

# 7 CONCENTRATION

## RETHINK AT LIGHTNING SPEED

Try to name the colour you see (not the word) as quickly as possible.

blue

green

red

purple

pink

yellow

orange

green

turquoise

black

white

blue

pink

orange

red

grey

orange

green

yellow

red

red

purple

grey

green

turquoise

blue

yellow

black

white

grey

pink

black

green

blue

yellow

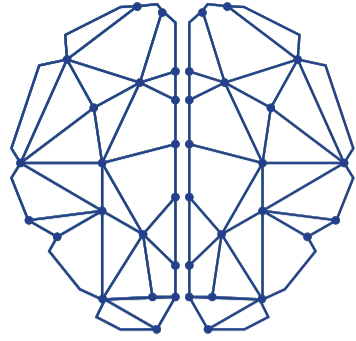
purple

green

blue

turquoise

white



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### **A fit brain**

It's really not that easy, is it? The faster you perform the exercise, the more difficult it becomes. In this exercise, a conflict between automated (reading the word) and controlled (naming the colour) processing operations is deliberately

generated in the brain. Well-trained, automated processes such as reading run almost effortlessly, whereas unpractised actions require greater mental effort. It is therefore easier to read words than to name the associated property of the words, in this case the colour.

### **EXERCISE BOARD 1**

#### **How many municipalities can you remember?**

Altaussee, Altmünster, Bad Goisern, Bad Ischl, Ebensee, Gosau, Grünau, Hallstatt, Obertraun, Steinbach am Attersee, Traunkirchen.