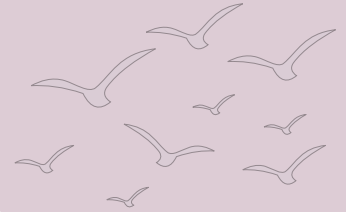


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SPROUT & WILLOW CO.

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ADHD  
PRODUCTIVITY  
PLANNER

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LIFE IS GRAND

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# Welcome

Welcome to your productivity planner for individuals with ADHD. This planner is designed to help you stay organized, focused, and motivated in your daily life. We understand that ADHD can make managing time, staying on task, and prioritizing responsibilities challenging. But we also know that with the right tools and strategies, individuals with ADHD can thrive and accomplish their goals.

The goal of this planner is to provide you with a system for managing your time, tasks, and priorities so that you can make the most of your day. We believe that everyone has the potential to be productive and successful, and we hope this planner will help you unlock your full potential.

In this planner, you'll find tips and strategies for managing your time, increasing your focus and concentration, and setting and achieving your goals. We've included daily, weekly, and monthly sections to help you stay on top of your tasks, and we've also included checklists and schedules for daily routines, meal planning, fitness, and self-care.

We hope this planner will be a valuable resource for you, and we encourage you to use it in a way that works best for you. Remember, this planner is designed to be flexible and customizable to suit your needs, so feel free to adapt it as you see fit. With dedication and consistency, we believe you can achieve your goals and live a fulfilling and productive life.





Productivity

# ADHD and Productivity

ADHD, or Attention-Deficit/Hyperactivity Disorder, is a neurodevelopmental disorder that affects approximately 4% of adults worldwide. The symptoms of ADHD include inattention, hyperactivity, and impulsivity, which can make it challenging to stay organized, focused, and productive.

Individuals with ADHD often struggle with time management, procrastination, and completing tasks, which can lead to stress, anxiety, and low self-esteem. However, research has shown that with the right strategies and tools, individuals with ADHD can improve their productivity and achieve their goals.

In this section, we'll explore some of the challenges that individuals with ADHD face when it comes to productivity and offer some tips and strategies to help you manage your symptoms and improve your productivity.

## CHALLENGES RELATED TO ADHD AND PRODUCTIVITY

- **Difficulty with time management:** Individuals with ADHD often struggle with managing their time effectively. They may underestimate how long tasks will take, or they may get distracted and lose track of time.
- **Procrastination:** Individuals with ADHD may procrastinate on tasks, either because they find them boring or because they feel overwhelmed by the task's complexity.
- **Difficulty with focus and concentration:** Individuals with ADHD may find it challenging to stay focused and concentrate on a task, particularly if it's not interesting or engaging.
- **Impulsivity:** Individuals with ADHD may act impulsively, making it challenging to prioritize tasks, manage time, and resist distractions.



# Tips and Strategies for Improving Productivity with ADHD

- ✔ Time management: Use tools like timers, calendars, and reminders to help manage your time and stay on track.
- ✔ Break tasks into smaller chunks: Break larger tasks into smaller, more manageable pieces, so you can focus on one thing at a time.  
Use visual aids: Use visuals, such as color-coded calendars, to help you stay organized and on track.
- ✔ Minimize distractions: Remove or minimize distractions as much as possible, such as turning off your phone or finding a quiet workspace.
- ✔ Practice mindfulness: Mindfulness practices, such as meditation or deep breathing, can help improve focus and reduce anxiety.
- ✔ Use positive reinforcement: Reward yourself for completing tasks, such as taking a break or doing something you enjoy.
- ✔ Seek support: Talk to friends, family, or a coach about your struggles and seek their support in achieving your goals.

By implementing these tips and strategies, individuals with ADHD can improve their productivity, manage their time effectively, and achieve their goals. Remember, everyone's journey is unique, and what works for one person may not work for another. Find what works best for you and stick with it. With dedication and effort, you can achieve your goals and live a fulfilling life.



# Empowering ADHD Productivity Affirmations

- ✓ I am capable of managing my time and staying focused on my tasks.
- ✓ I trust in my ability to accomplish my goals, even if it takes me longer than others.
- ✓ I am a productive and efficient person, even with my ADHD.
- ✓ I am worthy of achieving success and reaching my full potential.
- ✓ I am in control of my thoughts and emotions and use them to fuel my productivity.
- ✓ I am confident in my ability to overcome challenges and obstacles.
- ✓ I have the power to turn my ADHD into a strength and use it to my advantage.
- ✓ I choose to stay organized and prioritize my tasks, even when it feels difficult.
- ✓ I am capable of breaking large tasks into smaller, more manageable pieces.
- ✓ I trust in my ability to stay on task and resist distractions.
- ✓ I am worthy of taking breaks and engaging in self-care to maintain my productivity.
- ✓ I am focused and committed to achieving my goals, one step at a time.
- ✓ I am patient and kind to myself, even when I make mistakes or fall short of my goals.
- ✓ I am grateful for my strengths and abilities, and I use them to my advantage.
- ✓ I am worthy of setting and achieving goals that are important to me.
- ✓ I am confident in my ability to learn new skills and strategies to improve my productivity.
- ✓ I trust in the process and know that progress takes time and effort.
- ✓ I am capable of prioritizing my tasks and managing my time effectively.
- ✓ I am worthy of seeking support and guidance when I need it.
- ✓ I am a problem solver and can find creative solutions to any challenges that arise.
- ✓ I am a valuable and important member of my team or community, despite my ADHD.
- ✓ I choose to let go of negative self-talk and focus on positive affirmations.
- ✓ I am grateful for my accomplishments and celebrate them, no matter how small they may seem.
- ✓ I am dedicated and committed to my personal and professional growth.
- ✓ I am capable of achieving my dreams and living a fulfilling and productive life.

# Time Management

Time management can be challenging for individuals with ADHD, but with the right strategies and tools, it's possible to manage your time effectively and achieve your goals. In this section, we'll provide you with tips and exercises to help you manage your time and stay on track.

## TIPS FOR EFFECTIVE TIME MANAGEMENT:

- ✓ Use a planner or calendar to schedule your tasks and appointments.
- ✓ Break tasks into smaller, more manageable pieces.
- ✓ Set realistic deadlines for tasks and projects.
- ✓ Use a timer to help you stay on task and avoid distractions.
- ✓ Minimize distractions as much as possible, such as turning off notifications and finding a quiet workspace.
- ✓ Prioritize tasks and focus on the most important ones first.
- ✓ Schedule regular breaks to avoid burnout and maintain productivity.
- ✓ Use positive reinforcement to reward yourself for completing tasks and reaching goals.

In this planner, we will provide worksheets & other tools to help you better manage your time.



# Break Tasks into Smaller, More Manageable Pieces

One of the most effective ways to manage tasks with ADHD is to break them down into smaller, more manageable pieces. Doing so can reduce the feeling of being overwhelmed and increase your ability to focus on the task at hand. In this section, we'll provide you with a worksheet to help you break tasks down into smaller pieces.

**TASK:** \_\_\_\_\_

What is the task you need to complete? Write it down in the space above.

Break the task down into smaller pieces. Identify the individual steps or actions required to complete the task. Write each step in the space below.	
STEP 1	
STEP 2	
STEP 3	
STEP 4	
STEP 5	

Estimate how long each step will take. Write down the estimated time for each step in the space below.	
STEP 1	(minutes/hours)
STEP 2	(minutes/hours)
STEP 3	(minutes/hours)
STEP 4	(minutes/hours)
STEP 5	(minutes/hours)

Prioritize the steps. Identify the most important or urgent steps, and rank them in order of importance. Write down the priority for each step in the space below.

STEP 1	(high, medium, low)
STEP 2	(high, medium, low)
STEP 3	(high, medium, low)
STEP 4	(high, medium, low)
STEP 5	(high, medium, low)

Schedule each step. Use a planner or calendar to schedule each step at a specific time and date. Write down the scheduled time for each step in the space below.

STEP 1	(date/time)
STEP 2	(date/time)
STEP 3	(date/time)
STEP 4	(date/time)
STEP 5	(date/time)

By breaking tasks down into smaller, more manageable pieces, you can improve your ability to focus, reduce the feeling of being overwhelmed, and accomplish your goals more efficiently.

Use this worksheet to break down tasks and manage your time more effectively. Remember, effective time management takes time and practice, but with consistency and dedication, you can achieve your full potential and live a fulfilling and productive life.



# Deadline and Expectation Management

Managing deadlines and expectations can be challenging for individuals with ADHD, who may struggle with time management, organization, and focus. However, it's possible to manage deadlines and expectations effectively and achieve your goals with the right strategies and tools. In this section, we'll provide you with a worksheet to help you assess your current tasks, adjust your timelines, and communicate changes to manage expectations.

List all tasks you are currently working on. Include both personal and professional tasks.	
TASK 1	
TASK 2	
TASK 3	
TASK 4	
TASK 5	

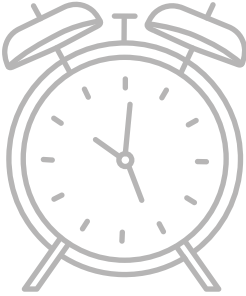
Identify the current status of each task. Write down where each task stands regarding completion and any roadblocks or obstacles preventing completion.	
TASK 1	(completed, in progress, not started)
TASK 2	(completed, in progress, not started)
TASK 3	(completed, in progress, not started)
TASK 4	(completed, in progress, not started)
TASK 5	(completed, in progress, not started)

Estimate the remaining time required to complete each task. Write down the estimated time for each task in the space below.	
TASK 1	(minutes/hours/days)
TASK 2	(minutes/hours/days)
TASK 3	(minutes/hours/days)
TASK 4	(minutes/hours/days)
TASK 5	(minutes/hours/days)

Evaluate your current workload and schedule. Be realistic about the time you have available to work on the tasks, and consider any other commitments or responsibilities you have.

Adjust timelines for each task based on the estimates in step 3 and your workload and schedule. Write down the adjusted timelines for each task in the space below.	
TASK 1	(new completion date)
TASK 2	(new completion date)
TASK 3	(new completion date)
TASK 4	(new completion date)
TASK 5	(new completion date)

Communicate the new timelines and expectations to anyone who the changes may impact. Notify your team or others involved in the tasks about the new timelines and expectations to manage their expectations.



# Using a timer - Pomodoro Technique

Using a timer is a simple but effective way to help manage distractions when working on a task. The basic idea is to set a timer for a specific amount of time, usually between 20-45 minutes, and work on the task without any distractions until the timer goes off. This is often referred to as the "Pomodoro Technique," named after the tomato-shaped kitchen timer the technique's creator used. Here's how you can use a timer to avoid distractions:

- ✔ Choose a task that you want to work on and set a timer for 20-45 minutes, depending on the length of the task and your level of focus.
- ✔ Work on the task until the timer goes off, without any distractions such as checking your phone or email.
- ✔ When the timer goes off, take a short break for 5-10 minutes. Use this time to stretch, take a walk, or do something else that's relaxing and helps you recharge.
- ✔ After the break, start the timer again and continue working on the task.
- ✔ Repeat this process until the task is complete or you've reached your desired stopping point.

Using a timer can help you stay focused and avoid distractions, which is especially important for individuals with ADHD who may struggle with attention and focus.

Use the following printable to set a timer for your tasks and track your progress. Write down the task you want to work on, the amount of time you want to set the timer for, and any distractions you want to avoid. You can also use the progress tracker to track how much time you spend on the task and your progress.



# Timer Printable

TASK	
TIMER SET FOR	(minutes)
DISTRACTIONS TO AVOID	
PROGRESS TRACKER	

TASK	
TIMER SET FOR	(minutes)
DISTRACTIONS TO AVOID	
PROGRESS TRACKER	

TASK	
TIMER SET FOR	(minutes)
DISTRACTIONS TO AVOID	
PROGRESS TRACKER	

TASK	
TIMER SET FOR	(minutes)
DISTRACTIONS TO AVOID	
PROGRESS TRACKER	



# Tips for Avoiding Distractions

Setting priorities is a key skill in managing time and achieving goals, but it can be difficult for individuals with ADHD. Decision frameworks provide a systematic approach to prioritizing tasks and allocating resources efficiently. **Here are 4 decision frameworks to set priorities and improve productivity:**


## THE EISENHOWER MATRIX

The Eisenhower Matrix is a simple yet effective tool that categorizes tasks based on their importance and urgency. To use the Eisenhower Matrix, ask yourself:

- ✓ Is this task urgent or not urgent?
- ✓ Is this task important or not important?

Place each task into one of the following four categories:

- ✓ Urgent and important: Do these tasks first.
- ✓ Important but not urgent: Schedule a specific time to work on these tasks.
- ✓ Urgent but not important: Delegate these tasks to someone else.
- ✓ Not urgent and not important: Eliminate or postpone these tasks.

PRIORITIZE TASKS	 URGENT	NOT URGENT
IMPORTANT	GET IT DONE	SCHEDULE IT
NOT IMPORTANT	DELEGATE/OUTSOURCE IT	DELETE IT

## THE 80/20 RULE

The 80/20 Rule, also known as the Pareto Principle, states that 80% of your results come from 20% of your efforts. To use the 80/20 Rule, ask yourself:

- Which 20% of my tasks will produce 80% of my desired outcomes?

Focus your time and energy on these tasks to prioritize your efforts effectively.

### USE THESE QUESTIONS TO GET CLOSER TO THE ANSWER:

- What are my top goals?*  
Consider your top goals, and think about which tasks or projects are essential to achieving those goals. This can help you identify the 20% of tasks that will produce 80% of your desired outcomes.
- Which tasks have the greatest impact?*  
Identify the tasks or projects that have the greatest impact on your goals, and consider how you can prioritize those tasks to achieve the greatest results.
- Which tasks have produced the greatest results in the past?*  
Review your past performance and identify the tasks or projects that have produced the greatest results. This can help you identify the 20% of tasks that are most likely to produce 80% of your desired outcomes.
- Which tasks align with my strengths and passions?*  
Consider your strengths and passions, and identify the tasks or projects that align with them. This can help you focus on the work that you're most passionate about and excel at, increasing the chances of success.
- Which tasks are the most valuable to my business or personal life?*  
Consider the tasks or projects that are the most valuable to your business or personal life, and think about how you can prioritize those tasks to achieve your goals. This can help you identify the 20% of tasks that will produce the greatest value for your efforts.



# The One Thing

The One Thing framework is based on identifying the one task that, when accomplished, will make everything else easier or unnecessary. To use the One Thing framework, ask yourself:

- What is the one task that, when accomplished, will make everything else easier or unnecessary?

Once you identify the One Thing, focus on accomplishing that task before moving on to other priorities.

## HERE ARE A FEW MORE QUESTIONS THAT WILL HELP YOU TO GET CLOSER TO THE ONE BIG THING:

- What are my long-term goals?*  
Consider your long-term goals, and think about what you want to achieve in the future. This can help you identify the one big thing you need to focus on in order to achieve those goals.
- What tasks or projects have the greatest potential impact?*  
Identify the tasks or projects that have the greatest potential impact on your goals, and consider how you can focus your efforts on those tasks to achieve the greatest results.
- What tasks or projects align with my strengths and passions?*  
Consider your strengths and passions, and identify the tasks or projects that align with them. This can help you focus on the work that you're most passionate about and excel at, increasing the chances of success.
- What are the biggest obstacles preventing me from achieving my goals?*  
Identify the biggest obstacles standing in the way of achieving your goals, and consider how you can address them. This can help you identify the one big thing you need to focus on to overcome those obstacles and achieve your goals.
- What is the most pressing problem or opportunity that needs to be addressed?*  
Consider the most pressing problem or opportunity that needs to be addressed, and think about how you can focus your efforts on that one big thing to address it effectively.



## THE VALUE VS. EFFORT MATRIX

The Value vs. Effort Matrix is a framework that helps you prioritize tasks based on their value and effort. To use the Value vs. Effort Matrix, ask yourself:

- ✓ How much value does this task provide?
- ✓ How much effort will it take to complete this task?

Place each task into one of the following four categories:

- ✓ High value, low effort: Do these tasks first.
- ✓ High value, high effort: Schedule a specific time to work on these tasks.
- ✓ Low value, low effort: Eliminate, delegate or automate these tasks.
- ✓ Low value, high effort: Eliminate, delegate or automate these tasks.

EFFORT	▲	TIME WASTERS (eliminate/delegate/automate)	BIG PROJECTS (plan & schedule)
	▼	DISTRACTIONS (eliminate/delegate/automate)	QUICK WINS (do it now)
		▼	▼
	VALUE		

### TIPS FOR USING THE PRIORITY SETTING FRAMEWORKS:

- ✓ Prioritize tasks regularly. Make it a habit to evaluate your tasks and priorities regularly to stay focused and efficient.
- ✓ Stay flexible. Be willing to adjust your priorities based on changing circumstances or new information.
- ✓ Use the frameworks together. Use multiple decision frameworks to gain different perspectives and insights on your priorities.
- ✓ Use the frameworks consistently. Make it a routine to use decision frameworks when setting priorities to help you stay focused and achieve your goals.

By using these 4 decision frameworks and the instructions above, you can better prioritize your tasks, reduce stress and anxiety, and achieve your goals more efficiently. Use this worksheet to set priorities and improve your time management skills. Remember, effective priority setting takes practice and effort, but with consistency and dedication, you can achieve your full potential and live a fulfilling and productive life.



# Daily, Weekly & Monthly Planners

# Daily Planner

6AM	
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8AM	
9AM	
10AM	
11AM	
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# Weekly Planner

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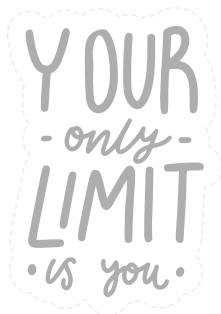
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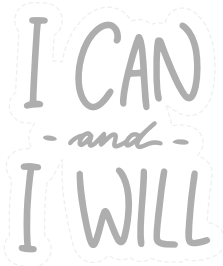


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# Routines





# Meal Planning Checklist

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self-care Checklist

DATE:

AGENDA

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# ADHD Cleaning Schedule

A daily cleaning routine can help individuals with ADHD to stay organized, focused, and productive. Use this routine as a guide and add in the additional cleaning tasks for each weekday.

DAILY CLEANING TASK	
	<ul style="list-style-type: none"> <li>• Make your bed</li> <li>• Tidy up any clutter throughout the day</li> <li>• Wash dishes after meals</li> <li>• Sweep or vacuum high-traffic areas as needed</li> <li>• Wipe down counters and surfaces in the kitchen and bathroom after use</li> </ul>
MONDAY	<ul style="list-style-type: none"> <li>• Clean bathroom(s): Scrub the toilet bowl, wipe down the sink and counter, clean the shower/tub, mop the floor, and empty the garbage.</li> <li>• Tidy up bedrooms: Make the bed, put away clothes, clear off surfaces, and vacuum or sweep the floors.</li> <li>• Dust and vacuum living areas: Dust all surfaces, including tables, shelves, and decorative items, and vacuum or sweep the floors.</li> </ul>
TUESDAY	<ul style="list-style-type: none"> <li>• Dust and vacuum bedrooms: Dust all surfaces, including nightstands, dressers, and other furniture, and vacuum or sweep the floors.</li> <li>• Clean kitchen: Clean countertops, appliances, and the sink, mop or sweep the floor, and wipe down the dining table and chairs.</li> <li>• Do laundry: Sort and wash your laundry, and fold or hang clothes once they're dry.</li> </ul>
WEDNESDAY	<ul style="list-style-type: none"> <li>• Tidy up home office or workspace: Organize paperwork, clear off surfaces, and tidy up any clutter in your home office or workspace.</li> <li>• Clean windows and window sills: Wipe down windows and window sills with a clean, damp cloth.</li> <li>• Vacuum or sweep floors: Vacuum or sweep all floors in your living space, including bedrooms, living areas, and hallways.</li> </ul>
THURSDAY	<ul style="list-style-type: none"> <li>• Clean bathroom(s): Scrub the toilet bowl, wipe down the sink and counter, clean the shower/tub, mop the floor, and empty the garbage.</li> <li>• Tidy up common areas: Put away any clutter, straighten cushions or throw blankets, and vacuum or sweep the floors.</li> <li>• Dust and vacuum living areas: Dust all surfaces, including tables, shelves, and decorative items, and vacuum or sweep the floors.</li> </ul>
FRIDAY	<ul style="list-style-type: none"> <li>• Tidy up bedrooms: Make the bed, put away clothes, clear off surfaces, and vacuum or sweep the floors.</li> <li>• Clean kitchen and dining areas: Clean countertops, appliances, and the sink, mop or sweep the floor, and wipe down the dining table and chairs.</li> <li>• Organize and declutter one area of your living space: Choose one area, such as a closet or bookshelf, and declutter and organize it.</li> </ul>

# ADHD Meal Planning Checklist

Meal planning can be a helpful strategy for individuals with ADHD to stay organized, save time and money, and make healthier food choices. Use this checklist to help you develop a meal-planning routine that works for you.

PLAN YOUR MEALS	<ul style="list-style-type: none"><li>• Choose meals that are simple and easy to prepare.</li><li>• Plan meals that use similar ingredients to save time and reduce waste.</li><li>• Plan meals that include a variety of foods from different food groups.</li><li>• Plan meals that can be easily adapted if plans change or you have unexpected events.</li><li>• Create a weekly meal plan using a template or app to make planning easier.</li></ul>
MAKE A SHOPPING LIST	<ul style="list-style-type: none"><li>• Use your meal plan to make a grocery list of all the ingredients you need.</li><li>• Check your pantry and fridge for any ingredients you already have to avoid purchasing duplicates.</li><li>• Make sure to include healthy snacks and staples, such as fruits, vegetables, nuts, and grains, to have on hand for when you get hungry.</li></ul>
PREP YOUR MEALS	<ul style="list-style-type: none"><li>• Prep your meals in advance to save time during the week.</li><li>• Use batch cooking to prepare meals in bulk, such as soups, stews, or casseroles.</li><li>• Chop vegetables and fruits in advance and store them in the fridge for quick and easy meal preparation.</li><li>• Plan meals that can be frozen for later use to save time and reduce waste.</li></ul>



# ADHD Meal Planning Checklist

Meal planning can be a helpful strategy for individuals with ADHD to stay organized, save time and money, and make healthier food choices. Use this checklist to help you develop a meal-planning routine that works for you.

PLAN YOUR MEALS	<ul style="list-style-type: none"><li>• Choose meals that are simple and easy to prepare.</li><li>• Plan meals that use similar ingredients to save time and reduce waste.</li><li>• Plan meals that include a variety of foods from different food groups.</li><li>• Plan meals that can be easily adapted if plans change or you have unexpected events.</li><li>• Create a weekly meal plan using a template or app to make planning easier.</li></ul>
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# Weekly Meal Plan & Grocery List

Meal planning can be a helpful strategy for individuals with ADHD to stay organized, save time and money, and make healthier food choices. Use this checklist to help you develop a meal-planning routine that works for you.

	BREAKFAST	LUNCH	DINNER	INGREDIENTS NEEDED	NEED TO BUY
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

# Workout Schedule Template

Developing a consistent workout routine can help individuals with ADHD to improve their focus, manage their energy, and reduce stress. Use this flexible template to create a weekly workout schedule that works for you.

MONDAY	ACTIVITY	
	TIME	
TUESDAY	ACTIVITY	
	TIME	
WEDNESDAY	ACTIVITY	
	TIME	
THURSDAY	ACTIVITY	
	TIME	
FRIDAY	ACTIVITY	
	TIME	
SATURDAY	ACTIVITY	
	TIME	
SUNDAY	ACTIVITY	
	TIME	

Use this template to plan your preferred workout activities and times. Here are some examples of the types of activities you could include:

- Cardiovascular exercise (e.g., running, biking, or swimming)
- Strength training (e.g., weightlifting or bodyweight exercises)
- Yoga or Pilates
- Dance or aerobics classes
- Outdoor activities (e.g., hiking, kayaking, or skiing)
- Team sports (e.g., soccer, basketball, or volleyball)

Remember to start slowly and gradually increase the intensity and duration of your workouts over time. Aim for a total of at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week, as well as two days of strength training per week. With consistency and dedication, a regular workout routine can help you to improve your physical and mental health.

# Holistic Self-Care Checklist for ADHD

Taking care of your physical, emotional, and mental health is important for individuals with ADHD. Use this checklist to help you establish a regular self-care routine that supports your overall well-being.

PHYSICAL SELF-CARE	<ul style="list-style-type: none"><li>• Exercise or be active for at least 30 minutes per day</li><li>• Eat a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins.</li><li>• Stay hydrated by drinking plenty of water throughout the day.</li><li>• Get enough sleep every night, aiming for 7-9 hours of sleep per night.</li><li>• Take any prescribed medications as directed.</li><li>• Get regular medical checkups and screenings.</li></ul>
EMOTIONAL SELF-CARE	<ul style="list-style-type: none"><li>• Spend time doing activities that you enjoy, such as reading, painting, or listening to music.</li><li>• Practice relaxation techniques, such as deep breathing or meditation.</li><li>• Connect with others by spending time with friends or family, or joining a support group.</li><li>• Write in a journal to help process emotions and feelings.</li><li>• Seek help from a mental health professional if needed.</li></ul>
MENTAL SELF-CARE	<ul style="list-style-type: none"><li>• Practice mindfulness by paying attention to your thoughts and feelings in the present moment.</li><li>• Challenge negative self-talk by reframing negative thoughts in a more positive light.</li><li>• Set realistic goals for yourself and celebrate small successes.</li><li>• Prioritize tasks using a daily or weekly to-do list.</li><li>• Take breaks when needed and allow yourself time to rest and recharge.</li></ul>



# Mindfulness and ADHD

Mindfulness is the practice of being present and fully engaged in the current moment, without judgment or distraction. For individuals with ADHD, mindfulness can help to improve focus, reduce stress, and enhance overall wellbeing. Here are three mindfulness exercises you can incorporate into your daily routine:

MINDFUL BREATHING	<ul style="list-style-type: none"><li>• Sit comfortably and close your eyes.</li><li>• Take a deep breath in, counting to four as you inhale.</li><li>• Hold your breath for a few seconds, then exhale slowly, counting to four.</li><li>• Repeat this for several breaths, focusing on the sensation of the air entering and leaving your body.</li></ul>
MINDFUL EATING	<ul style="list-style-type: none"><li>• Choose a small piece of food, such as a raisin or a piece of fruit.</li><li>• Examine the food closely, paying attention to its color, texture, and shape.</li><li>• Take a small bite and chew slowly, savoring the taste and texture.</li><li>• Focus on the sensation of the food in your mouth, without distraction.</li></ul>
BODY SCAN MEDITATION	<ul style="list-style-type: none"><li>• Lie down or sit comfortably with your eyes closed.</li><li>• Take a few deep breaths, allowing your body to relax.</li><li>• Focus your attention on one part of your body, such as your feet or hands.</li><li>• Notice any sensations in that part of your body, without judgment or distraction.</li><li>• Slowly move your attention to other parts of your body, noticing any sensations you may feel.</li></ul>



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