



MANAGING ADHD CHEAT SHEET

CREATE STRUCTURE

STRUCTURE IS KEY

The ADHD brain is by its nature easily distracted and 'on the go'. Many people with ADHD find that having a clear routine and structure in their day helps with budgeting energy and focus for the tasks that are important to them.

BREAK DOWN GOALS

Big goals and tasks can feel very overwhelming. Get in to a habit of breaking tasks and goals in to smaller 'chunks' or steps. This helps the brain stay focused and the smaller tasks are experienced as more achievable.

USE REMINDERS

Our modern society is distracting. So there is absolutely nothing wrong with needing reminders to keep yourself on track. Make it a habit to use lists or the reminder function on your phone to stay organised.

USE A TIMER

Similarly as breaking goals in to smaller tasks can be helpful, so can limiting tasks to a set time period. For example, instead of just saying 'I need to clean my house', set yourself a timer for 30 minutes and do as much cleaning as you can in that time.

ENVIRONMENT

When it comes to ADHD some people find that they are very sensitive to noise and stimulation, while others find that they function best when there is a lot of sensory input and stimulation. Read on below for some tips on how to alter your environment to suit your needs.

NEED NOISE AND ACTIVITY?

- 🌀 Listen to music.
- 🌀 Turn on the TV to low volume for background noise.
- 🌀 Update your environment by adding plants, photos, and colourful textures.
- 🌀 Schedule regular breaks to go for a walk.
- 🌀 Spend some time walking around in nature, or hit up a busy shopping street and do some window shopping.



NEED PEACE AND QUIET?

- 🌀 Use headphones. Either noise cancelling for complete quiet, or with some non-intrusive music or white noise.
- 🌀 Designate an area in your home where you remove all distractions. Keep it clean and simple. Perhaps a cozy chair with a warm light and a green plant to use as a quiet space.
- 🌀 Turn off your phone, turn off notifications on your email, and close the door to your room.

STAY ORGANISED

- 🌀 **Create to do lists.** List scan be y our best friend for staying organised and remembering important tasks and goals.
- 🌀 **Keep your space clean.** Take 5 minutes each day to keep your main living and working areas clear from clutter.
- 🌀 **Downsize.** Do regular cleanouts of your space. Having a lot of distractions, clothes, paper set claying around can be overwhelming. Having a regular clean up can help you feel more organised .
- 🌀 **Do small tasks straight away.** If a task comes up that is small and isn't expected to take more than 30 seconds to a minute, and you aren't doing anything important, do it straight away.

HEALTHY LIFESTYLE

- 🌀 **Prioritise your sleep.** For optimal mental health, focus and energy sleep is crucial. Aim for between 7-9 hours per night. Anything more or less than that may result in reduced focus, low energy, irritability and poor impulse control.
- 🌀 **Move your body.** Exercise and physical activity has been found to be particularly helpful for individuals with ADHD as it boosts mood, increases mental focus, improves impulse control, enhances working memory, and improves the brains executive functions needed for planning and organising tasks.
- 🌀 **Eat right.** Eating a balanced diet is not only important for your physical health, but can also have a big impact on our mental health. How much and what we need to eat often differs from person to person, however as a general rule of thumb eating regular meals, having good servings of protein, and minimising sugar/caffeine/alcohol is key to optimising your mental health and executive functions of the brain.

