



While **ADHD** is often diagnosed in childhood, many people carry symptoms into adulthood, or may not even realize they have it until later in life. ADHD impacts **focus, organization, and time management**.

Whether you're just learning about ADHD or have been living with it for years, understanding how it affects you is the first step toward finding what works best for you.

WHAT IS ADHD?

If you have **ADHD (Attention-Deficit/Hyperactivity Disorder)**, you might find that everyday tasks can feel a bit more challenging. Whether it's staying focused at work, remembering appointments, or even just keeping your space tidy, ADHD can make it harder to stay organized and manage time effectively.

It's not about a lack of effort—it's just how your brain processes information and stimuli differently. But the good news is, with the right strategies, tools, and understanding, managing ADHD is entirely possible.



Practical Ways to Manage Adult ADHD

BREAK TASKS INTO CHUNKS

When tackling a big project, try breaking it into smaller, more manageable tasks—this strategy is known as **chunking**. It can also help to write down how many minutes each task will take. This way, the project feels less overwhelming, and you can see exactly how to tackle it step by step.

TAKE STRUCTURED BREAKS

Burnout is real, and breaks are essential to recharge. Set specific times for your breaks to keep you refreshed without losing focus.



SET UP REMINDERS AND TIMERS

Use alarms, apps, or calendars to remind yourself about important tasks. A loud alarm can be especially helpful for time-sensitive events.



CREATE A CLUTTER-FREE ENVIRONMENT

Clear out any distractions. A clean, organized space can help you stay focused on the task at hand.



TRY COLOR-CODING AND PLANNERS

Color-coded systems and planners can help you prioritize tasks. Sticky notes and large wall calendars are also great for staying on top of your schedule.



USE HEADPHONES FOR FOCUS

Wearing headphones can block out distracting noises. If music helps, try playlists designed to aid concentration.



WRITE IT DOWN

Verbal instructions can get lost in the shuffle. Try taking notes or using written reminders to keep everything straight.



GOAL: CLEAN BEDROOM

Instead of tackling the entire room at once, break it down into smaller tasks:

- **Pick up laundry:** Gather all clothes and toss them in the hamper or start a load of laundry.
- **Clear surfaces:** Clean off your desk, nightstand, or dresser. Put away items or toss what's trash.
- **Make the bed:** Straighten up the bedding and arrange pillows.
- **Organize clutter:** Spend 10 minutes putting away random items, like books, electronics, or shoes.
- **Vacuum or sweep:** Finish up by cleaning the floor.

You can also schedule these chunks across the day or week.



Boosting Focus: Tips and Tricks



CHEWING GUM

It might sound strange, but chewing gum can help some people focus better.



CHECK YOUR SCHEDULE OFTEN

Make it a habit to review your agenda throughout the day. Hourly checks might be helpful to stay on track.



CREATE A TO-DO LIST

To-do lists give you the satisfaction of checking things off as you complete them. It's also a good way to see progress.



KEEP ITEMS IN ONE PLACE

Avoid the stress of misplacing things by having dedicated spots for your keys, phone, and other daily essentials.

Focus-Enhancing Lifestyle Choices

MATCHA OVER COFFEE

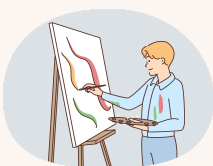
Matcha provides a smoother energy boost compared to coffee, which can sometimes make anxiety and focus issues worse. If you've struggled with coffee, give matcha a try!



CONSIDER AN ELIMINATION DIET

Some people with ADHD find it helpful to experiment with **elimination diets**. This means cutting out things like artificial sweeteners, sugar, and dyes to see if they impact focus or energy levels. It could be worth trying if you think your diet is affecting your symptoms.

Self-Care: Don't Skip It!



CREATIVITY AND PLAY

ADHD can be exhausting by the end of the day, so take at least 30 minutes to do something that lets you unwind. Whether it's art, music, or something else that sparks your creativity, give yourself time to feel free.

YOGA FOR ENERGY FLOW

Yoga can help regulate energy. Certain poses are said to open *chakras* and help with mental clarity. It's not for everyone, but if you're into yoga, it might be worth exploring poses that help with grounding and focus.

