

The Big Five for ADHD



1

Sleep: maintaining a regular sleep cycle and getting enough sleep is crucial for managing ADHD symptoms. Everyone is different but 7-9 hours of sleep is recommended, along with going to bed and getting up at the same time each day.

2

Calendar: having a calendar or schedule is important. Although it may seem counterintuitive, having a regular routine helps individuals with ADHD thrive. It's a matter of establishing the routines, and calendars can help.

3

Protein: ADHD brains function best on protein and fats, so increasing the amount of protein you are consuming can be helpful. Particularly in the morning. Try having a breakfast with proteins and fats, not sugars and carbohydrates.

4

Supports: make sure you have people you can call, hang out with, and rely on. Sometimes we need people to help motivate us or hold us accountable.

5

Exercise: getting the body to move is important for both mental and physical health. For individuals with ADHD it can help provide dopamine, which is something ADHD brains lack.