

10 ESSENTIAL ADHD STRATEGIES

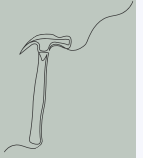


GET TO KNOW YOUR ADHD

The more you understand your ADHD, the easier it is to work with it. Create your own operating manual and ask for what you need.

USE TOOLS THAT WORK FOR YOU

Planners, apps, alarms, checklists can all be lifesavers. Experiment and find the tools that work for you.



BREAK IT DOWN



Big goals can feel impossible. Break them into smaller, easier steps. Each win builds confidence and can give you a boost.

MOVE YOUR BODY



Exercise isn't just good for fitness, it actually helps your brain too. 20 minutes of movement can boost focus and mood.

USE A BODY DOUBLE

Sometimes having someone around, online or in person, makes it easier to focus and finish things.

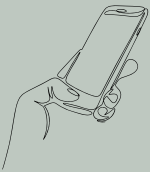


NOTICE YOUR FEELINGS

ADHD can come with big emotions. Pay attention to how and why you feel a big emotion. This helps you handle stress and stop negative thoughts take over.



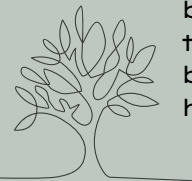
CUT OUT DISTRACTIONS



Phones, noise, people and clutter can all pull your focus fast. Always check out how your environment is impacting you.

TRY MINDFULNESS

Taking a few minutes to breathe, meditate, listen to music can calm the brain, lower stress and help you reset things.



STICK TO ROUTINES

Having a regular schedule for sleep, food, homework, downtime can make life less stressful.



FIND YOUR PEOPLE

Surround yourself with supportive friends, family and teachers who "get you".

