

TIPS TO MANAGE ADHD

PLAY CLASSICAL,
NATURE, OR
AMBIENT MUSIC
TO IMPROVE
FOCUS.

EXERCISE
REGULARLY. EVEN 10
MINUTES HAS BEEN
SHOWN TO IMPROVE
MEMORY & FOCUS.

USE PLANNERS &
REMINDERS TO
STAY ORGANIZED.
SET A TIMER TO
START & STOP.

ALTERNATE IN
TIME BLOCKS OF
ATTENTION AND
SHORT BREAKS.

REMOVE
ELECTRONICS FROM
SIGHT AND
SILENCE
NOTIFICATIONS.

