

May 2019

We are working with our tenants to achieve a cleaner, greener and healthier space to live, work and play. ForeverGreen is our sustainability tenant engagement program. We further our ForeverGreen commitment by providing you, our tenants, with monthly tips to support your sustainability efforts.

**A: EIGHT SECONDS.
FOR A GOLDFISH - IT'S NINE.**

**Q: WHAT IS THE AVERAGE HUMAN
ATTENTION SPAN?**



 watch the video



Take a minute for meditation & improve your concentration

Training the mind to focus through mindfulness and meditation can not only improve focus and productivity, but also help reduce stress. Take a few minutes to meditate in the morning. Try a meditation mobile app like [Headspace](#)!

Do one thing at a time. Set achievable goals for yourself each day – they should be appropriately ambitious but achievable. Whenever possible, aim to make progress against one goal at a time. Cutting down on multi-tasking and achieving goals can help to build confidence and satisfaction in your work.