



# 11 TIPS FOR MANAGING YOUR ADHD



## 1. GET ENOUGH SLEEP

Stop phone use in bed - IMMEDIATELY!  
Better sleep = better performance!  
(Aim for 7-9 hours of sleep.)



## 2 EAT (REAL) FOOD

Food is fuel for your brain. Eat more whole foods that are found in nature, and not man-made.



## 3 MOVE FOR 20 MINS A DAY

Move your body for at least 20 minutes per day. Your brain will immediately work better. (It's science!)



## 4 PICK YOUR TARGETS

Write out the 3 most important things to accomplish today. Work on nothing else until those are done.



## 5 ENLIST ACCOUNTABILITY PALS

Do work in the presence of someone else. It is scientifically proven to increase productivity and efficiency.



## 6. GAMIFY IT

Use rewards to pull you toward completing anything. Your brain will thank you - with some dopamine!



## 7 BEAT THE CLOCK!

Set a timer -> create a deadline -> get more done!  
This also helps you track your progress!



## 8 LEVERAGE YOUR STRENGTHS

How can you use the things you are good at to creatively solve the problems you are stuck on?



## 9 BREATHE (INTENTIONALLY)

Set reminders to take (6) breaths (2x/day). Simply focus on breathing OUT slowly. This is automatically calming.



## 10 JOURNALING

Name it to tame it! Writing your thoughts down helps you to process & understand your feelings and helps you feel in control.



## 11 MAKE TIME TO LAUGH

Laughter is truly therapeutic! Schedule some time in your day to be with those who are most important to you!