



F.O.C.U.S.

A quick guide to help you manage ADHD symptoms with simple steps to plan, organize and follow through.

F – Figure Out Your First Step

- **Start** small, then go even smaller.
- **Ask** yourself: “What’s the very first thing I can do?”
- **Break** the task into something that takes 5–10 minutes.
- **Choose** a clear, concrete first step (e.g., instead of “do laundry,” try “gather the clothes”).

O – Organize What You Need

- **Set** yourself up before you start.
- **Gather** your tools, notes, or supplies.
- **Use** one calendar and one to-do list to avoid mental clutter.
- **Keep** systems simple—color code, label, or group tasks.



RISE WELLNESS

C – Center Your Attention

- **Focus** on one thing at a time.
- **Turn** off notifications or use Do Not Disturb mode.
- **Try** the 25–5 method: 25 minutes focused work, 5-minute break.
- **Create** a clear, anchored workspace with music or headphones if helpful.

U – Use Helpful Reminders

- **Remember** your brain is for ideas, not storage.
- **Set** phone alarms, sticky notes, or visual cues.
- **Pair** habits with routines: “After I brush my teeth, I’ll take my meds.”
- **Place** reminders where you’ll see them & not buried in an app.

S – Stick With It (or Come Back to It)

- **Accept** that progress isn’t always linear—and that’s okay.
- **Break** bigger projects into smaller chunks across days.
- **Celebrate** small wins and partial progress.
- **Pause** and reset if you lose focus, then re-enter when you’re ready.

Remember: You don’t need to overhaul your life. You just need a plan that works with your brain.