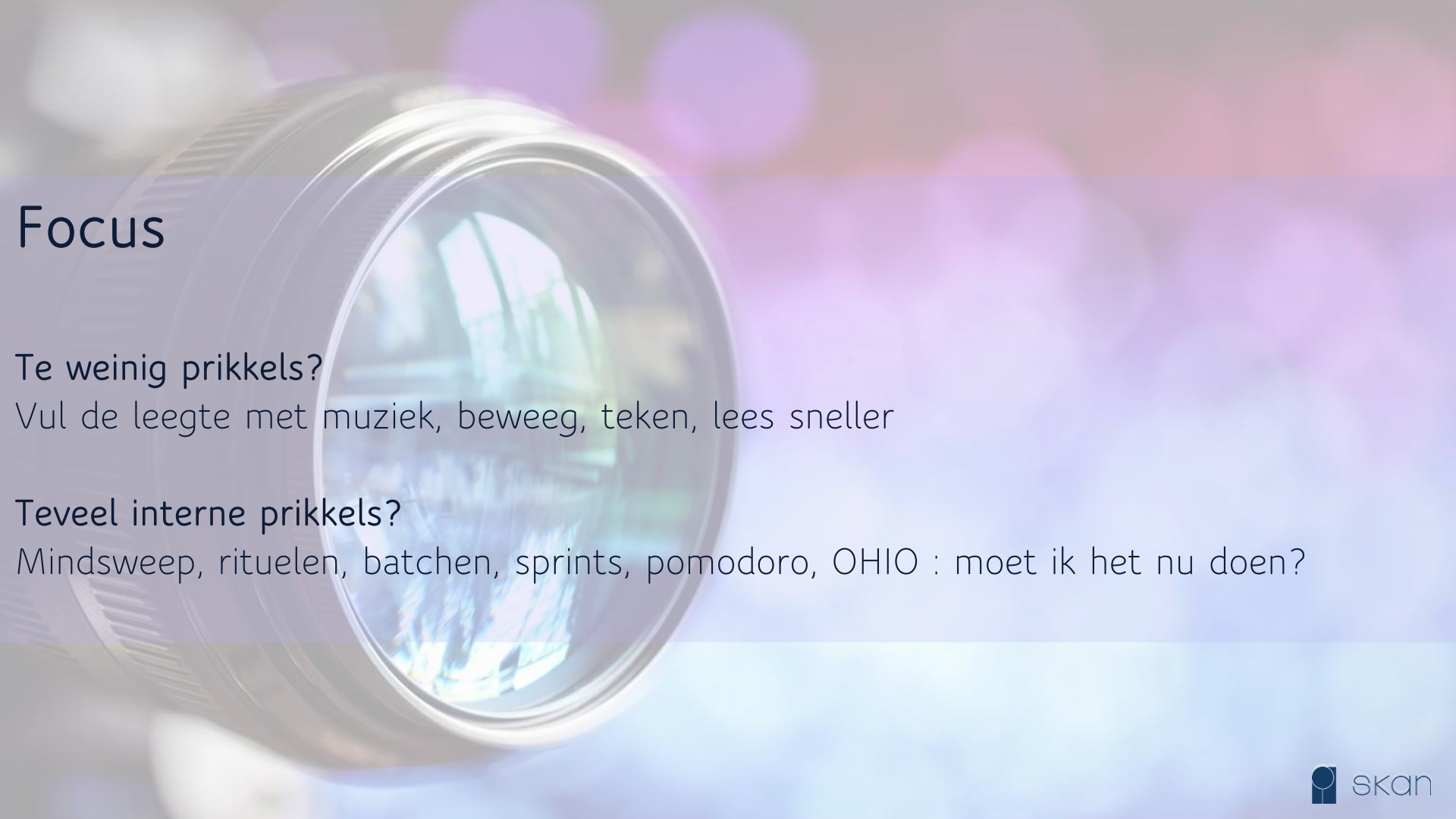
Mindsweep







Met goede routines daalt de kans op interne conflicten,
omdat je gedrag automatiseert en situaties voorspelbaar maakt.



Focus

Te weinig prikkels?

Vul de leegte met muziek, beweeg, teken, lees sneller

Teveel interne prikkels?

Mindsweep, rituelen, batchen, sprints, pomodoro, OHIO : moet ik het nu doen?

A close-up photograph of a car's instrument cluster, specifically the fuel gauge. The gauge has a black face with a silver-colored rim. The needle is black with a red tip and is pointing towards the 'E' (Empty) mark. The 'F' (Full) mark is visible at the top. A fuel pump icon is located between the 'F' and 'E' marks. The text 'ODO/TRIP DISP' is visible at the bottom left of the gauge face.

CONCENTRATIELEK 3: TE WEINIG BRANDSTOF

NEUROTRANSMITTERS

ADRENALINE fight or flight

produced in stressful situations. Increases heart rate and blood flow, leading to physical boost and heightened awareness.

GABA calming

Calms firing nerves in the central nervous system. High levels improve focus, low levels cause anxiety. Also contributes to motor control and vision.

NORADRENALINE concentration

affects attention and responding actions in the brain. Contracts blood vessels, increasing blood flow.

ACETYLCHOLINE learning

Involved in thought, learning and memory. Activates muscle action in the body. Also associated with attention and awakening.

DOPAMINE pleasure

feelings of pleasure, also addiction, movement and motivation. People repeat behaviors that lead to dopamine release.

GLUTAMATE memory

Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.

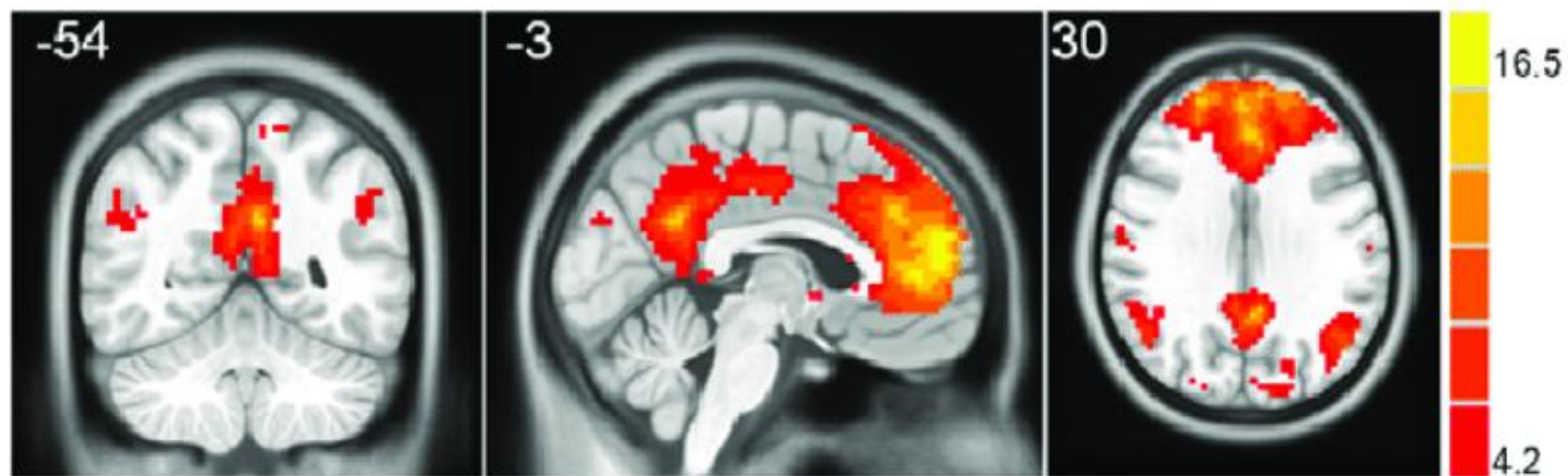
SEROTONIN mood

contributes to well-being and happiness. Helps sleep cycle and digestive system regulation. Affected by exercise and light exposure.

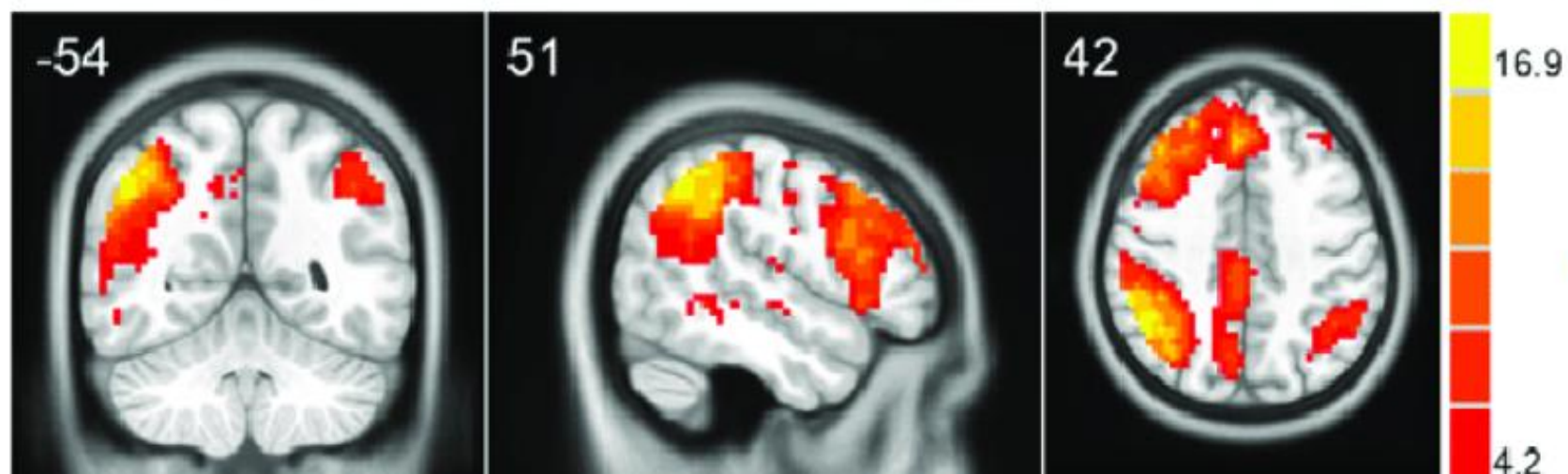
ENDORPHINS euphoria

Released during exercise, excitement and sex, producing well-being and euphoria, reducing pain

DMN



CEN



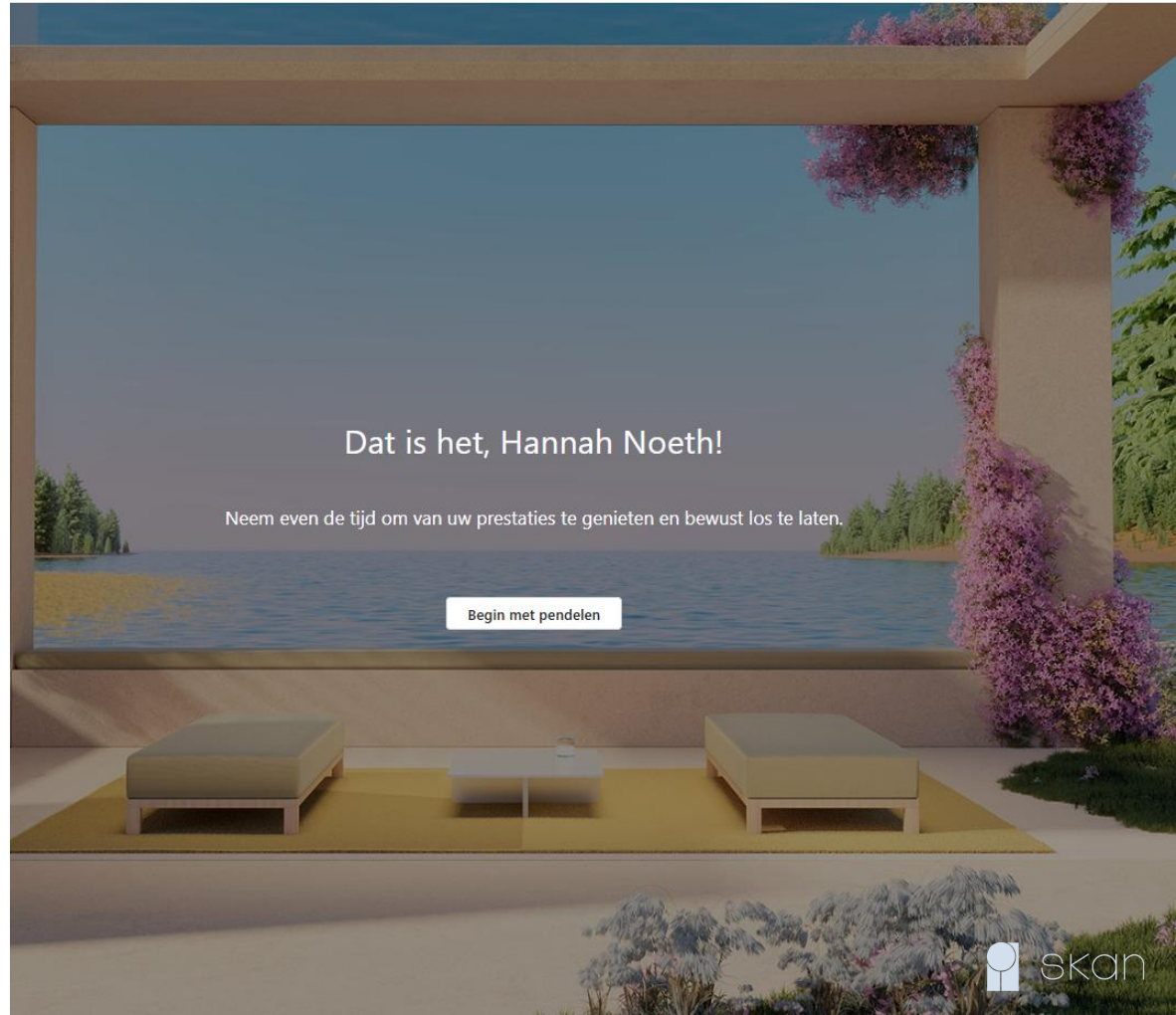
Laser
Convergerend
Blauw licht
Productiviteit
Verbruik

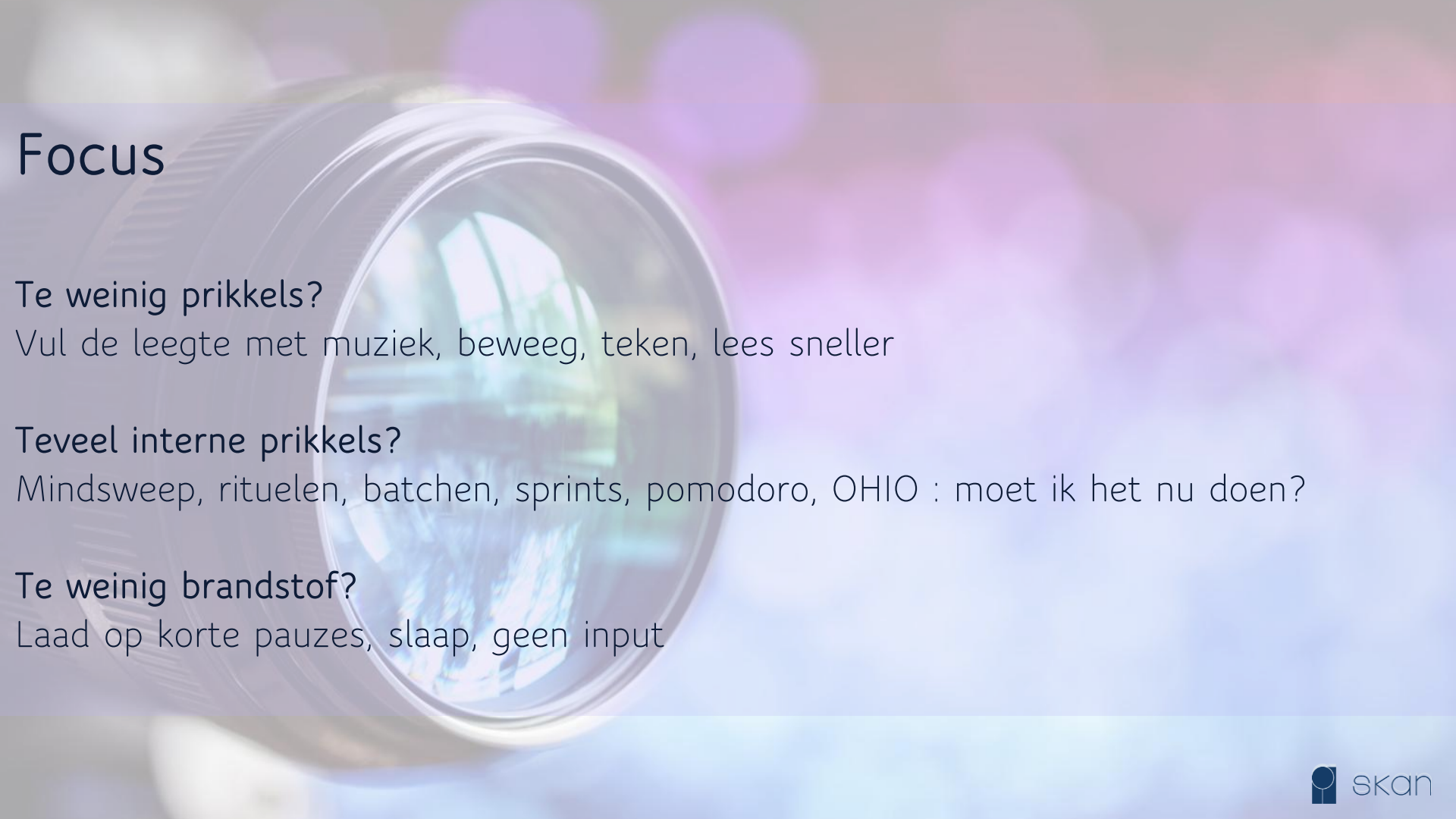


Open
Divergerend
Schemer
Creativiteit
Opladen

Praktische tips

- Tip 1 : doe de open aandacht challenge
- Tip 2 : verbeter je slaap stap voor stap
- Tip 3 : duidelijke scheidslijn door afsluitritueel





Focus

Te weinig prikkels?

Vul de leegte met muziek, beweeg, teken, lees sneller

Teveel interne prikkels?

Mindsweep, rituelen, batchen, sprints, pomodoro, OHIO : moet ik het nu doen?

Te weinig brandstof?

Laad op korte pauzes, slaap, geen input



CONCENTRATIELEK 4 : TEVEEL EXTERNE PRIKKELS



Ekstergedrag



Doe de notification challenge



Deep work



Label je taken



Gedrag wordt een gewoonte
als het klein, duidelijk en herhaalbaar is.



Start to focus

Dag 1 : 1x 5min

Dag 2 : 2x 5min

Dag 3 : 1x 10min

Dag 4 : 2x 10min

Dag 5 : 1x 20min

Dag 6 : rust

Dag 7 : 1x 25min

Focus

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Teveel interne prikkels?

Mindsweep, rituelen, batchen, sprints, pomodoro, OHIO : moet ik het nu doen?

Te weinig brandstof?

Laad op korte pauzes, slaap, geen input

Teveel externe prikkels?

Organiseer je werkomgeving, notificaties uit, telefoon weg, hoofdtelefoon op, label je taken, gebruik een signaal, meetings met jezelf plannen



Ont-focus

1. Geniet van het uitzicht
2. Maak een wandeling
3. Natuur
4. Offline
5. Teken
6. Doe iets saai
7. Blader in een boekje
8. Kijk naar buiten
9. Verander van omgeving
10. Stretch

YOUR
JOURNEY
STARTS HERE

Hoe je ons kan bereiken

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