

# Here are some helpful tips to manage your ADHD

## At home

- **Set reminders and stick to them:** Be it on your phone, on a hanging calendar, or even post-it notes around the house, set reminders for everything and cross tasks off the list as you complete them
- **Everything in its place:** Find a place for important items like your keys, gym bag, wallet, or computer bag and always return them after use so you don't lose anything
- **Work to throw things out:** Clutter can increase ADHD stresses. Clean out your bags, throw away stacks of unused items like magazines or old mail. Book time in your schedule and do a little every day so it doesn't become overwhelming

## At work

- **It's OK to ask questions:** Take note of your deadlines and make sure you understand directions, even if it means asking twice
- **Make things simpler for yourself:** Arrange tasks into bulleted lists with clear directions for each step
- **Put a time limit on conversations that were meant to be quick:** It's easy to get lost on a call, keep it short and simple
- **Know your schedule:** Check your agenda several times a day so you don't forget a meeting or task
- **Ask for feedback:** It's OK to ask your supervisor or coworker how you're performing so you know what to focus on

## Working from home or remote schooling

- **Rethink your schedule:** Breaks and meals are just as important to your workday structure as your meetings and tasks
- **Prioritize your tasks:** Check in with your team or boss, make a list of what is due when, and stick to it

- **Home office:** Carve out space just for work to help stay on task and to shut off when the workday is over
- **Do not disturb:** Ensure everyone with you knows when you're working so they aren't tempted to distract you

## In relationships

- **Schedule time for your relationship:** Book time with your partner or friends, maybe a date or a movie so they stay a current priority
- **Look for better ways to communicate:** Remember you're on the same team. Work with your partner to find a way of communicating that works for both of you
- **Be compassionate:** ADHD takes up a lot of mental and emotional space – pause and reset if you feel frustrated to avoid conflict

## In social settings

- **Schedule social time into your life:** As suggested for everything else, make plans and enter them into your calendar so you don't miss out
- **Find a support group:** Making friends as an adult can be hard, maybe even harder with ADHD, finding people to talk to can help
- **Check in with yourself:** Impulsivity and emotional regulation are common traits for those with ADHD, take a breath
- **Ask for feedback:** Similar to requesting feedback at work, asking friends and family how you're coping with symptoms can help you find areas of improvement

[https://www.moretoadhd.com/adult/adhd-treatment?omcc={omcc}&qclid=3ed19c0d2fa719ee9737fd98024d566e&qclsrc=3p.ds&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=2021%20Condition-General;S;PH;UB;PSY;DTC;CON&utm\\_term=adhd%20support&utm\\_content=ADHD%20Support\\_Phrase](https://www.moretoadhd.com/adult/adhd-treatment?omcc={omcc}&qclid=3ed19c0d2fa719ee9737fd98024d566e&qclsrc=3p.ds&utm_source=bing&utm_medium=cpc&utm_campaign=2021%20Condition-General;S;PH;UB;PSY;DTC;CON&utm_term=adhd%20support&utm_content=ADHD%20Support_Phrase)

## Other general suggestions:

- **Decrease distractions**
- **Improve your organizational skills**
- **Color code things to help you organize**
- **Use reminders, to-do lists, post-its, checklists, etc. to keep you on track**
- **Routine is your friend**