

Adult ADHD Coping Guide

Practical strategies for focus, follow-through, and daily life

Set your environment up for success

- Keep one visible "launch pad" for keys, wallet, and phone.
- Reduce visual clutter in your primary workspace.
- Use noise-cancelling headphones or brown noise for focus.
- Put frequently-used items in clear bins — out of sight is out of mind.

Task and time strategies

- **Body doubling:** work alongside another person (in person or on video).
- **Two-minute rule:** if a task takes under two minutes, do it now.
- **Pomodoro:** 25 minutes on, 5 minutes off — repeat.
- **Time boxing:** assign each task a fixed window in your calendar, not a to-do list.
- **External deadlines:** tell someone what you'll finish and when.

Working with your brain, not against it

- Front-load hard tasks when your energy is highest.
- Break big projects into the smallest possible next step.
- Pair boring tasks with something enjoyable (music, a favorite drink).
- Use visual timers so time becomes concrete, not abstract.

Emotional regulation

- Rejection sensitivity is real — pause before responding to perceived criticism.
- Name the feeling out loud. Emotions ride a wave; most peak within 90 seconds.
- Move your body to metabolize adrenaline before big conversations.

Sleep, food, and movement

- Consistent wake time is more important than bedtime.
- Protein at breakfast supports focus.
- Even 10 minutes of movement improves attention for hours afterward.

When to consider evaluation

If these strategies help but you still feel like you're working twice as hard for half the results, a comprehensive ADHD evaluation can give you clarity and open access to treatment options.

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