ADHD

Symptoms

- Distraction/difficulty focusing
- Object Permanence issues
- short term memory issues
- Overwhelm paralysis
- Executive dysfunction
- Burnout
- Boredom
- Overstimulation
- Understimulation
- Difficulty context switching
- Difficulty w/ task initiation
- Emotional dysregulation
- Sleep issues
- Low self esteem
- Inconsistency in routine
- Hyperfixation on the wrong thing
- Self-destructive compulsions, body repetitive behaviors (BRB)
- Impatience/interrupting
- Opposition reflex

Coping Concepts

- Sense of Urgency
- Novelty
- Gamification
- Accountability
- Visual, spatial, audio cues
- Break tasks into small steps
- No shame, forgive yourself

Tools for Success

- No snooze alarms
- Transition time
- Min + max time range
- Exercise/yoga/walking
- Meditation
- Medication
- Nature
- Communication
- Experience mapping
- Music
- Earplugs
- Therapy
- Stim toys
- Countdown egg timers
- 1 week schedule
- Journaling/success tracking
- Body doubling
- Caffeine
- Take space
- Self care/shower
- Post it notes

Avoid This + Do this instead

- Protein — Carbs
- Lounge in Bed — Couch in the evening
- Meditation — Phone/iPad in the morning
- Shower + Journaling — Video games in bed
- Leggings — pjs on a weekday
- Experience mapping + therapy — Using ADHD as an excuse
- Take space, visit parents/friends — Having wine on Sunday
- Trade tasks — Agreeing to do something I know I probably won't do
- Take space + self care/shower + therapy — Continuing an argument after 9pm
- Egg timer + music — Spending 30 min in bathroom 'pooping' on my phone or in the shower
- Schedule + timers/alarms + transition time + min/max time range — Working until 9pm
- Exercise + Egg timer + schedule — Skipping lunch

Situations + Solutions

- Medicine + coffee + music — Need to get started w/ my morning
- Body doubling + music + yoga + break task into small steps — Need to do an unpleasant numbers/financial task
- Visual/audio cues + implement timers/ alarms + Meditation + Nature — Need to get back on routine
- Gamification + transition time + experience mapping + min/max time range — Need to walk the dogs
- Medication + earplugs + journaling + visual, spatial, audio cues + shower — Need to go to sleep
- Visual/spatial/audio cues + implement timers/alarms + schedule + accountability + transition time to leave — Need to remember and be on time something out of routine
- Music + visual/spatial/audio cues + schedule + timers/alarms + break task into small steps — Need to fold + put away laundry
- Gamification + countdown timer + experience mapping — Need to go grocery shopping
- Schedule + min/max time range + break task into smal steps + novelty + visual/spatial/ audio cues — Need to cook/meal prep something

Presented with Xmind