YOUR TUNING CARD

Four small ways to choose what you tune in to, the research behind each one, and four questions to carry with you. Keep it on the fridge, by the kettle, or anywhere your eyes land each day.

WHAT YOU CONSUME

Holaesis FM hol-AY-sis

TUNING TIP

When you need your full attention, put your phone in another room. Not face down, not on silent: out of the room.

In experiments with around 800 people, those whose phones were in another room scored higher on attention and memory tests than those whose phones sat on the desk, even face down and switched off. (Ward, Duke, Gneezy & Bos, University of Texas at Austin, 2017)

SOMETHING TO SIT WITH

Of everything that reached you today, what would you gladly let in again?

WHAT YOU THINK

Nousis FM NOO-sis

TUNING TIP

Choose one everyday moment today, like making a drink or walking to the car, and give it all of your attention, start to finish.

People's minds wandered in at least 30% of moments during almost every activity measured, and wandering moments were less happy ones, even during pleasant activities. (Killingsworth & Gilbert, Harvard, *Science*, 2010)

SOMETHING TO SIT WITH

When your mind wanders today, where would you love it to go?

WHAT YOU SPEAK

Glossaesis FM gloss-AY-sis

TUNING TIP

Start one small conversation with someone you'd normally pass by: on the train, in a queue, at the counter.

Across nine experiments with more than 800 commuters, people who talked to a stranger had a more pleasant journey than those who kept to themselves, while most people predicted the opposite. Introverts enjoyed it too. (Epley & Schroeder, University of Chicago, 2014)

SOMETHING TO SIT WITH

What would you love to hear someone say to you today, and could it come from you?

WHAT YOU DO

Ergasis FM er-GAY-sis

TUNING TIP

Aim for two hours a week outdoors in green or blue spaces: parks, woods, beaches, rivers. One long walk or several short ones both count.

A study of nearly 20,000 people in England found those who spent at least 120 minutes a week in nature were significantly more likely to report good health and high wellbeing, however they split the time. (White et al., University of Exeter, *Scientific Reports*, 2019)

SOMETHING TO SIT WITH

If this year ended with one thing you'd love finally done, what would make you proudest?

"Attention is the rarest and purest form of generosity." Simone Weil

If someone you love could use this, pass it on. Sometimes three minutes of someone's attention is the kindest thing we can offer.

What are you tuned in to? Find your station at nousana.com/tuned-in

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