COPING WITH
ATTENTION AND CONCENTRATION DIFFICULTIES

1. **Developing organizational skills**
   - Develop priorities (first things first)
   - Time management (set a timer, realistic expectations)
   - Create a system for tasks, bills, etc.

2. **Understanding and adapting to learning style**
   - Reduce distractions (turn off technology, no multitasking)
   - Write it down (to-do list, SMART goals)
   - Actively manage procrastination (fears, 10 minute rule)

3. **Reducing stress and improving well-being**
   - Consistently exercise and doing relaxing activities
   - Get enough sleep (8 hours)
   - Eat right (reduce caffeine, other substances)
   - Setting limits (pacing, learn to say no)

4. **Taking Next Steps**
   - Analyze the “problem” (vulnerabilities, triggers, strengths, etc.)
   - Career counseling (interest, values, skills)
   - Mental health therapy (cognitive-behavioral strategies)
   - Practice mindfulness meditation

   - Self-help
     - Websites: Help4adhd.org, Helpguide.org
     - Book: *Taking Charge of Adult ADHD* by Barkley
     - Book: *Driven to Distraction* by Hallowell & Ratey

* For additional self-help information go to helpguide.org/mental/adhd_add_adult_strategies.htm