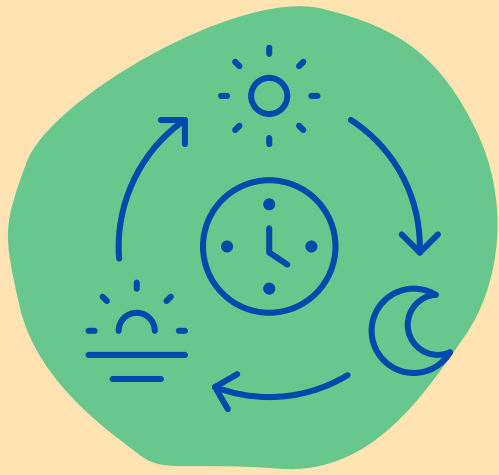


Adulting with ADHD



Routine, Routine, Routine

Routines bring stability and eases decision fatigue. It doesn't have to be long! Something simple, like sitting at a desk for 2 minutes to gather your thoughts/make a to do list as you start your day. Or getting lunch together for the next day before going to bed.

Habit Stacking

If you are trying to build a new habit, try pairing it with an already standing habit. For example, if you need to take medicine at the same time each day, try taking it while your coffee brews in the morning.

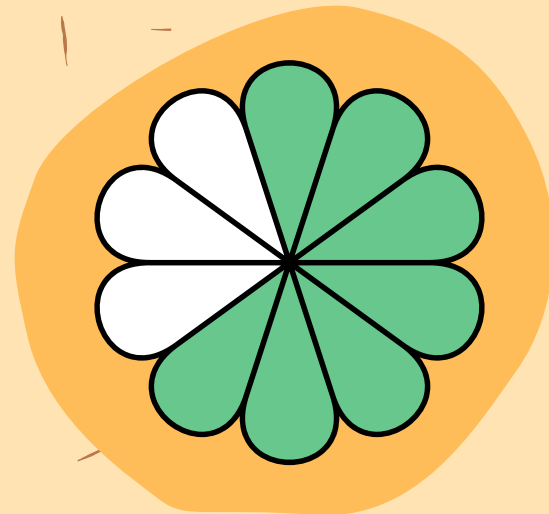


Visual Aids

The ADHD brain can be a messy place. Use visual aids like calendars, to do lists and timers to get as much as you can out of your brain and onto the physical world.

Break Tasks Down

Big projects create a lot of anxiety and can often set your body into ADHD paralysis. Breaking the project down into smaller steps and starting with the easiest step helps make it manageable.



Pomodoro Technique (Timers)

Set a timer for 25 minutes and don't let yourself do anything else but the task at hand. Then take a 5 min break and repeat. If you're struggling starting at 25 min, start smaller- like 5 to 10 min.

Self Compassion

Be gentle with yourself if you mess up. Your inner critic can make you feel like a failure and like it's not work trying again. It's okay to not be perfect.

