

## 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, and experienced in flow states. They can reset your thinking, boost creativity, tame burn-out, and just make you feel better... while you're happily concentrating on being vigorous, your brain slows to alpha state, where your subconscious filters disparate thoughts and resolves the unresolved. This is a mental state where you're more likely to get to the heart of things. After concentrated questioning, alpha is the state of mind where mental incubation occurs, new ideas synthesise, insights pop-up, right concepts tend to resonate and grow." - 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:** aim - 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)