

ADHD Awareness

Task Initiation

- Struggle with motivation and attention
- Not knowing where to begin
- Overwhelmed by too many steps
- Experience paralysis by analysis
- Difficulty judging how much time a task may take
- Tendency to procrastinate
- May become bored with ordinary tasks or topics that are of little to no interest
- Fear of failure



Helpful Tips!

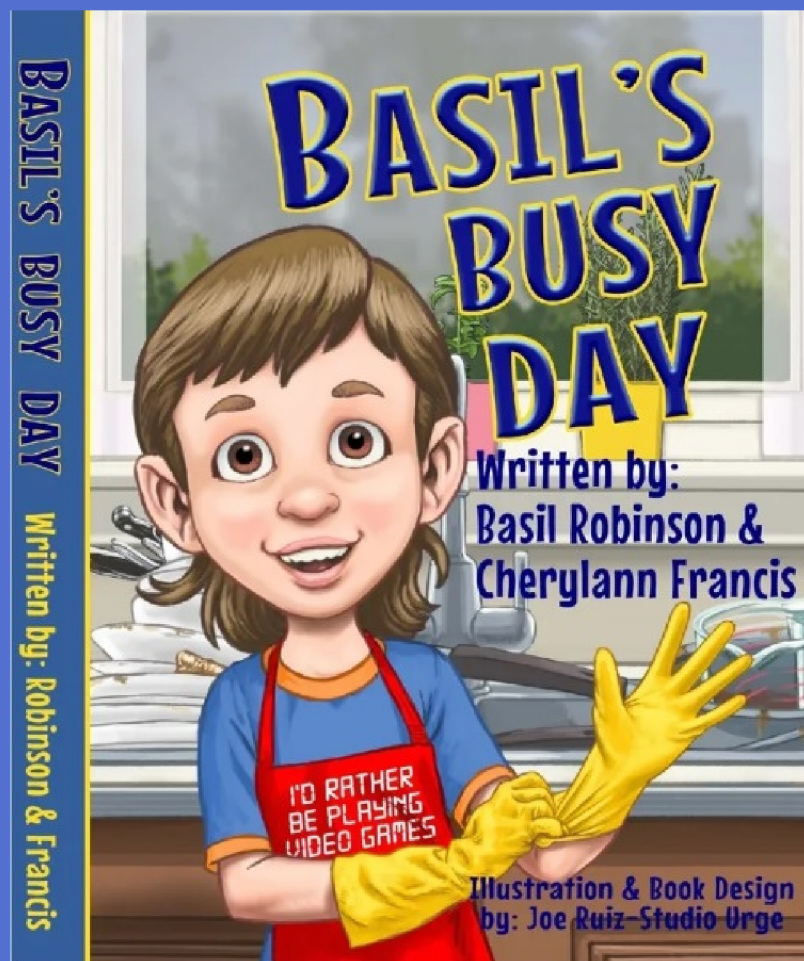
- Begin with the easiest or smallest step
- Break down things into smaller & manageable tasks
- Pair a boring task with something enjoyable (e.g. listen to music while washing dishes)
- Play a podcast/TV program in the background
- Create a point/reward system as a means to self-motivate
- Use a "done list"

How to Support

- Educate yourself about the challenges people with ADHD experience
- Use verbal & visual prompts
- Make a to-do list
- Reduce distractions
- Acknowledge efforts and provide encouragement
- Allow for short breaks between tasks
- Give small rewards for completion of tasks

Basil's Busy Day

This book can be used to initiate discussion on motivation, distractibility, time management, procrastination as a compensation strategy, and the desire to engage in more seemingly interesting activities.



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