

# Tips for Managing ADHD Symptoms Without Medications

## Tips for Forgetfulness

- Set alarms as task reminders
- Set alarm to go off every 30-60 minutes
- Use visual calendars when possible
- Use whiteboards (even at home!)
- Review schedule same time each day
- Set up electronic bill payments

## Tips for Restlessness

- Break up work into segments (e.g. 25 mins work, 5 min break)
- Minimize working from home if possible
- Exercise daily and break a sweat
- Break monotony w/ “Exercise snacks”
  - Sets of 20-30 push-ups
  - Wall sits
  - Planks
  - Crunches
  - Running up and down stairs
- Use a standing desk
- Use a desk treadmill if possible

## Tips for Impulsivity

- Be mindful of your impulsive behaviors
- Apologize when you interrupt others
- Set rules for your online shopping
- Keep items in cart for 7 days before buying
- Discuss new big ideas with a trusted friend

## Tips for Procrastination

- Break tasks into sub-tasks (and write them down!)
- Use easier tasks as “rewards” for completing harder tasks
- Reward yourself with down time (but not too much!)
- Write task deadlines on your calendar
- Make dull tasks fun
  - See how fast you can do them
  - Compete with someone else
  - Listen to music or a podcast while doing them
  - Ask someone else to work alongside or with you

## Tips for Distractibility

- Minimize use of cell phone:
  - Silence notifications when possible
  - Don't bring it if you don't need it
  - Don't check it when talking to others
  - Delete non-critical & addictive apps
  - Don't keep it in your bedroom at night
- Keep your home and workspace tidy
- Keep a list of things you need to do on the internet *when you have time*
- Minimize use of video-based apps
- Establish a mindfulness practice, e.g.:
  - Daily meditation (can be just 5-10 min)
  - Breathing (xhalar.com)
  - Cyclic Sighing (“Sigh” app)

## Tips for Disorganization

- Put critical items in same place every time
- “Don't put it down, put it away”
- Keep a notebook in your pocket/purse
- Invest in a high-quality scanner
- Organize house in a way that makes sense
- Set aside 5 mins/day to organize your desk

### Specific Points about EXERCISE

- Increases attention span
- Improves mental focus
- Improves critical thinking skills
- Improves mood
- Improves ability to handle stress
- Enhances memory
- Reduces hyperactivity
- Decreases snacking
- Increases interest in healthy food

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