


PHOTOS: **ORCHID CHAKMA**

How to retain your attention span



Drink Water

Staying dehydrated for long periods of time can impair your ability to think and focus.

Exercise

Spare about 30 minutes of your time every other day for a quick walk.



Meditate

The practice of redirecting your thoughts can help foster self-discipline and a positive outlook.



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For many of us, reading can seem intimidating. Many young people shy away from books, seemingly finding them too similar to the textbooks they are taught in schools. However, for those who want to try reading as a hobby but struggle to get into it, there are a few ways to make it work.

The primary difficulty most face is to separate themselves from their gadgets. Most young people are guilty of looking for instant gratification everywhere, but books normally take time. So, trying to free the mind from social media by physically distancing from the phone might actually work.

Despite the negative impact electronics may have on readers, it should be noted that being online does not always imply hindrance to one's reading habit. In recent times, the prevalence of eBooks and audiobooks has played a consequential role.

Armin Mizan Arisha Chowdhury, 16, an eighth-grade student at Maple Leaf International School, says, "Audiobooks have helped me visualise scenarios more clearly, especially when they have different voice actors for each character."

As phones and laptops prevail in our current digital age, finding somebody with the same taste in books can prove quite exhausting. Joining a book club or an online reading community can help. Platforms like GoodReads, Litsy, and LibraryThing all provide secure environments for one to share their thoughts and opinions about what they read.

Whenever you are travelling, always keep a light book in your carry-on bag, particularly when you expect it to be a long journey. This can be done

during travels within Dhaka as well, with all the horrendous traffic.

A lot of people struggle to find reads to their liking. An effective way to begin your reading experience is to start with something familiar. Your taste in movies and shows will often coincide with your preference of books. For example, if you are a major fan of rom-coms, aim for books with similar plots.

It is also crucial to keep in mind that each person has different preferences. Just because a certain author is extremely popular on social media, it does not necessarily mean that you will enjoy their works too.

Fareeha Afreen Rashid, 15, an eighth-grader, shares, "It was difficult to find books that actually piqued my interest instead of simply following what was most sought-after on the internet. I would spend time checking out blurb after blurb on different websites until I found anything intriguing."

Another method of beginning to read can be by setting reading goals. They also offer a sense of achievement whenever you accomplish your goal.

When setting a goal for yourself, aim for something that is practical instead of something that seems impressive. Setting the bar too high can result in failure, and therefore cause a decline in interest.

You should not be disheartened in case you cannot achieve your goals. Just because you started a book does not mean you have to finish it till the end. Forcing yourself to read will only take the fun out of it.

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