

NON-MEDICATION STRATEGIES FOR ADHD

Tools and habits to help you focus, stay organized, and thrive!

1. ORGANIZATION & PLANNING

Use a planner or digital calendar to track assignments and deadlines.



Break big tasks into smaller steps.



Use checklists to stay on track and feel accomplished.



Keep your backpack, desk, and digital files organized.

Progress, not perfection.

You've got this!



Out of sight, out of mind—keep it visible!

2. MANAGE DISTRACTIONS



Find a quiet study space. Keep it clean and simple.



Turn off notifications. Silence your phone or keep it out of reach.



Use noise-canceling headphones or calming background music.

Do not disturb please.

Let others know when you need quiet time.

3. MANAGE TIME



Use timers like Pomodoro (25 min work, 5 min break).



Time block your day for classes, study, breaks, and fun.



Give yourself extra time—rushing adds stress and reduces focus.

4. STUDY SMARTER



Active recall: quiz yourself instead of just re-reading.



Use illustrated notes, videos, and graphic organizers.



Teach the material to someone else.



Mix it up: change locations or subjects to stay engaged.

5. MOVE YOUR BODY



Exercise boosts focus, mood, and motivation.



Take movement breaks every 30–60 minutes.



Find an activity you enjoy—walk, dance, sports, yoga, anything!

6. SUPPORT YOUR MENTAL HEALTH



Practice self-compassion. ADHD is not a character flaw.



Use journaling to clear your mind and manage emotions.



Try mindfulness or breathing exercises to reduce stress.



Talk to someone you trust. You don't have to do it alone.

7. BUILD HELPFUL HABITS



Create routines for mornings, homework, bedtime, etc.



Start small. Stack new habits onto existing ones.



Celebrate small wins. Consistency > perfection.



Be patient with yourself. Growth takes time.

8. GET SUPPORT



Communicate with teachers about what helps you.



Use school resources: tutoring, study halls, counselors.



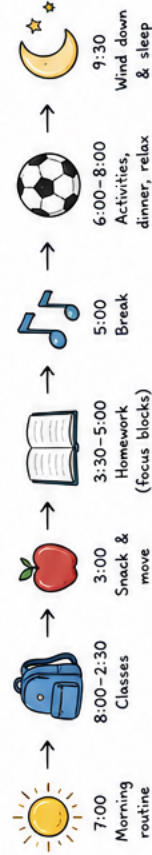
Surround yourself with supportive friends and family.

EXTRA TOOLS THAT CAN HELP



- Fidget tools (stress ball, putty, etc.)
- Visual timers or countdown apps
- Habit tracking apps
- Whiteboards or sticky notes
- Reward systems

EXAMPLE DAILY PLAN (YOU CAN ADAPT!)



Find what works for YOU and keep adjusting!

REMEMBER:

- ✓ There is no one-size-fits-all strategy.
- ✓ It's okay to try, adjust, and try again.
- ✓ Your brain works differently, not incorrectly.

≡ YOU ARE CAPABLE! ≡