

Attention Top 10 Tips

Adopt the "May as Well" Mindset: Instead of feeling pressured to complete a task, use phrases like "I may as well" to gently nudge yourself into action. This can make starting tasks feel less daunting.

Plan for Forgetfulness: Recognize that losing things might be a common occurrence. Create backups and safety nets, like having a neighbour hold a spare key or maintaining a secondary bank account for emergencies.

Break Tasks into Smaller Parts: If starting a task feels overwhelming, try breaking it into smaller, more manageable pieces. This can make the process less intimidating.

Aoid Overly Complex Tasks: Recognize that detail-oriented tasks may be challenging. If possible, delegate or simplify these tasks.

Consider Your Environment: Minimize distractions in your work and living spaces to enhance focus.



Implement Structured Routines: Establishing daily routines can provide a clear structure that makes tasks more manageable.

Utilize Supportive Technology: Tools like alarms, reminders, or apps specifically designed for managing ADHD can be incredibly beneficial.

Mindfulness and Meditation Practices: Techniques to enhance focus and awareness can be particularly beneficial for attention regulation.

Celebrate Achievements, Even Small Ones: Recognize and celebrate progress, even if it's just tidying a corner of your room or folding a single jumper.

Avoid Multitasking: Focusing on one task at a time can reduce distraction and improve overall efficiency.

Create Specific Places for Items: To minimize losing things, have designated places for essential items like keys, wallets, or documents.

People with Inattentive ADHD may face unique challenges, but by recognizing strengths and implementing tailored strategies, they can not only manage these challenges but also leverage their unique abilities in fulfilling ways.

