

Strategies to Cope with ADD/ADHD

1. Set a timer.
2. Be honest with yourself: know your distraction triggers and avoid them. Turn your phone to silent and put it out of sight and out of reach.
3. Write it down!
 - ✓ Give your brain a break. Writing things down will help you remember later without taking up brain/memory space.
 - ✓ Use a planner. When you're in class or at home, your planner should be the first thing you take out of your backpack and the last thing you put into your backpack. This way it will always be in your sight and on your mind to help you remember what you need to do.
4. Use technology wisely: There are apps to turn off data during certain blocks of time. Parents can help you control your accessibility to distractions.
5. Create a routine that works: a clear routine leaves less room for error and makes time management easier.
 - † Improve time management skills by writing out a scheduled routine.
 - † Use time blocks to write down your schedule from the moment you wake up until when you go to bed (include transportation times).
 - † Build in snack and study breaks.
6. Breakdown larger assignments. Breaking down big projects into smaller chunks makes each piece less overwhelming. This is something you can do on your own or with a parent at home. How to do it:
 - ✓ In your planner, write down when you will work on each chunk.
 - ✓ Backtrack from the due date so you can stay on track.
7. Get enough sleep.
8. Eat a healthy, well-balanced diet. **DON'T SKIP BREAKFAST!** This is the most important meal of the day. Breakfast gives your brain and body the fuel it needs to positively start each day.
9. Exercise: If you don't play a sport, make sure you schedule in regular exercise.
10. Clear the clutter to help yourself stay organized. This will reduce distractions and reduce forgetfulness.
 - 🗑 Backpack: You should never have loose papers in your backpack. Create an organizational system that works for you, and use it! Whether your system includes binders with tabs or individual folders, make sure you pick a system and stick with it. Each paper should have a designated spot to live.
 - 🗑 Homework space: Whether your homework spot is at a desk in your room or at the kitchen table, make sure your space is cleared off.