



# ADHD RESCUE TOOLS!



01

## TIME BLINDNESS

Set a time each day to brain dump, categorise and calendarise your todo list. Action immediately any task that'll take 5 mins or less. Set a time limit for each longer task. If you go over, set a new time. This trains your brain to trust your plan! Revisit this list at end of play and reflect on what you've achieved.

02

## ATTENTION AND FOCUS

There are 3 steps to maintaining focus: select a task (start with what seems more fun, manageable, interesting), stick to it (use self talk and motivation mantras) ward off distractions (save them for your brain breaks). When we consciously choose to do a thing, we switch on task positive mode and avoid auto-pilot mode which drains energy and by-passes brain recall centres.

03

## EMOTIONAL CONTROL

Mood and motivation can impact action. Check in with your emotions: red, yellow, blue or green (according to zones of regulation) and then choose a soother that switches your brain to sensory dial down. Do things which are fun, physical and familiar to settle anxiety or boredom, upset or frustration.

04

## FRONTLOAD AND REFLECT

Set a goal, make a plan, plot your road map, and you have a purpose! What Adhd trait (impulsivity, brain freeze, decision fatigue) are you aware of that gets in the way? What resources do you need, who can help you with this or who can you delegate it to? With more options you'll feel more in control; pace your day and accept limitations as opportunities for growth.

05

## PAUSE AND ACKNOWLEDGE

Use your brain coach to STOP (stop, take a breath, observe, proceed) and if necessary shift away from "I am" self sabotagers (aka gremlins) to "that happened to me" and "I can" statements which remind us of our skills and experience, talents and dreams! Develop positive intrinsic motivation to re-wire neural pathways.