

NAVIGATING LIFE WITH ADHD

Guide

Your Simple Guide to Managing ADHD:
Practical Tips for Focus, Balance, and Taking
Control of Your Day-to-Day Life.



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Intro

HI THERE!

If you're here, you're probably seeking some clarity or tools to help manage ADHD in your everyday life. We get it—living with ADHD can feel overwhelming at times, but with the right strategies, things can start feeling much more manageable. In this guide, we've put together a few simple, practical tips that you can start using today to bring more focus and balance into your life.





1

One

BREAK TASKS INTO SMALLER STEPS

Big projects or to-dos can feel impossible to start when you're not sure where to begin. Here's a tip: break each task into tiny, manageable steps. Focus on one small task at a time, and celebrate each step you complete. It's all about making progress, not perfection.



2

Two

CREATE VISUAL REMINDERS

Out of sight, out of mind? It's a common ADHD experience. Use sticky notes, lists, or phone reminders to keep important tasks and dates visible. Keeping them in front of you reduces the chances of forgetting and helps you stay on track.



3

Three

SET TIMERS FOR FOCUS

Staying focused for long periods can be tough. Try setting a timer for short intervals—say 20 minutes—and work on one task during that time. When the timer goes off, take a short break. This method, called the Pomodoro Technique, can help you maintain focus without feeling overwhelmed.



4

Four

LIMIT DISTRACTIONS

Your environment matters. If possible, create a workspace that's free from distractions. Put your phone on "Do Not Disturb," close unnecessary browser tabs, or use apps that block social media for set periods. Small changes to your environment can make a big difference in your ability to concentrate.



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Five

POSITIVE REINFORCEMENT

Give yourself credit where it's due. It's easy to focus on what didn't get done, but try celebrating the things you do accomplish, no matter how small. Positive reinforcement can help motivate you and boost your confidence.



6

Six

PRACTICE SELF-COMPASSION

ADHD can make daily life feel harder, and it's easy to be hard on yourself. But remember, you're human, and you're doing your best. Treat yourself with kindness, and understand that managing ADHD is a process—it's okay to have ups and downs.



7

Seven

PRIORITIZE REST AND SELF-CARE

Sleep, nutrition, and exercise all play key roles in managing ADHD. Make sure to get enough rest and move your body when you can. Even a short walk can help clear your mind and refocus your energy.

LET'S WORK TOGETHER.

It's time to take control.

Managing ADHD is a journey, and these small tips can make a difference in your day-to-day life. But to truly understand and manage ADHD, the best step you can take is getting a formal assessment. At Health Chord, we're here to help you take that next step.



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