



Paperflower Psychiatry
3104 E Camelback Rd #2414
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Adult ADHD Accommodations and Tips

Break your work up into chunks

Structured breaks and take breaks as needed

Working remotely

Timers, alarms (put a loud alarm for calendar events too), calendars and apps to help with time management and prioritization

Wearing headphones to avoid other distractions.

Music for concentration can be helpful for people who have ADHD.

Reduced clutter to reduce distraction

Written instructions and written reminders

Color coding

Use a planner, sticky notes and large calendar for daily use

Audio recordings for any verbal instructions

Use of a laptop instead of a desktop in order to be able to move around and switch positions

A gaming chair may be more comfortable to work in as it allows for more movement

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Chewing gum can help with focus

Keep things in the same place as much as possible in order to avoid distress of losing things

“To do” lists with ability to check off

Check agenda or schedule daily or hourly as needed

Meditation: 10 minutes a day!! I swear, best thing in the world to help take your control back into your body. Headspace is a cool app and it's free. The Calm app is amazing and has been my go-to for years. There's no way to do this wrong, but it is the best practice to start learning to have self compassion. Positive Affirmations can be cheesy, but scientifically if you repeat positive things, your brain is going to be like “yeah...that is true” and it will become more automatic over time. It also slowly improves your focus the more you continue to practice.

Elimination diets and ruling out potential food sensitivities or celiac disease may be an option to help control ADHD symptoms. Some people find success in avoiding artificial sweeteners, sugar, dyes and soda. My husband is well versed in nutritional psychiatry and I'd be super happy to set you up with him if this is something you want to move forward with.

Matcha: for focus, Matcha is a much calmer and better focus for people who have anxiety/focus issues over coffee or other forms of caffeine.

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Self care: ADHD can burn you out at the end of the day, but try to take at least 30 minutes a day to do something that makes you feel creative and free.

Yoga: YES to this! There are yoga poses that can help with helping energy flow and regulating 'chakras' - so finding yoga positions to open the root and sacral chakras might be helpful.