

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! ≡



WHY SOME KIDS CAN GET OFF ADHD MEDS AS THEY GET OLDER



ADHD doesn't just "go away" for most people. But as kids grow, their brains, skills, and lives change—so they may not need medication anymore.

SKILLS
STRATEGIES
SELF-AWARENESS

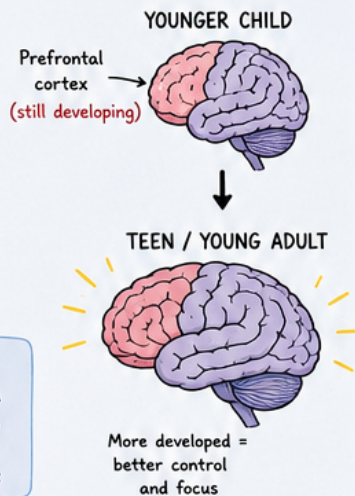
1. THE BRAIN "CATCHES UP"

ADHD involves slower development in areas like the prefrontal cortex—the part of the brain that helps with focus, planning, and impulse control.

As kids grow, these brain circuits can mature and work more efficiently.

This can lead to:

- ✓ Better self-control
- ✓ Improved attention
- ✓ Less need for medication support



2. THEY BUILD COPING SKILLS

Over time, kids learn strategies that replace some of what meds were helping with.

- ✓ Using planners and reminders
- ✓ Breaking tasks into steps
- ✓ Learning how to study effectively
- ✓ Recognizing when they're getting distracted



Meds can be like "training wheels." Skills help them ride on their own.



3. LIFE STRUCTURE CHANGES

YOUNGER KIDS

- Sit still for long periods
- Follow strict schedules
- Less control over their environment



OLDER TEENS / ADULTS

- Choose classes, jobs, or routines that fit their strengths
- Can take breaks, move around, or structure their day differently



The environment becomes more ADHD-friendly, so meds may be less necessary.

4. INCREASED SELF-AWARENESS



They understand how their brain works.



They notice triggers (like lack of sleep, stress, or distractions).



They adjust their behavior more intentionally.

I focus better when I sleep well and have a plan.



This self-regulation can reduce reliance on medication.

5. SYMPTOMS CAN CHANGE (NOT DISAPPEAR)

Hyperactivity often decreases with age.

But attention issues may still exist—just less obvious.



Some people:

- Stop meds completely
- Use them only for certain situations (tests, work)
- Or switch to lower doses



IMPORTANT REALITY CHECK



ADHD doesn't "go away" for most people—it's usually managed, not cured.



Some people need meds long-term, and that's totally okay.



Stopping meds should always be done with a doctor, not suddenly.

Everyone's brain is different. There is no "right" timeline.

THE BOTTOM LINE

Some kids can stop ADHD meds as they get older because:



Their brain matures



They develop strong coping skills



Their environment fits them better



They gain self-control and awareness



Everyone's path is different. Needing medication isn't a failure—it's just one tool that can help. ♥

REMEMBER:

The goal isn't to "outgrow" ADHD. The goal is to build a life and tools that help you thrive. ★



YOU'VE GOT THIS. ♥



Talk with your doctor about what's best for YOU. You're not alone—support, strategies, and time can make a big difference!

