

Attention Restoration Theory, 'The Creativity Factory', Garry Pratt (2022)

"Getting into nature, and into the 'soft fascination stage', boosts the brain's 'alpha waves', the same state that is created through meditation, experienced in flow state. They can reset your thinking, boost creativity, tame burn-out, and just make you feel better." - Garry Pratt

Four phases of 'Attention Restoration':

Stage One:

- Clearer Head or concentration: aim - to let our minds clear of worries and concerns

Stage Two:

- Mental fatigue recovery - restores ability to concentrate

Stage Three:

- Soft fascination: aim - activities that distract enough to quiet the noise our minds

Stage Four:

- Reflection and Restoration: aim - individuals properly restoring their attention

These restorative environments require four key components:

1. being away - (being somewhere psychologically detached from mental pressures)
2. soft fascination - (doing something that gently holds your attention)
3. extent - (in an environment that you feel comfortable in)
4. compatibility - (somewhere that brings you enjoyment)