



Reduce Head Clutter

Strategies to Keep the ADHD Brain
in the Game



Set the Stage

- Set adequate lighting
- Wear comfy, well-fitting clothing
- Ensure pleasing climate control
- Use comfortable, supportive furniture
- Use “Chat Show Method”—pretend to teach someone else to help you learn quicker and retain the information longer



Reduce head clutter with action lists

- Less to remember reduces stress
- Crossing off finished tasks increases satisfaction
- Draw, scribble, doodle or type to create lists that work for you



Stay on schedule

- Use visual or audible timers or alerts
- Set the timer for short working spurts and relatively frequent breaks
- Rehydrate, exercise, get a protein snack, take some deep breaths, meditate or go for a stroll to refuel your body & mind
- Avoid unnecessary distractions such as checking emails or getting sucked into social media
- Use your peak performance hours for high concentration & physical tasks

A hand-drawn diagram of a circuit is shown. It consists of a rectangular loop. On the left side, there is a resistor symbol (a zigzag line) connected to a small circle representing a light bulb. On the right side, there is a switch symbol (an 'X' shape). At the bottom, there are two horizontal lines representing wires. An arrow at the top points to the left, indicating the direction of current flow.

Plan for restorative sleep

- Use black out curtains—particularly during longer daylight days
- Avoid food and beverages within 2 hours of bedtime
- Remove electronics, professional work, and clutter from the bedroom—create a relaxing environment
- Find bedlinens that are soft, comfortable, non-allergic
- Set climate control to a pleasing temperature or use a ceiling fan



Break tasks & projects down
into bite-sized pieces

- Avoid overwhelm
- Fit into your available time-frame
- Attain quicker wins & gratification



For more head clutter reduction tips for
ADHD brains visit

ThePracticalSort.com



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