

## Levels of Attention

From easiest to hardest:

- ✚ **Sustained attention** Keeping your attention on something over a period of time (working steadily on reading in a quiet setting)  
**This is the level where we function the best!**
- ✚ **Selective attention** Focusing on one thing while ignoring something (having a conversation while other people talk around you; reading in a noisy cafe; writing an email with a headache)
- ✚ **Alternating attention** Shifting attention from one thing to another and back (helping with homework while you're cooking; responding to a text while reading)
- ✚ **Divided attention** Paying attention to two tasks at once (taking notes in a meeting; cooking while someone talks to you; driving & talking)

(Do one thing at a time)