

ADHD & Executive Functioning 101

Why everyday tasks can feel harder, and what actually helps

Your brain
is not
broken. ♥

Different brains. Real challenges. Real strengths.

1 What is ADHD?

ADHD (Attention-Deficit/Hyperactivity Disorder) is a brain-based difference that affects attention regulation, impulse control, activity level and self-management.

Some people are more hyperactive, some are more inattentive, and many are a mix of both. ADHD can look different at different ages — in kids, youth, adults and older adults.



Different
lives.
Different
strengths.
Same value. ♥

2 What is executive functioning?

Small
changes
count. ♥

Executive functioning is the set of mental skills that help us:

- | | | | |
|--|-------------------|--|--------------------|
| | Start tasks | | Manage time |
| | Plan and organize | | Regulate emotions |
| | Remember things | | Follow through |
| | Shift attention | | Keep goals in mind |

3 How can it show up?

ADHD and executive functioning challenges can look different for everyone. Here are some common examples:



Trouble starting tasks

"I know what to do, but it's hard to begin."



Time blindness

"Time can be hard to sense, and things take longer than expected."



Forgetting things

"I might forget appointments, items or important details."



Clutter and disorganization

"Keeping spaces, notes or digital files organized can be a challenge."



Overwhelm

"Even small tasks can feel big sometimes."



Inconsistent focus

"I might be very focused on interesting things, but others are hard to sustain."



Emotional reactivity

"Emotions can feel intense and come on quickly."



Difficulty finishing what you start

"It can be hard to follow through, even when I care about it."

4 Important to remember

Support
beats
shame. ♥

- ♥ ADHD is not laziness or a lack of caring. It's a real, brain-based difference.
- ★ People with ADHD often try very hard, even when it's not visible.
- 🌱 Symptoms can change with stress, sleep, hormones and environment.
- 👥 With understanding, support and practical strategies, meaningful change and greater well-being are possible.

5 Helpful starting points

Progress
over
perfection. ♥

- Use visual reminders**
Notes, calendars and visual cues can help keep things on track.
- Break tasks into smaller steps**
Smaller steps feel more manageable and build momentum.
- Rely on timers**
Timers can help with focus, transitions and staying aware of time.
- Externalize memory**
Use tools like lists, apps or a notebook to offload what you need to remember.
- Try body doubling**
Having someone nearby can help you start and stay on task.
- ♥ **Practice self-compassion**
Be kind to yourself. You're doing your best, and that matters.



Kind
People
Brighter
Tomorrows ♥