

职场工作技巧：三招帮你找回注意力 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/646/2021_2022__E8_81_8C_E5_9C_BA_E5_B7_A5_E4_c96_646813.htm 许多人每天工作八小时，有时候会分心或是注意力分散。如果你发现自己因为不能集中注意力而导致失去了黄金的工作时间的话，也许你需要作出一些改变了。这里有一些小秘诀... 许多人每天工作八小时，有时候会分心或是注意力分散。如果你发现自己因为不能集中注意力而导致失去了黄金的工作时间的话，也许你需要作出一些改变了。这里有一些小秘诀： Drink water. Researchers at the University of Connecticut did a study on 25 healthy women and found that mild dehydration affects cognition. It affected the mood of the slightly dehydrated women, and they did worse than the control group on tasks that tested for things like concentration, learning, memory, and reasoning. Not drinking enough water can affect your energy level, mood, and concentration, so remember to drink up while you ' re at work. 喝水。康涅狄格大学的研究人员对25名健康妇女进行的一项研究表明，轻度的脱水会影响认知。它影响了轻度脱水的妇女的情绪，她们在注意力，学习，记忆，推理的测试中，比正常的妇女做的差。喝太少的水会影响你的能量水平，情绪，和注意力，所以当工作的时候，记得要喝水。 Exercise daily. Perhaps your lack of concentration can be due to feeling burned out by your job. Getting your daily dose of exercise is vital for your mental health and can help prevent burnout. A study in the Journal of Applied Psychology found that job burnout rate and depression were the

greatest in those who did not exercise. In fact, the more the participants exercised, the lower the risk of facing work burnout. 日常锻炼。你之所以注意力不集中，可能是由于你觉得自己的工作太累了。每天的运动对你的心理健康是至关重要的，它能帮助你预防疲劳。一篇在《应用心理学》杂志上的研究表明，那些缺乏锻炼的人更容易感到工作疲倦，甚至患上抑郁症。实际上，参与的锻炼越多，工作疲劳的风险就越低。

Sniff the scent of rosemary. You may want to change your perfume to one that ' s rosemary-infused. A study by the Northumbria University in the UK exposed participants to the scent of rosemary while they were performing tasks. Those with higher levels of a rosemary component in their blood performed faster and with more accuracy. Have a rosemary potpourri at your desk to sniff on occasion when you need to clear your mind. 闻迷迭香的香味。你可能想把你的香水变成迷迭香的味道。英国诺桑比亚大学的一项研究要求参与者在闻得到迷迭香气味的情况下去执行任务。那些血液中有更高浓度迷迭香的参与者表现得更快，更准确。在你的办公桌上放有迷迭香气味的东西吧，当你需要清理思绪的时候，闻一下迷迭香。更多推荐：#0000ff>职场晋升技巧：时间管理的六个小秘诀 #0000ff>毕业生快乐转型职场人：5招让你笑傲职场 #0000ff>职业发展遇瓶颈：如何打破“玻璃天花板”？ #0000ff>职场十大恶习 你有没有 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com